

Community Health and Resource Centres

The **Coalition of Community Health and Resource Centres** provide a variety of social and health supports, through a city-wide network of fourteen, community-based health and resource centres. Each Centre is mandated by the City of Ottawa to recognize the importance of responding to the diversity of needs within their local community, paying particular attention to those members of the community who are most vulnerable and at risk.

All Centres provide a basic roster of free social and health services (see below), with counselors always on site. These services are available, for the most part, only to those who live in each Centre's catchment area, although some of the larger Centres provide mental and general health drop-in clinics for everyone. It is always best to call ahead and speak to an onsite Intake worker, to find out which services require an appointment.

General Services:

- *Information and Referral to Community Resources**
- *Crisis Intervention**
- *Short-term Counseling**
- *Outreach support**
- *Community Development services**
- *Emergency Baby Cupboard**
- *Seniors programs**
- *Youth and Children's programs**
- *Summer Day Camps**
- *Ontario Early Years**
- *Newcomer Settlement Services and Programs**
- *Millennium Learning Centre**
- *Income Tax Clinics**
- *Smoking Cessation Programs**
- *Good Food Box**
- *Chiropody and Foot Care**

CARLINGTON COMMUNITY HEALTH SERVICES

900 Merivale Road
Ottawa, ON K1Z 5Z8
613-722-4000
www.carlington.ochc.org

CENTERTOWN COMMUNITY HEALTH CENTRE

420 Cooper Street
Ottawa, ON K2P 2N6
613-233-4443
www.centretownchc.org

ORLEANS-CUMBERLAND COMMUNITY RESOURCE CENTRE

210 Centrum Blvd., Suite 211
Ottawa, ON K1E 3V7
613-830-4357
www.crcoc.ca

EASTERN OTTAWA RESOURCE CENTRE

2339 Ogilvie Road
Ottawa, ON K1J 8M6
613-741-6025
www.eorc-creo.ca

HUNT CLUB-RIVERSIDE COMMUNITY SERVICE CENTRE

3320 Paul Anka Drive
Ottawa, ON K1V 0J9
613-260-1299
www.seochc.ca

LOWERTOWN COMMUNITY RESOURCE CENTRE

40 Coburg Street
Ottawa, ON K1N 8Z6
613-789-3930
www.crcbv.ca

NEPEAN COMMUNITY RESOURCE CENTRE

1547 Merivale Rd., Unit 240
Nepean, ON K2G 4A3
613-596-5626 www.nrocrc.org

GREENBORO COMMUNITY CENTRE

363 Lorry Greenberg Drive
Ottawa, ON K1T 3P8
613-580-2805
www.greenborocommunitycentre.ca

OVERBROOK-FORBES COMMUNITY RESOURCE CENTRE

225 Donald St. Unit 120
Ottawa, ON K1K 1N1
613-745-0073
www.ofcrc.org

PINECREST-QUEENSWAY HEALTH AND COMMUNITY SERVICES

1365 Richmond Road, 2nd floor
Ottawa, ON K2B 6R7
613-820-4922
www.pqchc.com

SANDY HILL COMMUNITY HEALTH CENTRE

221 Nelson Street
Ottawa, ON K1N 1C7
613-789-8458
www.shcsc.ca

SOMERSET WEST COMMUNITY HEALTH CENTRE

55 Eccles Street
Ottawa, ON K1R 6S3
www.swchc.on.ca

SOUTH-EAST OTTAWA CENTRE FOR HEALTHY COMMUNITY

1355 Bank Street, Suite 600
Ottawa, ON K1H 8K7
613-737-5115
www.seochc.on.ca

VANIER COMMUNITY SERVICE CENTRE

290 Dupuis Street
Ottawa, ON K1L 1A2
613-744-2892
www.cscvanier.com

WESTERN OTTAWA COMMUNITY RESOURCE CENTRE

2 MacNeil Court
Kanata, ON K2L 4H7
613-287-2030 www.wocrc.ca

Community Participation

ABILITY FIRST OTTAWA

**Bronson Center
211 Bronson Ave
Ottawa, ON K1R 6H5
613-291-5422**

<http://www.abilityfirstottawa.org/>

To assist persons with disabilities to reach their goals in employment skills, recreation, social skills and art. To encourage and inspire persons with disabilities to reach their full potential and dreams.

Ability First Ottawa (AFO) currently operates weekly afternoon/evening programs where people with developmental disabilities have the opportunity to participate in creative and productive activities within safe and friendly environment. This non-profit organization offers flexible programs devoted to the development and promotion of creativity, well-being, and community among persons with varies disabilities. Ages 10- 70.

** Fee for service option available*

BAIRN CROFT

**1395 Youville Drive,
Ottawa ON K1C 4R1
613-841-6844**

<http://bairncroft.com/>

Branches is a day leisure/work program that is open to adults with Intellectual deficits and Dual Diagnosis. Participants gather at the same site daily and access the community regularly for life skills, social/leisure, or vocational learning opportunities as identified in their individual support plans. Participants are offered music/media options, regular physical movement activities, a sensory room, community integration to enhance social inclusion, creative expression activities, and a variety of adaptive skills options to enhance those skills as is suitable to level of ability. Clinical services are provided through regular consultation with a Certified Behaviour Analyst in cases where these supports are identified as being a helpful part of the support plan.

**Fee for service option available*

CITY OF OTTAWA

**Donna Quiggin
Portfolio Manager, City Wide Special Needs
3rd floor 255 Centrum Blvd
Ottawa, On
K1E 3V8
613-580-2424 ext 29289**

Therapeutic Recreation Programs:

They are Therapeutic Recreation Day Programs for adults with developmental disabilities. Participants take part in a variety of social, recreational and leisure programs. Intake assessment required with Special Needs Unit before participation and re-assessment required on a yearly basis.

- **Variety East – Bob MacQuarrie Recreation Complex – Orléans**
- **Variety West – Walter Baker Centre – Nepean (SCEL West)**
- **Supported Community Enhanced Learning (SCEL Central)**

**** DSOER referral required ****

CHRISTIAN HORIZONS

2211 Thurston Dr, Unit 2
Ottawa, ON K1G 6C9
613-526-9995
msheldrick@christian-horizons.org
<http://www.christian-horizons.org/>

People supported by Christian Horizons are encouraged to pursue employment, volunteer, leisure and recreation opportunities. Our community support services offer opportunities for life skill development, community involvement, vocational and recreational activities. These are explored on an individual basis, and supports are available to enable the person to participate in meaningful and interesting activities.

Ottawa Grow Program

Education, Employment Supports, and Community Participation Opportunities

** DSOER referral required *Fee for service option available*

COMPUTERWISE – OTTAWA FOYERS PARTAGE

50-44 Eccles Street
Ottawa, ON K1R 6S4
613-744-3562 ext. 101
<http://ottawafoyerspartage.org/computerwise/>

The program offers an innovative and fun workspace where participants use adaptive technologies to learn new skills and collaborate on work projects from the community. The knowledgeable team assesses, identifies and links each participant with projects and programs that will help them reach their unique goals. They provide full personal care, job readiness supports and on-going coaching/mentorship to ensure that each participant is able to fully benefit from the program.

**DSOER referral required * Fee for service option available*

GREENLAND COUNTY HAVEN DAY PROGRAMS AND EXCURSIONS IN OTTAWA

3017 Greenland Road
Dunrobin, ON K0A 1T0
613- 806-0690
greenlandcountryhaven@gmail.com
www.greenlandcountryhaven.com

Greenland Country Haven provides 1:1 in-home day program. Staff offers all ADL activities on site. They offer a weekly music and creative arts program and daily excursions in the community. Day Programs, Respite and our Summer Camp on the lake.

We are very excited about our innovative programs for adolescents and adults with Brain Injury, Developmental Disabilities, Autism and ASD. We offer numerous choices regarding the number of days required for our Day Program, Respite Care and our Summer Camp on the lake.

** Fee for service option available*

DESTINY'S WAY

214 Sorento St
Ottawa, ON K2J 0B6
613-226-6222
info@destinynysway.ca
<http://www.destinysway.ca>

We invite adults in our special needs community to participate in a wide variety of innovative, creative and skill-building activities.

- Life Skills Program Monday 9:00 a.m. to 3:00 p.m.
- Fine Arts Program Tuesday & Thursday 10:00 a.m. to 3:00 p.m.
- Digital Arts Program Wednesday & Friday 9:00 a.m. - 3:00 p.m

**Fee for service option available*

FAMILY HARMONIES FAMILIALES

330 Kent Street
Ottawa, ON K2P 2A6
Angèle Jodouin 613-302-5943 or Melodie Grealy-Fredette 613-315-5943
fhf@rogers.com
<http://www.familyharmoniesfamiliales.ca/>

Ottawa-based organization of Developmental Service Professionals. We offer a variety of flexible supports for families and individuals with and without special needs. We believe that families ultimately know what is best for them, and that given the right tools they can bring harmony to their own situations. With this premise in mind we offer effective and innovative supports to families and individuals, in both English and French.

Our team of experienced Developmental Services Workers and Apprentices provide Respite and Special Services in your home and out in the community. We also offer Harmonization, our approach to problem-solving and improving interactions, which was developed as an alternative to continual intervention. We provide families with a customized and functional plan that can be adapted over time. We include visual and/or tactile aids and provide implementation support to teach them the skills to apply any changes.

**Fee for service option available*

H'ART OF OTTAWA

211 Bronson Avenue
Room 304
Ottawa, ON K1R 6H5
613-234-8497
hartofottawa@bellnet.ca
<http://www.hartofottawa.ca/>

H'Art of Ottawa is a unique and innovative art studio where self-expression and a sense of place are encouraged and celebrated for people with developmental disabilities. Through the common language of art and self-expression, the artists of H'Art contribute to the community and the cultural life of Ottawa

STUDIO HOURS: Monday through Friday 9:00 am to 3:00 pm

**Fee for service option available*

HELPING HANDS (ENGLISH SPEAKING)

87 Sheldrake Dr
Ottawa, ON K2L 1T1
613-695-6265

Private Day program 9-3pm

Example of activities: recreation, swimming, horseback riding, walking cooking

Clientele: intellectual disabilities, autism or asperger with or without mental illness

Restrictions: no behaviors, not wheelchair accessible

Provide transport to/from activities during the day but has to have their ride to program access

Age: 21 and up **Ratio:** 2 staffs per 5 people: **Capacity:** 1 to 5 people

Cost: 100\$ a day

** Fee for service option available*

HIGH HORIZONS – GOOD COMPANIONS CENTRE

Memorial Hall of MacKay United Church
39 Dufferin Road
Ottawa, ON K1M 2H3
613-828-3839 or 613-746-9699

<http://www.thegoodcompanions.ca/community-support-services/high-horizons/>

A community social group for adults with physical disabilities (aged 18 – 65 years). Registered clients enjoy opportunities to socialize in a relaxed, caring, environment. Clients choose among a variety of activities: crafts, entertainment, exercise, games/cards, singing and painting with watercolors (led by professional artist). Lunch is provided by church groups. Attendant care is available. Cost: Annual Membership is \$10 year. The program runs on Tuesday, 9:30 a.m. to 2 p.m.

** Fee for service option available*

INNOVATIVE COMMUNITY SUPPORT SERVICES

2025 Lanthier Dr., Suite A
Orleans, ON K4A 3V3
613-824-9424 ext. 230
Rebecca@icss.ca or Kelly@icss.ca
www.icss.ca

Innovative Community Support Services provides individuals opportunities for community participation. such as:

The Sow & Grow Therapeutic Farm : A completely accessible farm that allows people to experience Horticultural learning and training, offered in our greenhouse, garden beds, planting, tending and harvesting and landscaping as well as through wreath making, centerpiece creations, flower basket projects and more.

Animal Care offered through time with our farm animals.

Fitness & recreational activities, trail walking, snowshoeing, cross country skiing, wheelchair adapted swing, wagon rides.

Vocational training & employment skills, developed through tending the animals and caring for the grounds and buildings.

Out social enterprise Spread the Joy with wood creations projects, vendor stand and product sales.

** Fee for service option available * * DSOER referral required or Fee for service option available*

KANATA LANGUAGE ARTS PROGRAM **(STRUCTURED READING AND LISTENING COMPREHENSION ACTIVITIES)**

Memorial Hall of MacKay United Church
39 Dufferin Road
Ottawa, ON K1M 2H3

613-828-3839 or 613-746-9699

<http://www.thegoodcompanions.ca/community-support-services/high-horizons/>

Literacy options for adults with Intellectual – Developmental Disabilities

KLA (Kanata Language Arts) is a part time program for older teens and young adults with intellectual and developmental disabilities (including autism), to pursue literacy skills.

KLA is implemented in a classroom space, rented by the families through the City of Ottawa at the Glen Cairn Community Centre, at a very low cost non-profit rate.

The program runs every Monday and Friday, from 1:30 – 3:30 p.m.

KLA assists improve listening comprehension skills, to improve concentration and attention skills, to increase the participant's vocabulary, to practice the skill of acquiring information from text and to acquire a repertoire of general factual information.

The literacy materials provided at KLA are visually, cognitively adapted and written in everyday familiar language that never assume pre-existing knowledge and meet the unique literacy needs of the participants in smaller group settings.

**Books written for KLA are free for all the participants but can be purchased by others not attending the program.*

** Please note that learners must be accompanied by either a worker, parent or sibling who is responsible for the learner at all times and who helps facilitate the lessons at the learner's level.*

** Participants share in the very low costs for room rental and monthly craft materials.*

MAIN STREET COMMUNITY SERVICES

1453 Main Street Box 432

Stittsville, ON K2S 1A9

613-831-6606

<http://www.mainstreetcommunityservices.com/>

We pride ourselves in a variety of services and programs that include: developmental respite, mentoring, social skills training, behaviour management, parent support programs, individual and family counselling, developmental play groups, developmental respite and a social skills day camp known as Discovered Treasures. The team at Main Street Community Services remains dedicated to broadening horizons, developing talents, promoting self-esteem and instilling life-preparation skills by extending a hand of hope to children youth and their families.

Programs include: Individual Counselling, Social Skills Enrichment Training, Overnight Respite, After School Social Skills Program, Summer & March Break Camps Developmental Day Program, and Interpersonal Communications Skills Training

** Fee for service option available*

MUSIC ABILITY

Nepean Arts Centre

35 Stafford Rd.

Nepean, ON K2H 8V8

613-596-5783

<http://join.ottawa.ca/act/130/winter/all/fac/144/6975/>

Participants of all ages and abilities will create music using adaptive electronic devices and instruments. Participants with significant disabilities are encouraged to participate. Ensemble playing, composing, and recording music are all components of this program.

Instructor: Chris Linden

**Fee for Service Option Available*

OTTAWA-CARLETON ASSOCIATION FOR PERSONS WITH DEVELOPMENTAL DISABILITIES

1414 Rosenthal Ave.
Ottawa, ON K1Z 8J1
613-728-2603

171 Donald Street
Ottawa, ON K1N 1N1
613-744-8504

Main Office:
229 Colonnade Road South
Ottawa, ON K2E 7X3
613-569-8993
www.ocapdd.on.ca

Rosenthal Centre offers a variety of centre based activities and community outings. An example of activities would be cooking, exercise programs, arts and crafts, spa type of activities (make-up and nails, etc.), some vocational work, etc. The average ratio is 4:1.

Quinlan Centre supports many people who may have physical and or medical needs in a variety of ways. The centre has a Snoezelen room, a hot tub, offers music therapy, art therapy, cooking activities, computer activities, pampering activities such as hair and nails being done, massage therapy, etc.

The average ratio is 4:1.

Loeb Centre offers a wide variety of options such as community volunteering, vocational work (recycling, etc.), kitchen program, exercise program, pet therapy, leisure programs, etc. Average ratio is 6:1 for centre-based activities and 4:1 for community activities.

** DSOER Referral required/**Fee for Service Option Available*

OTTAWA CARLETON LIFE SKILLS

9-1 Brewer Hunt Way
Ottawa, ON K2K 2B5
613 254-9400
<http://www.ocl.ca/>

Ottawa-Carleton Lifeskills supports 56 participants through our Community Participation Supports (CPS) day program, located in Kanata. This program offers two types of day programs - Lifeskills and Leisure. The goal of both these day programs is to provide training and support to individuals with developmental disabilities through day activities suited to their specific needs, interests, energy level and abilities.

DSOER referral required /Fee for service option available*

OTTAWA ROTARY HOME

4637 Bank St.
Ottawa, ON K1T 3W6
613-236-3200
www.rotaryhome.on.ca

The adult day program runs Tuesday, Wednesday, and Thursday for a total of 42 weeks a year. The focus of this program is to help young adults realize their potential while enjoying a stimulating environment with peers. Adults ages 21-35 with a physical disability.

** DSOER Referral required/**Fee for Service Option Available*

PARTNERS IN PARENTING

3020 Hawthorne, Unit 200G
Ottawa, ON K1G 3J6
613-795-7413
www.partnersinparenting.ca/

Participants in our Day Service program are assigned to a group of peers and staff and volunteer members. Through group interaction, participants engage in various activities throughout the day. Our program place equal emphasis on educational, social and recreational sessions. There are also planned outings supporting participants an opportunity to interact with old friends and to make new ones.

***Fee for service option available*

SONSHINE FAMILIES

1807 St. Joseph Blvd. Unit 307
Orleans, ON K1C 7C2
613-834-8187

margobabe@sonshinefamilies.ca www.sonshinefamilies.ca

R.A.Y.S. (Reaching All Your Stars) Day Program serves adults with developmental and physical disabilities. This program runs Monday to Friday from 9:30 a.m. to 3:00 p.m. and features weekly sing-a-longs, community outings and adapted sports.

***Fee for service option available*

ST. STEPHEN'S DAY PROGRAM

2825 St Stephen's St
Ottawa, ON K2B 1A3
613-726-0395 (Roxann Cook)
rcook@st-stephensresidences.ca
www.st-stephensresidences.ca

Our fully accessible program provides supports to adults who are interested in low key recreational/leisure activities. Our aim is to increase the quality of life of the individuals we support by focusing on their needs and interests. Our welcoming venue provides opportunities for socializing, making new friends and learning new skills within the community. Our program is opened from Monday to Friday 9:00 to 3:00 and provides either full time and part time supports.

** DSOER Referral required/**Fee for Service Option Available*

TAMIR DAY SERVICES

**11 Nadolny Sachs Private Suite 218
Ottawa, ON, K2A 1R9**

**235 Donald St., Unit D
Ottawa, ON, K1K 1N1**

**Estelle Allen: 613-724-2644
estelleallen@tamir.ca
www.tamir.ca**

Tamir Day Services are all about choice. Participants can choose from a wide variety of options, including volunteer job placements, life skills development, community outings and many activities that promote health and wellness. Tamir is also pleased to offer opportunities to become involved in our expanding arts program, which includes music, theatre, and visual arts options, run by professional facilitators. All activities are fully accessible and geared to suit a wide range of interests and needs.

** DSOER Referral required/**Fee for Service Option Available*

WORK AND VOLUNTEER EXPERIENCE (WAVE)

**411 Dovercourt Ave,
Ottawa, ON K2A 0S9
wave@dovercourt.org
<http://waveottawa.ca/>**

The WAVE Prep Program is a full day learning opportunity for adults diagnosed with autism who are interested in preparing for the work force. The program is designed to teach work-related skills through fun, interactive learning activities, and prepare these young adults for their work placements through WAVE Ottawa.

The WAVE Prep Program runs out of Dovercourt Recreation Association in three groups, with differing ratios. These are group 1 with a 1:8 ratio; group 2 with a 1:6 ratio; and group 3 with a 1:8 ratio with a staff and sometimes a volunteer present.

**Fee for Service Option Available*

Y'S OWL MACLURE COOPERATIVE CENTRE)

1140 Morrison Drive, Suite 100

Ottawa, ON K2H 8S9

613-721-1500

www.ysowlmaclure.org

Foundations – Foundations has been designed to assist young adults with developmental disabilities make a successful transition from school to a wide range of community participation activities and work. Foundations will allow young adults to explore a variety of supports and services, make informed decisions, and direct ones own future. Foundations will assist young adults in developing the necessary skills needed to become more independent within their home and community.

L.I.N.E.S. – The L.I.N.E.S. (Linking Individuals through Naturally Existing Settings) program provides small group social and recreational activities allowing participants to join in other community activities.

NB: Info sessions are provided on the first Tuesday of each month. Call ahead to notify of attendance.

** DSOER Referral required/**Fee for Service Option Available*

Comprehensive and Specialized Services

Canadian Mental Health Association

1355 Bank Street, Suite 301
Ottawa, ON K1H 8K7
613-737-7791
www.cmhaottawa.ca

Dual Diagnosis Brokerage Service

The Brokerage Service is a bilingual service for people with a dual diagnosis (a developmental disability and a mental illness) and other complex needs who live in Ottawa. The service is comprised of 4 staff called "Brokers", two of whom are designated to work with individuals involved in the justice system. This service is funded by the Ministry of Community and Social Services, and the Ministry of Health and Long-Term Care.

Dual Diagnosis Ottawa Community Clinic

In partnership with Solution-s, CMHA Ottawa Dual Diagnosis Brokerage Service operates five psychiatric clinics, one located at CMHA and four with developmental community partners. The Clinic uses a collaborative shared care model to integrate clinical psychiatric services with a person's support network. It enriches the care each can offer and uses a bio-psychosocial approach to improve the well-being of individuals and communities. It also encourages a more efficient and effective use of increasingly limited resources and heightens the skills and satisfaction of family physicians and psychiatrists alike.

Mental Health Community Support Services

Includes Court, Hospital and Housing Outreach services, Case Management services, a Community Treatment Order (CTO) Program, a Concurrent Disorder Treatment Program, a Housing Program and Information and Referral service.

Capacity Building & Education

The Education Program develops and provides education and programming in mental illness awareness and mental health promotion. We conduct workshops, make presentations, coordinate school based programs and promote awareness of mental health related issues in the media.

The Partners for Progress

The Partners for Progress Program is a peer support program which matches volunteers who have themselves experienced serious mental health problems with persons of similar disabilities.

*** DSOER Referral required ***

Champlain Community Care Access Centre (CCAC)

4200 Labelle St. Suite 100
Ottawa ON K1J 1J8
1 800 538-0520
<http://healthcareathome.ca/champlain/en>

The Champlain Community Care Access Centre (CCAC) connects people of all ages with the health and support services they need to:

- remain safe and independent at home
- return home safely from hospital and avoid readmission
- find primary care
- explore long-term care options, day programs, and more

Our goal is to connect people with the right care at the right time and in the right place. Every day, we help people find their way through Ontario's health care system, understand their options and connect them to quality community-based health care and resources, including

- physiotherapy
- nursing
- speech therapy
- palliative care, and more

Citizen Advocacy – Person-Centred Planning

1 Community Place
312 Parkdale Avenue
Ottawa, ON K1Y 4X5
613-761-9522
info@citizenadvocacy.org

Referrals to this program will be received from Developmental Services Ontario or fee or service and the program will include two distinct services. The first is to develop Person Centred Plans for individuals so they can express their dreams, goals and life objectives while receiving facilitation to develop a plan on how to get there. The Planner/Broker will meet with the individual and the significant people in their life in order to creatively discuss and brainstorm about their goals and dreams, based on the individual's strengths and abilities.

***DSO referral and fee for service*

OCTC Behavioural Services

2211 Thurston dr.
Ottawa, ON K6H6C9
613-688-2126

OCTC Behavioural Services provides bilingual services for individuals with a developmental disability requiring behavioural supports. Using a mediator model, Behaviour Consultants will use strategies based on Applied Behaviour Analysis to assess and develop a behaviour support plan. Clinical supervision is provided by a Psychologist and/or a Board Certified Behaviour Analyst. Services are offered in the city of Ottawa and are delivered in the individual's primary environment(s).

***DSOER referral required*

Regional Dual Diagnosis Consultation Team

Royal Ottawa Hospital
1145 Carling Avenue
Ottawa, Ontario K1Z 7K4
613.722.6521 ext. 7128

This specialized consultation team provides clinical assessments, education and treatment recommendations for the care of dually diagnosed (intellectual disability + mental illness) individuals who are over age 16. The team is based in Ottawa and serves individuals in the Champlain LHIN. Referrals are made by family physicians or other caregivers.

***DSOER referral required*

Service Coordination – Case Management

200-150 Montreal Rd.
Ottawa, ON K1L 8H2
admin@scsottawa.on.ca
613-748-1788

Service Coordination for People with Developmental Disabilities is here to help adults with a developmental disability. Service Coordination's case management team will assist individuals and their families create a plan to meet their needs and to find available opportunities, resources and services within the community.

Case management will assist you:

- in creating an individual support plan to meet your immediate and future needs;
- with referrals to services and supports in the community;
- to support to navigate and coordinate services and supports.

***DSOER referral required*

SOLUTION-S

29-2450 Lancaster Road
Ottawa, ON, K1B 5N3
613-249-8593 Ext 233
info@solution-s.ca

Solution-s provides and facilitates access to specialized clinical supports and services for adults with a diagnosis of Intellectual Disability and/or Dual Diagnosis who present with challenging behaviors and complex needs. Solution-s services are delivered through a Multi-Disciplinary approach and are person centered, flexible and individualized.

Solution-s services are:

- Individually tailored, context sensitive, flexible and responsive to changes in the individual circumstances.
- Mobile, accessible and offered on-site.
- Provided by trained and qualified staff to provide the best treatment, care, support, and will be delivered in the least restrictive manner capable.
- Ensures clients are treated as valued members of their community, enhancing personal empowerment, determination and community inclusion.

Solution-s provides observations, assessments, develops treatment and crisis prevention plans, provides training, collaborates and works closely with all involved supports, coordinates existing services, identifies missing and/or necessary services, coordinates referrals, coordinates system's navigation and

collaboration, and ensures quality of services.

**DSOER Referral Required*

SPECTRUM INTERVENTION GROUP

19 Grenfell Crescent, Suite 100

Ottawa, ON, K2G 0G3

613-723-2623

info@spectrumig.com

Spectrum's main objective is to operate a non-profit centre for the treatment and education of children and young adults diagnosed with an autism spectrum or related disorder in order to increase their cognitive and social abilities in the home, school and community. All programming is based on the principles of applied behaviour analysis (ABA). We also provide continuing education and training to parents, caregivers, therapists and other professionals regarding the principles and practice of ABA.

***Fee for service option available*

YOUTH SERVICES BUREAU (YSB)

2675 Queensview Dr.

Ottawa, ON K2B 8K2

613-729-1000

www.ysb.on.ca

The Youth Services Bureau of Ottawa serves youth aged 12 and older. We focus on youth with difficulties affecting their physical and/or emotional well-being and development. We support youth in making positive health and lifestyle decisions.

Programs include:

- Mental Health Services (613-562-3004)
- Community Services (613-241-7788)
- Youth Engagement (613-241-7913)
- Youth Employment (613-236-8244)
- Youth Justice Services (613-738-7776)

Education

ACADEMIC ASSISTANCE FOR ADULTS WITH DEVELOPMENTAL DISABILITIES (AAADD)

1385n Woodroffe Avenue, Room H-217
Ottawa, ON K2G 1V8
613-727-4723 ext 5726

www.algonquincollege.com/access/AAADD.htm

AAADD offers a series of courses for adults with developmental difficulties based on a functional and practical approach to the learning process. The overall goals of the courses are to build social, academic, computer and work related skills to enhance college integration. The objectives and teaching methods are tailored to the individual. Available courses are Literacy, Numeracy, Experiential Learning, Integrative Seminar and Computer. These courses are funded by the Ministry of Education and Training and some students may be eligible for the Ontario Special Bursary Plan. Attendance at an information session and an academic assessment are required for admission.

***Fee for service option available*

ADULT HIGH SCHOOL OTTAWA CARLETON DISTRICT SCHOOL BOARD

300 Rochester Street
Ottawa, ON K1R 7N4
613-239-2707

<http://www.adulths.ocdsb.ca/>

Adult High School is a full-time regular high school that specializes in working with adults from a wide variety of backgrounds. Classes run from Monday to Friday, 8:30 am - 2:30 pm. We offer teacher-led credit courses which lead to an Ontario Secondary School Diploma. We promote literacy, numeracy, and technology through all departments: English, English as a Second Language, French, Social Science, Arts, Physical Education, Guidance/Career and Cooperative Education, Business and Technology, Mathematics, and Science. The school also offers ESL to help students who are new to Canada acquire English skills required for success in the workplace or in post-secondary education. The Cooperative Education Program provides opportunities for adult students to gain workplace knowledge and experience while earning credits toward a graduation diploma.

ADAPTIVE LEARNING PROGRAM (ALP)

OCDSB

440 Albert St

Ottawa, ON K1R 5B5

613-239-5951

www.ocdsb.ca/continweb/ESL/upgrade.htm

The goal of the program is to prepare most students for job placements and/or volunteer opportunities. Students learn both the targeted and transferable skills needed to prepare for employment. Targeted skills are specific to various workplace environments; food service, office and library settings, plant care/maintenance, community contract work, etc. Students must be able to demonstrate a high level of independence, able to work towards specific goals, follow routines and directions, and be willing to work or volunteer in the community. Lunch and break times are without supervision. Classes run five days a week.

ALTERNATIVE LEARNING STYLES AND OUTLOOKS (ALSO)

Heartwood House

404 McArthur Ave

Ottawa, ON K1K 1G8

Contact Kim Oastler

613-233-8660

www.also-ottawa.org

ALSO's adult program provides literacy and life-skills for adults over 18 who are looking to join for an opportunity to upgrade their skills while working towards employment. ALSO teachers provide individualized training and support for each learner and run a variety of specialized workshops and programs including cooking courses, art classes, and community connections workshops. Learners can apply for volunteer opportunities within Heartwood House to gain valuable work skills and experience. If you're interested in applying for our Adult Upgrading program.

KANATA LANGUAGE ARTS PROGRAM

186 MORRENA ROAD

Ottawa, ON K2L 1E1

613-435-6772 Simy Illouze

logme@rogers.com

KLA (Kanata Language Arts) is a part time program for older teens and young adults with intellectual and developmental disabilities (including autism), to pursue literacy skills.

The program runs every Monday and Friday, from 1:30 – 3:30 p.m.

KLA assists improve listening comprehension skills, to improve concentration and attention skills, to increase the participant's vocabulary, to practice the skill of acquiring information from text and to acquire a repertoire of general factual information.

***Fee for service option available*

PEOPLE, WORDS & CHANGE

Heartwood House
404 McArthur Ave
Ottawa, ON K1K 1G8
613-234-2494
www.pwc-ottawa.ca

People, Words & Change is a one-on-one, Literacy and Essential Skills program for adults in Ottawa that helps improve an individual's skills in reading and their writing. Our volunteer tutors help adult learners reach their own goals. These goals can be to help find a job, take job training, or become more independent with reading, writing or math independently at work or in the home.

SAGE YOUTH PROGRAMS

Contact Chris Osler
Phone at 613-565-3265

Sage Youth programs are delivered by our team of five coordinators and 90 volunteer tutors/mentors. Students attend free sessions from September to June. Areas of focus include essential core literacy instruction in the areas of verbal, phonetic, comprehension and writing instruction. Literacy in vocational education provides our students with the essential writing, speaking and professional skills required to find and secure employment, as well as build a career. Leadership modules developed to teach students that a great leader C.A.R.E.S. – she or he develops Compassion; becomes an Advocate; Respects themselves, their world and humanity; Educates themselves on social causes; and Speaks up. Financial literacy modules that support our students in developing core numeracy skills; critical knowledge around personal and family economics; and financial responsibility.

SCHOOL BOARDS

Ottawa-Carleton Catholic School Board – upgrading and adult literacy programs available
570 West Hunt Club Road
Ottawa, ON K2G 3R4
613-224-2222
www.occdsb.on.ca

Ottawa-Carleton District School Board – upgrading and adult literacy programs available
133 Greenbank Road
Ottawa, ON K2H 6L3
613-596-8211
www.ocdsb.ca

ST NICHOLAS HIGH SCHOOL – OTTAWA CATHOLIC SCHOOL BOARD

St. Nicholas Adult High School- West Campus

**893 Admiral Avenue
Ottawa, ON K1Z 6L6
613-228-8888**

St. Nicholas Adult High School- Central Campus

**20 Graham Avenue
Ottawa, ON K1S 0B7
613-234-2768**

St. Nicholas has been designed to meet your needs, the individual. With your input, we will design a free education program within grades 9-12 that will help you achieve your goals. St. Nicholas Adult High School is a unique learning facility; we cater exclusively to adults. Our school permits students to earn the necessary credits to receive their Ontario Secondary School Diploma with co-operative education opportunities and e-learning courses. Please visit our Courses section on our webpage for more information. Students wishing to register for courses may do so all throughout the school year. The uniqueness of our school allows for continuous intake. Please call the central or west location you wish to attend for more information. Evaluations available.

TUTORING FOR STUDENTS WITH SPECIAL NEEDS (TSSN)

**613-599-0690
natkal@hotmail.com**

Language and math skills are not only important for day-to-day functioning but also for success in finding and keeping a job. At whatever level the student with special needs is, there is room for further improvement. After leaving school, the student can benefit from individualized tutoring provided by TSSN and continue to improve, at an affordable cost. TSSN is a non-profit service founded exclusively for students with special needs.

***Fee for service option available*

Employment Supports

ADAPTIVE LEARNING PROGRAM (ALP)

440 Albert St.
Ottawa, ON K1R 6H5
613-239-5951
www.ocdsb.ca/continuwweb/ESL/upgrade.htm

The goal of the program is to prepare most students for job placements and/or volunteer opportunities. Students learn both the targeted and transferable skills needed to prepare for employment. Targeted skills are specific to various workplace environments; food service, office and library settings, plant care/maintenance, community contract work, etc. Students must be able to demonstrate a high level of independence, able to work towards specific goals, follow routines and directions, and be willing to work or volunteer in the community. Lunch and break times are without supervision. Classes run five days a week.

** No cost for program**

CAUSEWAY WORK CENTRE

22 O'Meara St.,
Ottawa, ON K1Y 4N6
613-725-3494 ext. 115
fdaly@causewayworkcentre.org
www.causewayworkcentre.org

A Community Economic Development Corporation providing a variety of supported employment, educational, wellness programs and other services.

- Solutions for Youth Project: paid pre-employment program
- Employment Supports Program: job placement and retention
- Social Enterprises: provides employment opportunities to consumers (Krackers Katering, Good Nature, Grounds keeping, Cycle Salvation and RightBike)
- Job Quest: supported employment program for individuals with barriers to employment including those with disabilities, addictions, as well as those who are homeless or at risk of homelessness
- Supported Employment in Rural Ottawa: program for persons with severe mental illness living in rural areas of Ottawa
- Wellness program: certified trainer will assist participants in reaching their personal fitness goals in a user friendly low-key facility

No cost for program- both referrals through ODSP and self-referrals accepted

CHRISTIAN HORIZONS

**Main office: Units 2 & 3, 1950 Merivale Road
Ottawa, Ontario K2G 5T5
Grow Program: 1000 Brookfield Rd.
Ottawa, ON K1V 6J1
Tel: 613-225-5900
<http://www.christian-horizons.org/>**

Christian Horizons is a non-profit, Christian charitable organization seeking to reach out with supports and friendship to persons who have exceptional needs. Their purpose is to contribute to the individuals' quality of life by addressing his/her spiritual, emotional, intellectual, social, and physical needs. Each person's intrinsic value is considered as loved by God and bearing His image.

Employment programs:

- Horizons Inc- Copy and Print Centre- this program is not currently funded. Individuals may receive a training allowance. Contact: Steve Zink: 613-221-9458
- Ottawa GROW program- a vocational training program that supports people looking to learn new skills for employment. Current programs within Grow that are available include woodworking, jewelry making, office skills, kitchen work, art work, seasonal work, cleaning, computers, and academics.

** Fee for service option available ** DSOER referral**

GOOD DAY WORKSHOP

**211 Bronson Ave, 100A,
Ottawa, ON K1R 6H5
613-236-4979
gdw@magma.ca
www.gooddayworkshop.org**

Teaches repair and refinishing of furniture:

- provides work experience, skills training and social contact for participants by working and socializing with peers, staff and customers
- sharing old skills and learning new skills of furniture refinishing and repair. Social enterprise consisting of a Tuck Shop, which serves the general population visiting the Bronson Centre
- participants learn to serve paying customers

** No cost for program**

GOURMET EXPRESS

270 Marier Ave., Vanier, ON K1L 5P8

613-745-2137

info@gourmetexpress.com

http://www.gourmet-xpress.com/en/

PARTICIPANTS WILL:

- Work in a real catering business environment at Gourmet-Xpress
- Gain work experience for a period of twelve (12) weeks
- Schedule: Monday to Friday, 9 am to 4:00 pm
- Afternoons are spent in workshops or job searching
- Receive job search assistance during and after the program
- **PROGRAM BENEFITS**
 - Learn the latest work place skills
 - Practice essential skills such as teamwork, communication, problem solving, flexibility and initiative
 - Get a free lunch every day
 - Prepare to obtain employment in various types of businesses: restaurants, cafeterias, catering services, cafés, supermarkets, grocery stores, etc.

No cost for program

JOB CONNECT- EMPLOYMENT SERVICES

3 PARTNER AGENCIES:

YSB Employment Services (South/East)- Employment Ontario Site

1355 Bank St. Suite 703, Ottawa, ON K1H 8K7

613-236-8244

www.ysbes.ca

Community Employment Resource Centre (West)

415 Hazeldean Road, Kanata, ON K2L 4C6

613-828-2123

www.cercottawa.ca

Employment Service (East/Central)- St. Lawrence College of Ottawa

71 Bank St. 5th floor, Ottawa, ON K1P 5N2

613-232-0022

www.employmentservice.sl.on.ca

The goal of Job Connect is to provide information and assistance required to gain quick access to the labour market. Whether an individual is looking for their very first job, or looking to re-enter the job market, Job Connect offers a variety of services, programs and workshops that will help individuals find the job they are looking for.

Free Services include: daily job postings, individualized job search assistance, computers with high speed Internet access, employment workshops, resume and cover letter help, personalized career assessments, apprenticeship information, access to photocopier, telephones and fax machines, latest labor market information, resource room open to the public.

No cost for program

LAUNDRY MATTERS

404 McArthur Ave. Suite 211

Ottawa, ON K1K 1G8

Tel: 613-797-2416

<http://laundrymatters.ca/>

Laundry Matters is a social enterprise created by the not-for-profit organization, Families Matter Co-op (FMC). FMC created a laundry service that employs people with developmental disabilities and is a community of hardworking individuals, job coaches, volunteers and customers that recognize the social value of providing someone with a developmental disability the opportunity to develop skills and be a productive member of society. Laundry Matters is all about building stronger ties to the community and has partnered with St. Vincent Hospital to provide on-site laundry services to their patients. To join the Laundry Matters' Crew participants must be a member of Families Matter Co-op.

Please visit www.familiesmattercoop.ca to become a member today.

** Fee for service option available **

LIVWORKPLAY

301-1223 Michael St.,

Ottawa, ON K1J 7T2

613-235-9550

www.liveworkplay.ca

A charitable organization supporting self-advocacy and contributing citizenship for people with developmental disabilities.

- Services are available to teens and adults, and include the promotion of meaningful relationships, active citizenship, working/volunteering, a home of one's own, etc.
- Parents and families are key transition partners, and processes are goal-oriented with frequent review.
- Community-building through private and public events.
- Promote increased decision-making by the individual.
- LWP provides support in all areas of life, such as daily living skills, social development, employment, housing, financial management, and more.
- Each person's needs are addressed on an individual basis with flexible plans that support personal growth over time. Most adults can expect to see significant life changes within 2 years.

Employment: LWP helps individuals figure out what kind of work they want to do, make a plan for obtaining that type of employment, and help them with getting and keeping a job. They have a strong network of employers and employment champions (employers who have hired people with intellectual disabilities and can help us open new doors).

DSOER Referral required/Fee for Service Option

NEIL SQUIRE FOUNDATION

34 Colonnade Road, Suite 150

Ottawa, ON K2E 7J6

613-723-3575

www.neilsquire.ca

The Neil Squire Society is the only national not-for-profit organization in Canada that has for over thirty years empowered Canadians with disabilities through the use of computer-based assistive technologies, research and development, and various employment programs. Through their work, they help clients remove barriers so that they can live independent lives and become active members of the workplace and our society. The Employ-Ability Program assists adults with various disabilities to obtain employment in their chosen profession.

Other services include:

- Career exploration (skills and career self-assessments, educational exploration, labor market research, resume and cover letter writing, job search and interviewing techniques)
- Personal wellness techniques
- Health and disability management
- Proper work station set-up
- Assistive technology testing
- Computer and technical skills development as well as follow-up support

** No cost for program **

OCAPDD

Phone: 613-569-8993 ext. 221

Fax: 613-569-9865

Email: hlalonde@ocapdd.on.ca

www.ocapdd.on.ca

The Supported Work Program assists individuals in finding and maintaining jobs that pay minimum wage or better. Support is flexible in the number of hours provided. There are more hours of support provided while starting a job and during the initial training period. These hours decrease as the individual acquires the independence to maintain their employment. Support is ongoing and is provided at the workplace as new situations arise that may require an increase in support (i.e. New job responsibilities).

Plant Maintenance is a horticultural program where individuals maintain plants in office buildings. People work in pairs where they water and care for plants throughout the city following an initial training period. This program has teams that work out of Tunney's Pasture and another that works out of an office on Sparks Street. After the initial orientation period, individuals receive a training allowance.

National Archives is a program located in the National Archives building in Tunney's Pasture. A large group of individuals sort classified documents into various paper grades. After the initial orientation period, individuals receive a training allowance. Average ratio is 15:1.

Arc Industries has the traditional workshop component where large groups of individuals work on a variety of contracts such as: assembly of items, mailings, collating documents, woodworking projects etc.

** Fee for service option available ** DSOER referral**

ONTARIO DISABILITY SUPPORTED EMPLOYMENT PROGRAM

(ODSP)

**351 Preston St 2nd Flr,
Ottawa, ON K1S 3H8
613-234-1188
www.mcass.gov.on.ca**

The ODSP Employment Supports program works with community service providers to help people with disabilities prepare for and find jobs, keep a job and advance their career. The program can also help people with disabilities become self-employed.

Community service providers provide the services you require to identify your employment goal, develop and action plan and figure out the supports you need to achieve your goal.

No cost for program- individuals not in receipt of ODSP Income Support may be required to make a contribution

OTTAWA FOYERS PARTAGE- COMPUTER WISE

**44 Eccles St. E., Suite 50
Ottawa, ON K1R 6S4
613-744-3562 x102
computerwise@ofp.ca
www.ottawafoyerspartage.org/computerwise**

Computer Wise offers work opportunities to people with multiple disabilities who are excluded from competitive employment.

Services include:

- Documents, reports, form letters, forms, résumés that are all created with word processing software
- Mailing lists, membership lists
- Paycheques, financial reports, done with an accounting package and spreadsheets
- Newsletters, flyers, done with desktop publishing software
- Family calendars
- Printing may be done on a Laser Printer for high quality printing.
- Shredding services

DSOER Referral Required/Fee for Service Option

PEER EMPLOYMENT MENTORSHIP PROGRAM

1-844-590-7382

Michael Trubiano: mtrubiano@causewayworkcentre.org

The Peer Employment Mentorship Program is designed by the provincial government specifically for people with disabilities. Current or former social assistance clients will offer support and guidance to those who are interested in finding and maintaining employment. Peer mentors can help with issues such as choosing the right service provider or reporting earned income. All services are free.

** Free**

THE OTTAWA MISSION FOOD SERVICES TRAINING PROGRAM

29 Waller St.,

Ottawa, ON K1N 7G4

613-234-1144 x330

fstp@ottawamission.com

<http://ottawamission.com>

Description: This five month program at The Ottawa Mission is about much more than learning how to cook. The participants in this program take courses in WHMIS, health and safety, the City of Ottawa's Food Handler's Certification, standard First Aid and CPR.

There are two sessions each year, one starts in the Summer and one in the Winter. Students are required to attend five 3.5 hour shifts on Monday to Friday for both theoretical and practical training.

- Receive relevant hospitality experience and skills
- Learn how to prepare and present a variety of meals
- Complete practical exams in areas such as soups, salads, main entrees, and desserts
- Participate in a 2-4 week community placement
- Attend various education and employment workshops

Graduates of the Program have become cooks in restaurants and commercial kitchens, or have continued their culinary education at Algonquin College.

No cost for program

VOLUNTEER OTTAWA

363 Coventry Road

Ottawa, Ontario

K1K 2C5

613-736-5266

<http://www.volunteerottawa.ca/>

Volunteer Ottawa links people with community organizations. The interactive website has thousands of volunteer opportunities from organizations that need volunteers to deliver their critical community services. Support persons with disabilities, new Canadians, corporations and professionals can connect to volunteer in and around the city.

** Free**

WAVE PROGRAM
(WORK AND VOLUNTEER EXPERIENCE FOR ADULTS WITH AUTISM)

411 Dovercourt Ave,
Ottawa, ON K2A 0S9
wave@dovercourt.org
http://waveottawa.ca/

The WAVE Prep Program is a full day learning opportunity for adults diagnosed with autism who are interested in preparing for the work force. The program is designed to teach work-related skills through fun, interactive learning activities, and prepare these young adults for their work placements.

- The Program runs out of Dovercourt Recreation Association in three groups, with differing ratios. These are group 1 with a 1:8 ratio; group 2 with a 1:6 ratio; and group 3 with a 1:8 ratio with a staff and sometimes a volunteer present. Groups 2 and 3 run Monday-Friday, with group 1 running Tuesday-Thursday presently.
- Program activities are activities are job-focused with the opportunity of earning certificates (i.e. First Aid, AODA certification, Babysitting Course). Workshop topics have covered things such as bus safety, self-esteem, and learning how to make books.
- Social Skills are promoted through learning and recreational activities (shared interests), through many opportunities presented throughout the day in the Dovercourt Recreation complex.

Fee for Service Option

Y'S OWL MACLURE
1400 Morrison Drive Suite 100
Ottawa, Ontario K2H 8S9
613-721-1500

Enclave: Participants work off site in the community in small work crews supported by a staff.

Foundations: a program designed to help participants transition from school into a wide range of community participation activities and work. Exploration of supports and services, supporting informed decision making abilities, and overall improving independent skills

Frank Emmett Work Centre: Assists members in the acquisition of marketable work habits and skills to enable them to enter the competitive work environment

Owl Employment: Offers members paid employment in a fully integrated work setting.

Social Thinking Program: Develops skills that enable people with Asperger to succeed in workplace. 8 week sessions at 2 hours per week.

Info sessions on all programs offered first Tuesday of each month. Call ahead to rsvp.

** Fee for service option* *DSOER referral**

Family Supports

AUTISM ONTARIO~OTTAWA CHAPTER

211 Bronson Avenue, Room 241
Ottawa, ON, K1R 6H5
613-230-6305
ottawa@autismontario.com
<http://www.autismontario.com/Ottawa>

At the Ottawa Chapter of Autism Ontario, we understand the challenge of dealing with Autism/ASD. We are an independent, non-profit organization committed to improving the quality of life for people and families living with Autism and related disorders. Our membership is composed primarily of parents in the Ottawa-Carleton region, as well as interested individuals and professionals who deal with Autism and ASD.

The chapter is run by a Leadership Council. The officers of the council are volunteer members of the chapter who are annually elected by the general membership.

We provide information, support, resources, and advocacy to advance the quality of life for individuals affected by ASDs in our community.

Programs include; Autism Parents' Support Group, Asperger Syndrome Parent Support Group, Aspirations, Families of Adults with Autism Spectrum disorder and Asperger Syndrome Youth group

**Fee for service option available*

CATHOLIC FAMILY SERVICE OTTAWA

310 Olmstead St
Ottawa, ON K1L 7K3
613-233-8478
info@cfsottawa.ca
www.ottawa.ca

Catholic Family Service Ottawa (CFSO) offers, at its head office and in community resource centers in the Eastern part of the city, a range of services and programs to help clients of both official languages, who reside in the Ottawa area. In some areas CFSO offers services as part of a program designed to respond to a set of complex issues and challenges

Services include: Program for victims of family violence, Program for Victims of Sexual Abuse, Program for victims of abusive relationships, Program for individuals who have been abusive to their partners, Program for children and youth who need support, Counselling, Information services to the general public and Advocacy.

**Fee for service option available*

CITIZEN ADVOCACY OF OTTAWA

1 Community Place
312 Parkdale Ave
Ottawa, ON K1Y 4X5
613-761-9522
info@citizenadvocacy.org
<http://www.citizenadvocacy.org/>

Advocacy group to reduce the isolation of people with disabilities through several programs, including:

The Everyday Champions matches volunteer advocates to people with disabilities in one-on-one, long-term supportive relationships. Advocates provide practical and emotional support according to the needs of the person to whom they are matched. It can be as simple as playing cards, shooting pool, watching a movie, or just sharing a cup of coffee.

Chance for Choice: This program matches older people with disabilities who are isolated and vulnerable with volunteer advocates in one-on-one long-term relationships. This builds a regular link to the community and reduces isolation. Volunteer advocates support the older person in making and carrying out their choices on how they live their lives. This support reduces a person's vulnerability and increases his/her quality of life.

* No Fees

CONNECTION OTTAWA

Clinique juridique francophone de l'Est d'Ottawa at Vanier Community Service Centre,
290 Dupuis Street,
Ottawa ON K1L 1A2.
Connect with our lawyer (Alexandra Derisier) at 613-402-9437
and our social worker (Erin Fitzpatrick) at 613-402-9376.

Our aim is to improve access to justice for linguistic minorities; people who are not proficient in English or French or who face communication challenges as the result of a disability or sensory impairment

Low income and vulnerable clients who present with a legal issue often have complex cases that benefit from coordinated intervention by legal and social services. We take a holistic approach and draw upon strengths that already exist within our network of over 40 community health, legal, immigration, disability, and social services agencies. Together, we address the compounded barriers faced by linguistic minorities.

Free

CRISIS LINE

613-722-6914

Website: <http://www.crisisline.ca/english/>

ABOUT THE CRISIS LINE

If you are experiencing a mental health crisis yourself, or you know someone who is, please phone the 24-Hour Mental Health Crisis Line.

Our professionally trained volunteer crisis line responders will answer your call 24 hours a day, seven days a week and provide support in a crisis. They can transfer your call to the Local Crisis Team if needed.

Free

DIFFERENCE-IS-ABILITY

Website: <http://www.meetup.com/Difference-Is-Ability-Creating-Community-for-Life/>

We are parents of special needs adult children - who seek to create a sustainable community for our adult children. We seek to create more than a secure and supportive housing situation. We seek to foster a social environment where our children can grow as adults - finding productive ways to contribute and belong a secure, welcoming community

Free

DOWN SYNDROME ASSOCIATION – NATIONAL CAPITAL REGION

P.O. Box 8025, Station T

Ottawa, ON K1G 3H6

613-737-0658

info@dsancr.com

<http://www.dsancr.com/>

The Down Syndrome Association - National Capital Region (DSA-NCR) is a non-profit, registered charity group made up of individuals working to enhance the quality of life for people with Down syndrome and to provide assistance and support to their parents and friends. The purpose of this community is to provide a means to share information and ideas and to provide support among members of the DSA-NCR

Membership includes:

- Social events such as cooking classes, bowling, swimming
- The super popular dinner and dances, An annual picnic with a bbq,
- A first-class newsletter 3 times a year with tons of useful information
- Work to Learn opportunities, General information about events and services,
- Plus a variety of other activities such as efforts to continue to explore employment for adults with Down syndrome

** Fee for membership**

FAMILIES MATTER CO-OPERATIVE INC.

404 McArthur Ave. Suite 211
Ottawa, Ontario K1K 1G8
Miriam Fry, Executive Director
613-733-0112
miriam@familiesmattercoop.ca
<http://www.familiesmattercoop.ca>

Online resource centre that helps connect people with developmental disabilities to their families and friends. Provides up-to-date information and comprehensive lists of resources. Facilitates initiatives of empowerment such as supportive housing options and social enterprises. Provides input into government structures that funds agencies serving family members. It has an On-line Resource Centre that helps connect people with developmental

Membership - \$40 per year; includes voting privileges

Mon-Thu 8:30 am-12:30 pm * continual online access to resources

Fee for Membership

FAMILY SERVICES À LA FAMILLE OTTAWA

312 Parkdale Avenue
Ottawa ON K1Y 4X5
613-725-3601
fsfo@familyservicesottawa.org
www.familyservicesottawa.org

We offer counselling and support services to anybody in Ottawa who needs it. No matter what it is that you're dealing with, we're here to listen. We offer a safe space, and will help you work through whatever is troubling you.

Our programs are run by counsellors who are highly skilled and trained in each of our service areas. Family services staff and clients who have already benefited from our services are also involved in making our programs as helpful and successful as they are.

** Fee for service**

JEWISH FAMILY SERVICES OF OTTAWA

2255 Carling Ave, suite 300
Ottawa, On K2B 7Z5
613-722-2225
info@jfsottawa.com
<http://www.jfsottawa.com/>

Full service, non-sectarian agency offering more than 65 programs and services to children, youth, adults and seniors, be they individuals, couples, families or groups.

Services include; The Counselling Group, Student Support, Shalom Bayit, Street Smarts, Jewish Bereavement Group, StreetSmarts, Group Workshops and Seniors Support Services.

** Fee for service**

LIFETIME NETWORKS OTTAWA

1 Community Place
312 Parkdale Avenue
Ottawa, ON K1Y 4X5
Andrea Podruski
(613) 761-9522 ext 229
aprodruski@citizenadvocacy.org
<http://www.citizenadvocacy.org/lifetime-networks/#>

Lifetime Networks:

- Aims to ensure that people with disabilities have a community of friends in their lives beyond immediate families.
- Is comprised of caring, dedicated individuals committed to creating a good life for the person with a disability. The networks are made up of unpaid friends, members of the community and others who are motivated to be involved in someone's life through friendship.
- Provides personal future planning for individuals and families with a child or relative with a disability and a network of support that will last a lifetime.
- Hires trained facilitators to lead in the development of the support network. The facilitator's main role is to initiate and encourage the development of supportive relationships between the individuals with a disability and members of his or her community.

** Fee for service option available**

SAINT PAUL UNIVERSITY

223 Main St
Ottawa, ON K1S 1C4
613-782-3022 or 613-782-3023
counselling@ustpaul.ca
http://ustpaul.ca/en/centre-for-counselling-home_360_697.htm

The Counselling and Psychotherapy Centre offers bilingual counselling and psychotherapy.

Services are provided by counselling interns at the Master of Arts and Doctoral level in Counselling and Spirituality at Saint Paul University. The counselling interns are supervised by counsellors, psychotherapists and/or psychologists who are certified and accredited by a recognized professional association.

Saint Paul University's Counselling Centre welcomes a diverse clientele dealing with various issues, such as; Anxiety Disorders (post-traumatic stress disorder), Mood disorder (depression)

Relationship problems, Life transitions (grief, separation, divorce, career change) Personal growth

Spiritual questions – personal values, Difficulties in communication and assertiveness

** Fee for service option available **

UNITED FAMILIES OF EASTERN ONTARIO

Minda Bojin
info@ufeo.ca
http://www.ufeo.ca/en/ufeo/About_Us_p3028.html

United Families of Eastern Ontario is a coalition of family groups and individuals joining together to improve the lives of children and adults with developmental disabilities in Eastern Ontario by ensuring that we have access to the same opportunities and choices as other Ontarians.

- -Advocating with government and other agencies on issues affecting families and individuals
- -Sharing information between families, individuals with developmental disabilities and groups on events, meetings, government legislation, supports and services ...
- -Raising awareness within the general public on issues of concern

Free

UNIVERSITY OF OTTAWA
CENTRE FOR PSYCHOLOGICAL SERVICES
136 Jean-Jacques Lussier (4031)
Ottawa, ON K1N 6N5
613- 562-5289
cpsr@uOttawa.ca
<http://socialsciences.uottawa.ca/psy/cpsr>

Psychological assessment and counselling Centre * professional training unit for Ph.D. students of psychology at University of Ottawa.

Types of counselling services:

Career choice, social adjustment, child-family and marital relationships, behavioural changes, psychotherapy, counselling for couples and families.

Service - \$50 per session (Individual adult, child, couple or family therapy) \$600/pkg + \$50 intake (Career Counselling) \$300/pkg + \$50 intake (Psychological Assessment) * sliding fee scale

** Fee for service**

WIMS
Sari Musta-White
613- 761-9522 x227
wims@citizenadvocacy.org
<http://wimsparents.ca/>

WIMS... "Walking in My Shoes" is a "Parents Helping Parents" group for parents/guardians of children with disabilities, including developmental delays.

The goals of the group are:

- To provide parents access to a group of parents who have similar concerns and feelings related to their child's special needs
- To provide parents with information/resources from other parents, facilitator and guest speakers
- To provide parents opportunity to share in a supportive and non-judgmental setting
- To provide the opportunity for parents to develop a support network
- To provide parents an opportunity to collectively advocate for services/funding issues
- To provide the opportunity for parents to plan parent/child/family group activities

Fee for service

Financial

ASSISTIVE DEVICES PROGRAM (ADP)

Ministry of Health and Long-Term Care
Assistive Devices Program
5700 Yonge Street, 7th Floor
Toronto ON M2M 4K5
adp@ontario.ca
www.health.gov.on.ca

The objective of the Assistive Devices Program (ADP) is to provide consumer centered support and funding to Ontario residents who have long-term physical disabilities and to provide access to personalized assistive devices appropriate for the individual's basic needs.

Devices covered by the program are intended to enable people with physical disabilities to increase their independence through access to assistive devices responsive to their individual needs.

CERIDIAN CARES

1-877-237-4342
www.ceridiancares.ca

Provides financial assistance to families that require support and improves the communities in which we live and work

Recipient must be an individual or family in need of financial assistance related to the types of items supported by Ceridian Cares

Examples of What Ceridian Cares Supports:

Ceridian Cares supports requests for medical equipment, special therapies, home adjustments for barrier free living etc.

We also provide assistance for children's activities, clothing, as well as food for families in need etc.

EXCEPTIONAL ACCESS PROGRAM

http://www.health.gov.on.ca/en/public/programs/drugs/programs/odb/opdp_eap.aspx

In special cases, the Exceptional Access Program (EAP) covers most of the cost of various prescription drug products that are not on the approved Ontario Drug Benefit (ODB) list. This includes cases where drugs on the ODB list have been tried and do not work; or, where an alternative drug is not available through ODB.

ESSENTIAL HEALTH AND SOCIAL SUPPORTS (EHSS)

Dial 311

The Essential Health and Social Supports (EHSS) program helps Ottawa residents who cannot afford to pay for items or services needed to maintain their housing and for health items that are not available through other programs. EHSS may help to pay for things like:

- Urgent dental care and dentures
- Eye exams and glasses
- Fuel/gas/hydro arrears, deposits and reconnection fees
- Rent arrears and deposits
- Assistive Devices Program (ADP) 25% consumer contribution
- Bathroom aids
- Surgical and diabetic supplies
- Cremations and burials

ONTARIO DISABILITY SUPPORT PROGRAM

351 Preston Street, 2nd floor,
Ottawa ON K1S 3H8
1-800-267-5111

The Ontario Disability Support Program helps people with disabilities who are in financial need pay for living expenses, like food and housing. The program provides eligible people with disabilities with financial help.

This is called Income Support and it helps people with disabilities who are in financial need pay for living expenses, like food and housing and help finding a job. This is called Employment Supports and it helps people with disabilities who can and want to work prepare for and find a job.

The Ontario Disability Support Program is managed and delivered by the Ministry of Community and Social Services.

ONTARIO FEDERATION FOR CEREBRAL PALSY

104-1630 Lawrence Avenue West
Toronto, ON M6L1C5
(416) 244-9686
1-877-244-9686
info@ofcp.ca
www.ofcp.ca

The OFCP offers several funding assistance grants to Individual Members of the OFCP who have cerebral palsy. These funds can be accessed through our various funding assistance programs. Please review the guidelines and application forms carefully before applying.

The OFCP Assistive Devices Funding Program enables individual Members of the OFCP to access life-changing assistive devices and equipment.

The OFCP also offers the Activity Funding Program for people who have cerebral palsy to take a vacation, participate in educational courses, training, recreational activities or community day programs of their choice. The OFCP provides funding for a wide variety of Activities so that people with cerebral palsy may have more opportunities for engagement within the community.

OTTAWA HAND IN HAND

Telephone: 311
http://ottawa.ca/en/rec_culture/class_activity/financial_support/

The City of Ottawa offers help with program fees so that all residents can take part in recreation and culture activities regardless of their ability to pay. If you are already a participant in a community or social service agency program, or if you are an individual or family with a low-income, you may qualify for the Ottawa Hand in Hand recreation and culture fee support program.

PASSPORT

March of Dimes
2249 Carling Ave, Ste 200
Ottawa, ON K2B 7E9
613-596-3463
www.marchofdimes.ca

DSOER
200 – 150 Montreal Rd
Ottawa ON
1-855-376-3737
admin@dsoer.ca

The Ministry of Community and Social Services financially assists with developmental services and programs that support inclusion for adults with a developmental disability and their families. These services allow them to live, work and participate in a wide range of activities in their communities. Community agencies deliver most of the available services and supports.

Passport is a program that helps people with a developmental disability live as independently as possible in their communities.

Individuals with a developmental disability (or their families) can apply for funding to support their personal development and growth. They can use the money to help them:

- grow personally
- participate in community programs
- develop work and volunteer skills
- create their own life plans (this is called person-directed planning)
- reach their goals

How to apply:

Contact Developmental Service Ontario to apply. If you're eligible, staff there will help you complete a developmental services application package to assess your needs and connect you with services and supports as they become available.

PUBLIC GUARDIAN AND TRUSTEE OFFICE

351 Preston Street, Suite 200,
Ottawa, ON K1S 2E6
613-241-1202
www.attorneygeneral.jus.gov.on.ca

The primary function of the Office of the Public Guardian and Trustee is to manage the finances and property of adults who have been found incapable of managing their own affairs. Staff from this office provides guardianship or substitute decision making services for personal care in areas such as: food, shelter, clothing, hygiene, safety and health care. The office also acts as a decision maker of last resort for treatment and placement decisions for those individuals who have no one else to do so.

REGISTERED DISABILITY SAVINGS PLAN (RDSP)

Website: http://www.hrsdc.gc.ca/eng/disability_issues/disability_savings/index.shtml

The Registered Disability Savings Plan (RDSP) is a long-term savings plan to help Canadians with disabilities and their families save for the future. If you have an RDSP, you may also be eligible for grants and bonds to help with your long-term savings.

You should consider opening an RDSP if you have a long-term disability and are:
eligible for the Disability Tax Credit (disability amount);
under the age of 60 (if you are 59, you must apply before the end of the calendar year in which you turned 59);
a Canadian resident with a Social Insurance Number (SIN); and looking for a long-term savings plan.

You may contribute any amount to your RDSP each year, up to the lifetime contribution limit of \$200,000. With written permission from the RDSP holder, anyone may contribute to the RDSP

Recreation

ABLE SAIL

613-294-7566

www.ablesail.ca

Sailing for individuals with a disability.

Freedom: in a martin -16 sailboats, designed for independent sailing by people with a severe physical disability.

Fun: You'll enjoy safety and exhilaration as the on-board instructor provides necessary knowledge while building your confidence. A safety boat is always nearby.

Friendship: You can sail solo by early summer, allowing you the balance of the season to enjoy both your new hobby and new friends. You can progress from a demonstration session to on-water training, and later try recreational sailing – even racing.

Facilities: The clubhouse and site are accessible and the dock has a transfer lift.

AKTION CLUB

#201 – 1283 Algoma Road,

Ottawa, ON K1B 3W7

613.233.1900

office@ottawakiwanis.org

<http://www.ottawakiwanis.org/about-the-club/aktion-club.html>

The AKtion Club is a community service group composed of adult citizens who are developmentally disadvantaged. Members of AKtion Club strive to return to their communities the benefits, help and caring they have received, while at the same time developing important skills.

BELIEVE

211 Bronson, Room 106 A

Ottawa, ON K1R 6H5

613-600-8903

believeadultservices@gmail.com

Believe is a private adult service that provides activities and training designed to meet each member's needs, preference and pace. Programming examples include: respecting your peers, stranger awareness, street safety, bowling, museum visits, sporting events, seating aerobics, community walks, meal planning, grocery shopping.

CANADIAN ASSOCIATION FOR DISABLED SKIING

P.O box 236, Station B
Ottawa, ON K1P 6C4
819-827-4378
www.cads-ncd.ca

The Canadian Association for Disabled Skiing is a volunteer based organization having as its main objective assisting individuals with a disability to lead richer and fuller lives through active participation in recreational and competitive snow skiing and snowboarding.

CAPITAL CITY CONDORS

613-831-6542
gm@capitalcitycondors.org
www.capitalcitycondors.org

Hockey club established in 2008 for youth with intellectual and/or physical disabilities. No hockey skills are needed at all, participants don't even need to know how to skate. All that is needed is what they already have - desire to play a team sport! There are no tryouts and every player gets to play in every game.

CITY OF OTTAWA

613-580-2424 ext: 29283
www.ottawa.ca

Programs are offered throughout various community centres giving children, youth and adults with special needs, the opportunity to participate in year round programs that provide recreation and social programming. The social/recreation programs take place throughout the city during the day, evening and weekends. The programs include a wide range of options: community outings, social clubs, fitness, aquatics, and summer camps for children, youth and adults, health and wellness and other leisure activities.

DOVERCOURT DANCES

<http://www.citizenadvocacy.org/dovercourt-dances/>

ENABLE PROGRAM (YMCA)

265 Centrum Blvd
Orleans, ON K1E 3X7
www.enable.care
Linda@enable.care or lindaverreault@hotmail.com

A drop-in center that provides first and foremost an environment to help clients have some physical activities where clients can make friends and socialize. The room has a capacity for 22 persons per day. We are offering painting, arts and crafts, music, and outings.

FAMILIES HARMONY

Angèle Jodoin: 613-302-5943

Melodie Grealy-Fredette: 613-315-5943

<http://familyharmoniesfamiliales.ca/welcome/>

Family Harmonies Familiales is an Ottawa-based organization of Developmental Service Professionals. We offer a variety of flexible supports for families and individuals with and without special needs. We believe that families ultimately know what is best for them, and that given the right tools they can bring harmony to their own situations. With this premise in mind we offer effective and innovative supports to families and individuals, in both English and French. Our team of experienced Developmental Services Workers and Apprentices provide Respite and Special Services in your home and out in the community. We also offer Harmonization, our approach to problem-solving and improving interactions, which was developed as an alternative to continual intervention. We provide families with a customized and functional plan that can be adapted over time. We include visual and/or tactile aids and provide implementation support to teach them the skills to apply any changes.

HAPPY TRAILS RIDING STABLES

5979 Leitrim Rd.

Carlsbad Spring, ON K0A 1K0

613-822-1482 or 613-302-5152

<http://www.happy-trails.ca/>

To improve the lives of those who have a physical, developmental & psychological challenges through the benefits of full exposure to farm life which include horseback riding and care of animals. By nurturing the relationship between our participants and the animals, great benefits can be achieved on an emotional, physical and psychological level.

H'ART OF OTTAWA

211 Bronson Avenue, Rm 304

Ottawa, ON K1R 6H5

613-234-8497

hartofottawa@bellnet.ca

www.hartofottawa.ca

H'Art of Ottawa is a unique and innovative art studio where self-expression and a sense of place are encouraged and celebrated for people with developmental disabilities. Through the common language of art and self-expression, the artists of H'Art contribute to the community and the cultural life of Ottawa.

IHSAN COMMUNITY SERVICES

606 Braecreek Avenue

Kanata, ON K2W 0B1

613-866-2747

info@ihsanservices.com

<http://ihsanservices.com/disabilities.html>

Our activities include workshops to teach people with disabilities life skills they need on a daily basis, such as literacy, computer skills, cooking, in order to help them live independently without supervision or assistance. We also organize social outings such as trips to museums, Winterlude, picnics, bowling, etc.. for individuals with disabilities and their families. Occasionally, we have the social gathering in a gym to play games selected by the individuals with disabilities. It is done in an Islamic atmosphere delivering the activities in a way sensitive to the culture and values of the Muslim community. In addition, our activities include Islamic content which is missing at mainstream organizations, such as stories of the prophets and reading the Quran.

LIVE WORK PLAY

Suite 300- 2197 Riverside Drive

Ottawa, ON K1H 1A9

613-235-9550

Allison@liveworkplay.ca www.liveworkplay.ca

Friday Night Meet-Ups: Each week, choose from a range of authentic community activities to enjoy alongside others with similar interests. Hockey games, pub nights, movies, concert, plays, and coffee talk are typical opportunities. Group size is kept small and includes members of Live WorkPlay and volunteers. Activity costs are not included in the membership fee.

Volunteer Matching: Looking to make new friend who enjoys activities and hobbies that you enjoy? Our people Connector will introduce you to a volunteer who shares your interests, and will support both of you in helping to organize dates and times that you can get together in hopes of building a friendship.

Supported Vacation: We provide supported travel opportunities three times per year. Destination vary and registration is limited. Your membership makes you eligible to participate (travel and support costs are not included).

Events: Access family and community-focusses events throughout the year at subsidized prices (example: \$20 four-course meal).

OTTAWA CARLETON LIFESKILLS INC

9-1 Brewer Hunt Way

Ottawa, ON K2K 2B5

613 254 9400

kcaron@ocl.ca <http://www.ocl.ca>

Saturday Day Program

Calm social atmosphere, baking, sensory room, reading, arts and crafts

3 Saturdays per month

**OTTAWA CARLETON DISTRICT SCHOOL BOARD EXTRA CURRICULAR
CREATIVE ARTS PROGRAM**

133 Greenbank Road
Ottawa, ON K2H 6L3
613-721-1820
www.ocdsb.ca

Continuing Education's ECCA Program offers arts instruction courses in various OCDSB elementary schools for students in Grades 1-8. Classes are held during the school year, at convenient times, outside of school hours.

OTTAWA INDEPENDENT LIVING RESOURCE CENTRE

214 Montreal Rd., Suite 401
Ottawa, ON K1L 8L8
613-236-2558
info@oilrc.com
www.oilrc.com

The OILRC offers a wealth of services and resources to people with all/cross disabilities in the Ottawa area. They host a Lunch Club, crafts, cultural events, Healthy Living activities, social nights and various workshops to keep people informed and develop social skills and confidence. For more information, check out their Newsletter and Calendar of Activities on their website at www.oilrc.com

OTTAWA VALLEY AMBASSADORS

21 Chesterton Drive
Nepean, ON K2E 5T1
613-727-0868
duboisloonybin@rogers.com
www.ovahockey.org

The Ottawa Valley Ambassadors Hockey Club has been providing people with developmental disabilities in the Ottawa area with quality, organized hockey for more than 10 years. The Ambassadors focus on the heart of hockey – love of the game and the challenge to do your best.

PRISM

Kanata Beaver Brook Community Centre
To register please email: prismoptionsprograms@gmail.com

Prism is a Not-for-Profit Program for teens and adults with special needs, including developmental disabilities and autism, organized by parent volunteers.

Programs include: Weekend programs, Beats Alive, African Drums Circle, Music Therapy, Book Club, Pottery Painting, Baking Classes, Yoga, Fit Ball and Rhythm Fitness

PROPELLER DANCE

**P.O Box 67115 Westboro
421 Richmond Rd.
Ottawa, ON K2A 4E4
Shara Weaver 613-240-9775, or Renata Soutter, 819-773-7523
info@propellerdance.com**

Propeller dance is an independent non-profit organization whose mandate is to provide dance programming to people with or without disabilities. They use the DanceAbility teaching methodology which was created specifically for teaching natural movements within structured dance improvisation exercises that emphasize independent choice making.

SOCIAL NETWORK FOR YOUTH OF OTTAWA-CARLETON

**14 Beckwith Rd.
Ottawa, ON K1S 0K7
613-237-0113
snforyouth@hotmail.com
<http://socialnetwork.cfsites.org/>**

The mission of the Social Network for Youth of Ottawa-Carleton is to offer mildly developmentally disabled youths who are experiencing social isolation the opportunity to develop social independence and positive peer relationships through a guided process facilitated by dedicated volunteers.

Program also helps participants to gain social skills appropriate to their age group and to manage their social time independently. They learn life skills such as arranging transportation, making reservations, etc. Participants meet once a week with two paid part-time staff and volunteers to plan weekly activities and to socialize.

The Grad Club is offered to those who are 22 years of age and older. Youth Program to those 13 years of to 25 years of age.

Participants, with the help of volunteers, organize their own leisure activities. A nominal fee is charged. Financial assistance is available.

SPECIAL OLYMPICS

**P.O. Box 23119
Ottawa, ON K2A 4E2
613-860-6184
<http://ottawa.specialolympicsontario.ca/home>**

Special Olympics Ontario is a charitable, non-profit organization which provides year-round sport training for persons with intellectual disabilities. Special Olympics Ontario is a volunteer driven organization with some 14,000 athletes and 6000 volunteers registered across the province. Athletes range in age from eight to eighty and have the opportunity to train in sixteen official sports and numerous demonstration sports. The primary objective of Special Olympics Ontario is to contribute to the physical, social and psychological development of people with intellectual disabilities through positive, successful experiences in sport.

SPRING ACTION

5515 Canotek Road #2

Ottawa, ON K1J 9K9

613-761-9620

info@springaction.ca

www.springaction.ca

Spring Action Special needs programming emphasizes sensory and vestibular stimulation through Swinging, Rolling, Throwing, Catching, Jumping, and MORE! One on one special needs lessons available.

Spring Action Special needs programming goals address the following factors:

Physical Increase: Gross Motor Skills, Postural Control, Balance, Coordination, Strength, Flexibility and Stamina.

Social Increase: Compliance with group activities, Appropriate Social Interaction, Comfort level in groups, Integrate into group settings as appropriate.

Cognitive Increase: Attention/Focus, Ability to follow directions, Motor-Planning, Problem solving.

Emotional Increase: Self-Confidence, movement enjoyment, frustration tolerance.

STRONGER YOU

208-4100 Strandherd Dr. Nepean, ON K2J 0V2

613- 823-6697

info@strongeryou.com

www.strongeryou.com

At Stronger You, we routinely adapt our programs for people with a developmental disability.

Martial Arts are about doing your best and we will work within and around any limitations you may have to get you on the road to fitness, personal safety and achievement.

Our instructors are highly skilled and will allow you to accomplish things you have only dreamed of! Imagine yourself in a Black Belt, now come in to Stronger You and let's make it a reality.

TROTT

**6362-1 Bank St. (Highway 31)
Greely, ON K4P 1J4
613-821-1844
trott@ncf.ca
<http://trott.ncf.ca/>**

Therapeutic riding is a physical and social activity that teaches cooperation with people and animals. It provides an opportunity to share experiences with both disabled and able-bodied riders. Riding is mentally and physically stimulating, enhances alertness and the ability to concentrate, and helps to increase self-awareness and self-confidence.

Therapeutic Riding is conducted in small groups of up to a maximum of four riders per group. CanTRA (Canadian Therapeutic Riding Association - national governing body) qualified instructors, assisted by volunteers, teach lessons tailored to the riders' abilities and requirements. Riders are encouraged to develop functional riding skills.

Hippotherapy is a passive form of riding; the client reacts naturally to the three-dimensional rhythmic movement of the horse. The horse is long-reined for this type of therapy. A trained therapist works with the client on a one-on-one basis, using the horse as a living physiotherapeutic tool.

TUMBLERS

**330 Vantage Drive
Orleans, ON K4A 3W1
613.834.4334
tumblers@tumblers.on.ca**

At Tumblers we believe that gymnastics is for everyone! We're committed to providing every child the opportunity to develop fundamental movement skills and discover the thrill and fun of gymnastics. As part of this commitment we have a Special Needs Coordinator on staff that will work closely with you to decide which class is best for your child with a special need and ensure that they have a fun and positive experience. We're proud to offer full inclusive gymnastics programs with support for children at no extra cost. Types of classes offered include:

- 14+ teen/adult – Teen Drop In on Wednesday nights from 8:15 to 10:15 pm with the accompaniment of a support worker, parent or guardian
- 18+ adult – 18+ Adult Drop In on Tuesday nights from 8:15 to 10:15 pm with the accompaniment of a support worker, parent or guardian

YES WE CAN BOWLING

**1916 Merivale Road
Ottawa, ON K2G 1E8
logme@rogers.com**

Bowling for persons with special needs. Bowling for all ages and levels. We meet every Thursday at 4:30pm at Merivale Bowling Centre. The cost is 5\$ and bowling shoes are free

YOUNG CHALLENGERS

Young Challengers Adolescent Centre

Ottawa, ON

youngchallengers77@gmail.com

<https://sites.google.com/site/youngchallengerscentre/home>

Young Challengers Adolescent Centre provides social opportunities to adolescents and young adults with Autism Spectrum Disorder (including a range of pervasive developmental disorders) by organizing weekly activities in a supportive atmosphere. The group facilitators promote opportunities for all to improve communication and social skills through a variety of scheduled events in safe and fun venues throughout Ottawa. YCAC offers opportunities for integration in our local communities and events learn to make choices, practice independence, develop and foster new friendships but most importantly have FUN!

Transportation

EASTERN OTTAWA RESOURCE CENTRE

Beacon Hill Shopping Centre
2339 Ogilvie Rd
Ottawa, ON K1J 8M6
613-741-6025

Grocery bus: transportation and accompaniment to the local grocery stores

** Fee for service option available*

ORLEANS - COMMUNITY SUPPORT PROGRAM - TRANSPORTATION FOR SENIORS AND PEOPLE WITH DISABILITIES

613-741-6025
1515 Tenth Line Rd
Orléans, ON K1E 3E8

Transportation to essential services * priority given to transportation to medical appointments

Service - Fees for service * 1-10 km: \$ 11 * 31-50 km: \$ 21 * 71-90 km: \$ 41 * 11-30 km: \$ 16 *
51-70 km: \$ 31 * 91+km: \$.50/km (2014)

Call extension 328 to register * once registered, call seven days prior to your appointment to request transportation

** Fee for service option available*

LIBRA SENIORS

613-244-4663
Lisa@LibraSeniors.ca

We have a unique personal driver service. Our professional drivers can provide transportation with accompaniment to medical appointments, shopping or social outings in our clean, comfortable, company-owned sedans.

- Special assistance for clients with mobility issues.
- Able to accommodate walkers and transport wheelchairs.
- Extensive experience assisting clients with memory impairments.

** Fee for service option available*

OC TRANSPORATION

<http://www.octranspo1.com/>

613-842-3625

Transpo Accessible Transit Specialist

613-842-3636, ext. 2873

accessibility@octranspo.com

All of OC Transpo buses and the O-Train are now low-floor equipped, 100% accessible, and include the automated Next Stop Announcement System (NSAS).

If you need more information on accessible transit, contact the Access OC Hotline at 613-842-3625 (TTY: 613-741-5280) or e-mail your questions to accessibility@octranspo.com.

Para Transpo provides a door-to-door transportation service to eligible customers who are temporarily or permanently unable to take conventional transit because of their disability.

Even if you are registered on Para Transpo, you can still use conventional transit without affecting your eligibility. Regular fares would apply when using conventional transit buses. For more information on registering for Para Transpo, call 613-244-1289 (TTY 613-244-4833).

The Taxi Coupon Program allows Para Transpo customers to take discounted taxi service as an alternative to Para Transpo. You can book your trip - at your convenience, with participating Ottawa taxi companies and save 40% off the regular taxi fare. You can order by phone or mail, but please allow two weeks for delivery. 613-842-3670

The discounted Community Pass costs \$40.25 and reduces the cost of transit for regular, express and o-train routes. Ottawa residents who receive benefits under the Ontario Disability Support Program (ODSP) and registered Para Transpo users can purchase this pass. On Para Transpo trips, Community Pass holders must pay an extra 'top-up' fare with \$2.05 cash or 1 bus ticket.

** Fee for service option available*