



start

Kingston is a thriving city with a population of 135,000 residents joined by over 40,000 post-secondary students annually.

Consistently ranked as the #1 small city (population under 500,000) in Canada for its startup ecosystem, Kingston is home to over 8,700 businesses.

Our strategic location with access to major markets, highly skilled workforce and diversity of public/private enterprises positions Kingston as an ideal location for starting and growing a business.

The success of your business begins and grows in Kingston

→ investkingston.ca

→ visitkingston.ca

→ possiblemadehere.ca

Kingston's economy has a significant small business foundation with over 80 percent of all businesses employing fewer than 10 employees. The ecosystem fosters entrepreneurs across many sectors.

Our collective goal is to create a conducive and enabling business environment for both potential and existing startup entrepreneurs.

Priority Sectors

- // Life Sciences & Health Innovation
- // Sustainable Manufacturing
- // Creative Industries
- // Research & Development
- // Tourism

KINGSTON
— Economic Development —

Kingston Business Ecosystem

Resources for startups and aspiring entrepreneurs in Kingston and region.



Kingston Economic Development

366 King Street East, Suite 420
Kingston, Ontario K7K 6Y3

613.544.2725 ext.7222

945 Princess St, Suite 1101
Kingston, Ontario K7L 0E9

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Kingston business ecosystem directory

Business Support Agencies

Kingston Economic Development Corporation

Supports startups and existing businesses in Kingston and region with advice, training, mentorship, and funding. As a designated Small Business Enterprise Centre (SREC), delivers provincial programs, workshop and resources for launching, scaling or transitioning businesses.

investkingston.ca

Launch Lab Regional Innovation Centre

Helps startups and tech businesses with one-on-one mentoring, business advice, marketing, funding, and growth strategies across Eastern Ontario.

launchlab.ca

Greater Kingston Chamber of Commerce

Connects businesses through networking, training, and advocacy. Offers HR tools, benefits plans, and access to Kingston's business community.

kingstonchamber.ca

Downtown Kingston BIA

Supports 700+ downtown businesses with events, advocacy, and resources. Helps new and existing businesses thrive in a vibrant urban area.

downtownkingston.ca

Frontenac Business Services

Supports startups and existing businesses with loans, free advice, and planning help.

frontenacbusiness.ca

Ontario Centre of Innovation (OCI)

Offers grants and expert help for startups and SMEs to commercialize tech and grow in key sectors.

oc-innovation.ca

Legend

- Funding
- Workshops
- Business coaching
- Workspace available
- Bilingual support

Post-Secondary Business Support

Dunin-Deshpande Queen's Innovation Centre (DDQIC)

Queen's hub for startups, offering incubators, pitch competitions, training, mentorship, and funding for students and the Kingston community.

queensu.ca/innovationcentre

Queen's Office of Partnerships & Innovation

Helps startups grow by turning Queen's research into products, with IP support, funding access, and community connections.

queensu.ca/partnershipsandinnovation

Queen's VP Economic Development

Connects Queen's research and resources to local businesses and partners to boost economic growth in Kingston.

queensu.ca

MITACS

Connects Kingston entrepreneurs with student researchers, funding, and training to support business growth and innovation.

mitacs.ca

Kingston Centre for Social Innovation (CSI)

Offers coworking, events, and support for mission-driven organizations and social entrepreneurs focused on community impact.

smith.queensu.ca/centres/ceisi

Mayor's Innovation Challenge

Invites local post-secondary students who are developing community-impact businesses to gain access to funding and business support.

cityofkingston.ca/mic

Venture Capital

KNDL (formerly SOAN)

Connects startups with investors and mentors. Offers early-stage funding and support to grow businesses in Southeastern Ontario.

investkndl.ca

Financial Supports & Programs

Summer Company

For students aged 15-29, this program offers \$3,000 to launch a summer business and provides training and mentorship.

investkingston.ca/summercompany

Starter Company Plus

For entrepreneurs ages 18+, this program provides up to \$5,000 in funding, coaching and training to grow a small business.

investkingston.ca/startercompanyplus

HELIX Funding

Supports life sciences companies with matching grants of \$10,000 - \$100,000 to advance product development and commercialization in Kingston and Eastern Ontario.

investkingston.ca/helix

Community Futures Loan Program

Offers flexible loans up to \$300,000 to startups and existing businesses in Frontenac County.

frontenacbusiness.ca

i.d.e.a Fund

The program provides expert advise to develop growth plans and strategies to foster inclusion, diversity, environment and acceleration while driving sustainable economic growth.

launchlab.ca/ideafund

Eastern Ontario Development Fund (EODF)

Provides support for projects and investments to existing businesses, municipalities and not-for-profit organizations for economic development in eastern Ontario.

ontario.ca/page/eastern-ontario-development-fund

FedDev Ontario

Funds businesses with \$125,000-\$10M for growth, innovation, and job creation. Supports Kingston through grants and programs.

feddev-ontario.canada.ca/en

Southeastern Ontario Fund for Investment in Innovation (SOFII)

SOFII loan program supports high-growth, innovative small and medium-sized enterprises (SMEs) in rural and urban communities by offering loans of \$150,000 to \$500,000 to support all aspects of growth challenges facing them.

soffi.ca

Business Development Bank of Canada

Supports business growth with flexible loans, investment capital, and expert advice at every stage.

bdc.ca/en/business-centres/ontario/kingston

Futurpreneur

Provides loans up to \$60,000, mentorship, and resources to help young entrepreneurs launch and grow businesses.

futurpreneur.ca

Regional Partnerships

Kingston – Greater Sudbury Critical Minerals Alliance

Links Kingston and Sudbury industries to grow cleantech, support electric vehicle supply chains, and reach climate goals.

investkingston.ca/cma

Eastern Ontario Innovation Corridor

Connects companies with labs, funding, and tools to grow life sciences and tech startups across the region.

eastinnovation.ca

Kingston Syracuse Pathway

A cross-border program that brings together businesses, government, and academia to foster research, entrepreneurship, and life sciences/health innovation collaboration.

investkingston.ca/ksp

RTO 9 (Regional Tourism Organization)

Regional tourism organization funded by the Ministry of Tourism, Culture, and Gaming to promote tourism in South Eastern Ontario.

rto9.ca

Sector Specific Business Support

Impact Chemistry

Supports green chemistry startups with lab access, expert help, and commercialization support to develop sustainable products.

impact-chemistry.com

RxN Hub

Provides lab space, tools, and a collaborative community for chemistry and clean tech startups to test and grow their ideas.

rxnhub.org

KPM Accelerate

Helps chemical startups grow after incubation by offering expert support, technical infrastructure, and scale-up programs.

kpm-accelerate.com

Tourism Kingston

Boosts Kingston's visitor economy by helping tourism and hospitality businesses with marketing, events, and partnerships.

visitkingston.ca

Kingston Accommodation Partners

Promotes Kingston as a travel destination and helps grow the tourism and hospitality sector through marketing and partnerships.

kingstonaccommodationpartners.ca

Kingston Film & Media Office

Supports film and media productions with locations, permits, and local contacts, growing Kingston's screen industry.

filmkingston.ca

Supporting Entrepreneurs from Specific Backgrounds

Black Entrepreneurship Ecosystem- South Eastern Ontario

Helps Black entrepreneurs with training, funding, mentorship, and networking to grow businesses and build inclusive communities.

beeseo.ca

Okwaho Equal Source

Supports Indigenous entrepreneurs—especially women—with training, mentoring, research, and community-based programs.

okwaho.com

WE-CAN at Queen's

Helps women entrepreneurs with business training, funding access, mentorship, and inclusive networking events.

queensu.ca/innovationcentre/we-can-project

Rural Community Program Fund

Provides successful applicants with funding to support creative and impactful projects that build community spirit and attract visitors to rural neighbourhoods.

cityofkingston.ca/rural

KEYS CEO Program

Supports newcomers and refugees with business training, mentorship, and access to local resources in Kingston.

keys.ca/programs/entrepreneurship

Kingston Young Professionals

Offers networking events in a relaxed environment to foster network development.

investkingston.ca/youngprofessionals

PARO

Supports women—especially from diverse backgrounds—with microloans, training, mentoring, and peer support to grow businesses.

paro.ca

Rise

Helps entrepreneurs with mental health or addiction challenges through mentoring, training, and small business loans.

risehelps.ca

Incubators/ Accelerators

Queen's Founders & Innovators Initiative

Part-time program designed for aspiring entrepreneurs providing training, mentorship from industry professionals, and the opportunity of seed funding.

queensu.ca/innovationcentre/qfii

Scale-up Platform Project

Services, resources, and programs to support entrepreneurs and accelerate the growth of startups, small, and medium-sized businesses.

queensu.ca/partnershipsandinnovation/industry-scale-up

Co-Working Spaces

Fractal Workspace at 623 Fortune Crescent

A modern coworking space with offices, desks, pods, and a podcast studio. Great for startups and remote workers.

fractalworkspace.ca

Fractal at 945 Princess

Large innovation hub with offices, labs, event space, and testing areas for startups and growing companies.

945princess.com

Sanctuary Coworking

Downtown coworking space with offices, desks, meeting rooms, and 24/7 access.

sanctuarycoworking.ca

Rose Event Commons (DDQIC)

Event and coworking space at Queen's hosting business workshops, and community events.

queensu.ca/innovationcentre/community-co-working-and-event-space/event-commons

Creativity Studios at The Tett Centre

Studio and coworking space for artists and creatives with networking, workshops, and community events on Kingston's waterfront.