

AVAILABLE RESOURCES IN THE COMMUNITY

SERVICE COORDINATION FOR PEOPLE WITH DEVELOPMENTAL DISABILITIES ASSUMES NO LIABILITY OR RESPONSIBILITY FOR ANY ERRORS OR OMISSIONS IN THE CONTENT CONTAINED IN THIS DOCUMENT
Version 4 August 2018



Service Coordination for People with Developmental Disabilities

Coordination des services pour les personnes ayant une déficience intellectuelle

FOR UPCOMING COMMUNITY PROGRAMS VISIT OUR WEBSITE:

<https://www.scsottawa.on.ca/index.php/whats-new/>

Information/Links

- **Police Registry** (all vulnerable persons eligible): TEL: 1.877.217.7448 <https://www.medicalert.ca/autism?lang=eng>
- **Special Needs- Ministry of Children, Community and Social Services:**
<http://www.children.gov.on.ca/htdocs/English/topics/specialneeds/index.aspx>
- **The Kaitlin Atkinson Family Resource Library at CHEO (Tel: 613-737-7600 ext. 3942):** The Kaitlin Atkinson Family Resources Library has materials on child health, illness and injury, and parenting. It is free and open to the public.
- **Andrew Fleck Family Resources Library (Tel: 613-737-3716)** Suite 600, 700 Industrial Ave. Ottawa:
<http://afchildcare.on.ca/en>
Resources Library: Resource books, parenting videos and children's books available for loan
Toy Library: A great variety of toys available for loan for children under six.

Development and Rehabilitation Centre at CHEO (formerly OCTC) 613-737-0871 <http://www.octc.ca/>

- **Early Childhood Program:** a team of physiotherapist, occupational therapist, speech and language pathologist, early childhood consultant, social worker, psychology that offers assessment and treatment to children with developmental/physical disabilities.
- **Behavioral Services:** Provides training to parents to enhance the effectiveness of strategies used in dealing with their child's behaviour.
- **Technical Services:** Promotes and facilitates the use of computers, adaptive equipment and adapted toys through the Toy Library located at 395 Smyth Rd. and at 2 McNeil Court in Kanata, contact the
 - **Toy Lending Library** at 613-831-5127 for hours of operation or visit their website. Clients, families, and professionals can also borrow items in person or by using the following link: <https://www.octc.ca/lending-library.php>
- **Respite Services:** <http://www.octc.ca/respice-services.php>
 - [Respite for Medically Fragile or Technologically Dependent Children & Youth & Their Families](#)
 - [Respite Programs for Children Living with Autism Spectrum Disorder](#)
 - [Respite Programs for Youth Living with Autism Spectrum Disorder](#)
- **Social Work Services**

Preschool/ Day care

- **Children's Inclusion Support Services (CISS): (Tel: 613-736-1913) <http://afchildrensservices.ca/en/supports-and-services/childrens-inclusion-support-services/>** Provides assistance to licensed preschool and daycare programs in order to facilitate the child's integration into the program.
- **City of Ottawa Child Care Registry and waitlist: <https://onehsn.com/Ottawa>** If you don't have access to the internet, computers are available at any of the four Community and Social Support Centres:
 - Central: 370 Catherine Street, Ottawa ON, K1R 5T5
 - East: 2339 Ogilvie Road, Ottawa ON, K1J 8M6
 - South: 2020 Walkley Road, Ottawa ON, K1G 6S6
 - West: 100 Constellation, 2nd floor East, Ottawa ON, K2G 6J8**Hours of Operation:** Monday to Friday between 8:30 AM and 4:30 PM
TELEPHONE - If you do not have access to the internet, or not able to find what you are looking, you can:
 - DIAL 311 - SELECT OPTION 4 to speak to someone directly from Social Services about your daycare options, applying for a subsidy (help with day care costs), or applying to the Child Care Registry and Waitlist for a daycare spot.

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Services and Supports for Youth Transitioning to Adult Services (age 16 & up)

- **Developmental Services of Ontario Eastern Region (DSOER):** - Intake and Eligibility can be done as early as age 16 by phone or online at <http://www.dsonario.ca/agencies/dso-eastern>
- **Ontario Disability Support Program (ODSP):** * Application can be completed as early as 6 months prior to the 18th birthday or if individual is deemed DSOER eligible (letter required) it can be done 1 month prior to turning 18* http://www.mcsc.gov.on.ca/en/mcsc/programs/social/odsp/income_support/index.aspx
- **Office of Public Guardian and Trustees (OPG & T):**
<http://www.attorneygeneral.jus.gov.on.ca/english/family/pgt/>
- **P4P Planning Network:** <http://www.planningnetwork.ca/en-ca/Home>
- **Reach Canada:** <http://www.reach.ca/>
- **Henson Trust:** <http://www.reena.org/sites/default/files/InformationBrochures/hensontrust.pdf>
- **Passport Tip Sheet:** <https://scsottawa.on.ca/wp-content/uploads/2017/07/Passport-Tips-Sheet-English.pdf>
- **SCS and ME booklet:** https://scsottawa.on.ca/wp-content/uploads/2017/07/SCS-Me-booklet_flipbook_2016.pdf

Transition Planning Tools (14 & up)

- **Transition Planning in High school:** <http://www.oafccd.com/documents/transitionguide.pdf>
- **A Guide for Youth and Adults in Transition and their Families:** https://scsottawa.on.ca/wp-content/uploads/2017/07/transition_booklet_EN_201503_FINAL.pdf
- **Real Life After School:** <http://www.inclusion.com/books/planningforlife.pdf>
- **Transition Resource Guide for Students with Disabilities (Transition to Post Secondary):**
<http://www.transitionresourceguide.ca/>
- **Creating a Good Life; A Guide on Person Directed Planning:**
<https://www.mcsc.gov.on.ca/documents/en/mcsc/publications/developmental/GuideonPersondirectedPlanningFinal.pdf>
- **Connections - a guide to transition planning for parents of children with a developmental disability:**
<http://www2.gnb.ca/content/dam/gnb/Departments/pcsdpcpmcph/pdf/publications/CONNECTIONSGuideTransitionPlanning.pdf>
- **"The Best Journey to Adult Life" For Youth with Disabilities:**
<http://transitions.canchild.ca/en/OurResearch/resources/BJAmodelandbestpracticeguidelinespdf2009.pdf>
<https://canchild.ca/system/tenon/assets/attachments/000/000/688/original/BJAmodelandbestpracticeguidelinespdf2009.pdf>

Financial Options (please note that some funding programs are income based)

- **Revenue Canada/Service Canada:** * deductions are updated on a yearly basis
 - The Child Disability Benefit (CDB): <http://www.servicecanada.gc.ca/eng/goc/cdb.shtml>
 - The Disability Tax Credit (DTC): Application attached T2201 –<http://www.cra-arc.gc.ca/E/pbg/tf/t2201/README.html>
 - Registered Disability Savings Plan (RDSP): ** Please note your child needs to be eligible for the DTC to have access to the RDSP** <https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/registered-disability-savings-plan-rdsp.html> Children's Fitness Tax Credit: <http://www.cra-arc.gc.ca/fitness/>
 - Art Tax Credit: <http://www.cra-arc.gc.ca/tx/ndvds/tpcs/ncm-tx/rtrn/cmptng/ddctns/lns360-390/370/menu-eng.html>

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- Medical Expense Tax Credit: <http://www.cra-arc.gc.ca/tx/tchncl/ncmtx/fls/s1/f1/s1-f1-c1-eng.html#N101FE>
 - **Assistance for Children with Severe Disabilities (ACSD):*** income based*: <http://www.children.gov.on.ca/htdocs/English/specialneeds/disabilities.aspx>
 - **Special Services at Home (SSAH):** <http://www.children.gov.on.ca/htdocs/English/specialneeds/specialservices.aspx>
 - **Assistive Devices Program (ADP):** <https://www.ontario.ca/page/assistive-devices-program>
 - **Autism Ontario:** <http://www.autismontario.com/>
 - March Break (for 1:1 support worker or camp/program)
 - One-to-One Summer Support (for 1:1 support worker or camp/program)
- To ensure you are informed about when applications are being accepted, register to receive Autism Ontario's newsletter:
- **Easter Seals:**
 - Equipment, services and programs – <http://www.easterseals.org/services/direct-financial-assistance>
 - Incontinence Supplies Grant (ESISG): <http://www.easterseals.org/services/incontinence-supplies-grant>
- Last resort Children Charities: **(Income Based)**
- Jennifer Ashleigh's Children's Charity (JACC): <http://www.jenash.org/get-help-now/>
 - Child's Voice Foundation (CVF): <http://www.acvf.ca/>
 - Ceridian Cares: <http://www.ceridiancares.ca/>

Occupational, Physiotherapy, Speech and Languages Services

- **ABC Pediatric Therapies:** <https://www.abcpediatrictherapies.ca/>
- **Achieve Therapy:** <http://www.achievetheapycentre.com/>
- **CommuniCare Therapy:** <http://communicare.ca/services/>
- **Expanding Horizons Occupational Therapy:** <http://www.expandinghorizonsot.com/services>

Behavioural Services/ Sensory integration

- **Fundamentals- Child Behaviour Solutions** (18 months to 16 years): <http://www.childsolutions.ca/index.html>
- **TIPES** (any diagnosis, age 18 months to young adulthood): <http://tipes.ca/programs-offered/>
- **Spectrum Intervention Group:** (ASD population age 2-24 years): <http://www.spectrumig.com/>
- **Portia Learning Center:** (ASD population all ages): <http://portialearning.com/>
- **ASPEN** (any diagnosis, ages 1-25 years): <http://www.aspenabaservices.com/>
- **Terrace Autism Therapy** (any diagnosis and any age): <http://terracewellness.com/autism-therapy/>
- **Emerging Minds** (contact for specifics on age and diagnosis): <http://emergingminds.ca/>
- **Stepping Stones** – Positive Parenting Program for parents with children under 12 with a developmental disability <https://www.octc.ca/documents/Group%20Stepping%20Stones%20at%20OCTC-En.pdf>
- **ABA Connections** (any diagnosis) : <https://www.abaconnections.ca/>
- **Sensory Integration and Neurodevelopmental Specialist** (all diagnosis and all ages): <http://www.kathleenrooney.ca/>
- **Success in Steps Parent Consultation Program** (all diagnosis and all ages) : <http://www.successinsteps.ca/>
- **ABC Pediatric Therapies:** <https://www.abcpediatrictherapies.ca/>

Social Skills Groups / Networking/ Life Skills

- **Y's Owl Maclure** (High functioning ASD age 14+): <http://www.ysowlmaclure.org/>
- **Building Blocks:** <http://www.ebuildingblocks.com/groups.html> - You may contact Elaine Bissonnette at ebissonn@magma.ca or call 613 722-4374
- **Common Table** (Youth with ASD): <http://www.commontable.ca/>

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- **TIPES** (any diagnosis, age 18 months to young adulthood): <http://tipes.ca/programs-offered/>
- **Spectrum Insights Social Groups** (any diagnosis age 12+): <http://www.spectruminsights.ca/>
- **Steps and Strides** (High Functioning ASD, ADHD, ADD, NLD, Dyslexia for ages): <http://www.stepsandstridesottawa.com/>
- **Socialhood**: <http://www.familiesmattercoop.ca/story/socialhood>
- **ASPEN** (any diagnosis, ages 1-25 years): <http://www.aspenbaservices.com/>
- **Share Community Program**: <http://www.sharecommunityprogram.com/>
- **ABC Pediatric Therapies**: <https://www.abcpediatrictherapies.ca/>
- **Children at Risk** (ASD population): <http://www.childrenatrisk.ca/>

Support Groups/ Building a Network of Support

- **Children at Risk** (ASD population): sibling support group <http://www.childrenatrisk.ca/>
- **Young Challengers** – Social Connections for youth and adults with autism: <https://sites.google.com/site/youngchallengerscentre/home>
- **Down Syndrome Association** - <http://cdss.ca/family-support/>
 - **Down Syndrome Association (National Capital Region)** <http://www.dsancr.com/>
- **Autism Ontario** - <http://www.autismontario.com/client/aso/ao.nsf/Ottawa/Family+Support>
- **Citizen Advocacy**: sibling support group <http://www.citizenadvocacy.org/family-support/>
- **WIMS – Walking in My shoes** - <http://www.wimsparents.ca/index.htm>
- **Family Matters Coop**: <http://www.familiesmattercoop.ca/>
- **Family Alliance**: <http://family-alliance.com/index.html>
- **Learning Disabilities Association of Ottawa**: <http://www.lidaottawa.com/>
- **Rare Disease Foundation support group for parents**: http://www.rarediseasefoundation.org/regions/ontario/ontario_events/ottawa-area-parent-2-parent-resource-network
- **ASD Online support group**: <https://groups.yahoo.com/neo/groups/autismsupportottawa/info>
- **Corner Pieces** (newly diagnosed ASD): <http://www.jennifermackintosh.com/>
- **Program Navigator** (children with complex medical needs): <http://www.cheo.on.ca/en/Program-Navigator>

School Board/ Ministry of Ed. Related Resources

- **Planning Entry to School: A Resource Guide** (2005) Good for transitions to new schools with all ages not just entry to kindergarten. Includes tools. <http://www.edu.gov.on.ca/eng/parents/planningentry.pdf>
- **Shared Solutions: A guide to Preventing and Resolving Conflicts Regarding Programs and Services for Students with Special Education Needs** (2007) <http://www.edu.gov.on.ca/eng/general/elemsec/speced/shared.pdf>
- **Policy / Program Memorandum No. 140** <http://www.edu.gov.on.ca/extra/eng/ppm/140.html>
- **Policy/Program Memorandum No. 156** <http://www.edu.gov.on.ca/extra/eng/ppm/ppm156.pdf>
- **Making a Difference from Evidence to Action: Effective Educational Practices for Students with ASD** (2007) <http://www.edugains.ca/resourcesSpecEd/SystemLeader/ASD/autismFeb07.pdf>

Educational Advocates/ Educational Lawyers

- **Advantage Advocacy INC.:** <http://www.advantageadvocacyinc.com/>
- **Phoenix Paralegal & Advocacy Services:** <http://www.phoenixparalegal.ca/education.php>
- **The Child Advocacy Project:** <http://childadvocacy.ca/>

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Tutoring Resources

- **Capital Tutor** (1.888.873.0819): <http://www.capitaltutor.com/>
- **Kumon** (613.440.2480): <http://www.kumon.ca/>
- **Acadam**: <http://www.acadam.com/>
- **Nepean Oxford Learning Center** (613.706.1861) <https://www.oxfordlearning.com/locations/>
- **Infinity+One Tutoring** (613.722.3366): <http://www.infinityplusonetutoring.com/>
- **iTutor Learning Services (online)**: <http://www.itutorls.com/>
- **AlivEducation** (613.882.8498): <http://www.aliveducation.com/>
- **TIPES**: <http://tipes.ca/programs-offered/>

IN and OUT of home respite

Hiring a worker

- Hiring a Support Worker [guide]: <https://www.mcsc.gov.on.ca/documents/en/mcsc/publications/developmental/HiringSupportWorker.pdf>
- Respite Services.com (worker bank managed through service coordination for the Ottawa area): www.respiteservices.com
 - **Family registration**: <http://www.respiteservices.com/Ottawa/index.aspx?CategoryID=822&lang=en-CA>
- Family Harmonies Families: <http://familyharmoniesfamiliales.ca/services/> email: fhf@rogers.com
- Angèle Jodouin, DSW 613-302-5943 and Melodie Grealy-Fredette, DSW 613-315-5943
- Developmental Services Worker Co-Operative: dswcoop@gmail.com
- Spark Life care: <https://www.sparklifecare.ca/#about>
- Homegrown Connections: <http://homegrownconnections.wix.com/homegrownconnections>
- Home Watch Caregivers: <https://www.homewatchcaregivers.ca/greater-ottawa/ottawa>
- Success in Steps: <http://www.successinsteps.ca/>
- Seniors On Site: <http://www.sosonsite.com/>
- SOS Sitters: <http://sossitter.ca/>
- Care.com: <https://ca.care.com/?gclid=CJqBuZ6O6cECFWeCMgodvW0AWw>
- Qualicare Family HomeCare: <http://qualicareottawa.com/>
- KidsKare: <http://www.kidskare.ca/>
- Famille SKY Family- in-home support and social intervention services: 613-864-4535
Contact Renée Marcel familleskrfamily@rogers.com
<http://www.champlainhealthline.ca/displayservice.aspx?id=153228>

Community respite providers

- Respiteservices.com www.respiteservices.com
- Mainstreet Community Services: <http://www.mainstreetcommunityservices.com/programs--services.html>
- Share Community Program: <https://www.sharecommunityprogram.com/respiteservices>
- Destiny's way: <http://www.destinysway.ca/>
- ABC Learning: <http://acblearning.ca/services.html>
- Bairn Croft Residential Services Inc. : <http://bairncroft.com/collaboration-care/>
- Greenland Country Haven Inc. (for teens 13 to 18): 613-806-0690 greenlandcountryhaven@gmail.com
- Ottawa West Community Support: <http://owcs.ca/services/respites-care/>

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- Waupoos Family Farm: <http://www.waupoos.com/>
- The Ottawa Rotary Home: <http://rotaryhome.on.ca/>
- Partners in Parenting: <http://www.partnersinparenting.ca>
- OCAPDD – Lavonne Court: Christine Connelly - cconnelly@ocapdd.on.ca 613-569-8993 ext. 302
- Saint Elizabeth: Sandra McCormick 613-738-9661 sandramccormick@saintelizabeth.com
<https://www.saintelizabeth.com/Services-and-Programs/Homecare-And-Other-Services/Pediatrics.aspx>
- Terrace Youth: <http://www.youthcare.ca/our-programs/respice-services/>
- Tamir (16year old and up): <http://www.tamir.ca/>
- The Portia Learning Centre Inc.: <http://portialearning.com/respice-and-play-groups/>
- Association pour l'intégration sociale d'Ottawa: <http://www.aiso.org> - 613-744-2241

Specialized Toys/ Apps/ Educational Material

- Special Finds (adaptive toys and accessories): <http://www.sfinds.com/collections/all>
- Toys Tools and Treasures: <http://www.toystoolsandtreasures.com/shopping/shopaddtocart.asp>
- Flag House: <http://www.flaghouse.ca/Special-Needs/>
- Brault & Bouthillier: <https://www.bb.ca>
- Special Needs Toys: <http://www.specialneedstoys.com/can/>
- OTs with Apps: <https://otswithapps.com/>
- Kidspiration: Visual learning tools software <http://www.inspiration.com/Kidspiration>
- Mind Mapping: <http://www.inspiration.com/visual-learning/mind-mapping>
- Sensory Hacks to Focus a Fidgety Child: <http://lemonlimeadventures.com/sensory-hacks-focus-fidgety-child>
 - FDMT educational materials and sensory tools: <http://www.fdmf.ca/en>
- S&S Communication Materials: <http://www.sscommunicationmaterials.com/>
- ASD Visual Aids: <http://www.asdvisualaids.com/>
- School Specialties:
https://store.schoolspecialty.com/OA_HTML/xxssi_ibeCategoryPage.jsp?docName=V700858&minisite=10224
- Mayer-Johnson- ATobil Technology Company: <http://www.mayer-johnson.ca/>
- 40 amazing iPad apps for the learning disabled: <http://www.matchacollege.com/blog/2011/40-amazing-ipad-apps-for-the-learning-disabled/>
- Educators Technology: <http://www.educatorstechnology.com/search/label/ipad%20special%20education%20apps>
- Apps for Children with Special Needs: <http://a4cwsn.com/recent-videos/fb-community-favorite-apps/free-educational-apps/>
- Autism Discovery Tool – sensory from within: <http://www.spectrumidealab.com/>
- Mom's with Apps – Best Practices for KIDS APPS: <http://blog.momswithapps.com/apps-for-special-needs/>
- Too Noisy: <http://toonoisyapp.com/>
- Faces iMake –Premium!: <https://itunes.apple.com/us/app/faces-imake-premium/id389101695?mt=8>
- Morning Routines for Preschool Kids: <https://itunes.apple.com/us/app/itouchilearn-morning-school/id409137843?mt=8>
- MyTalkTools Mobile Lite: <https://itunes.apple.com/us/app/mytalk-mobile-lite/id376401959?mt=8>
- Speech with Milo: <http://www.speechwithmilo.com/>
- StoryPals: <http://ericsailers.com/storypals.html>
- Appy Therapy: <http://appytherapy.com/>
- Brain Parade – A Learning Celebration : <http://www.brainparade.com/>
- Good Karma Applications: <http://www.goodkarmaapplications.com/>
- Grace: <http://www.steventroughtonsmith.com/grace/>

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- Grembe Apps – Building Apps that Make a Difference: <http://www.grembe.com/>
- Pufferfish software: <http://www.pufferfishapps.com/>
- See.Touch.Learn: <https://itunes.apple.com/us/app/see-touch-learn/id406826506?mt=8&ls=>
- Mobile Education Store: <http://mobile-educationstore.com/category/apps>
- iEarnedThat: <http://www.funeducationalapps.com/2010/07/iearnedthat-fun-educational-apps-for-kids.html>
- iComm: <http://miasapps.com/icomm.html>
- Friv.com – free games online : <http://www.frivplaygame.com/?gclid=CIGkpsiToccCFZYHwodKmoM6A>

Recreational/ Leisure Community Programs

City of Ottawa- Recreational Guide – updated every season:

http://ottawa.ca/en/rec_culture/class_activity/reg_mem/courses_available/rec_guide/index.html

- **City of Ottawa Inclusive Recreation Coordinators:**
 - Donna.Quiggin@ottawa.ca – Portfolio Manager – 613-580-2424 ext. 29289
 - Diane.Cyr@ottawa.ca – 613-580-2424 ext. 29300: East District
 - Katie.jacobsonlang@ottawa.ca – 613-798-3394: Coordinator Therapeutic Programs
 - Jean.Doyle@ottawa.ca - 613-580-2424 ext. 41226: West District
 - Jodie.Gilvear@ottawa.ca – 580-2424 ext. 29292: Central District
 - Christina.McCormick@ottawa.ca – 613-580-2424 ext. 29291: South District
 - City Wide Inclusive Recreation – 613-580-2424 ext. 29283 or specialneedscitywide@ottawa.ca
 - Hintonburg Community Centre (program information) – 613-798-8874
 - Jack Purcell Community Centre (program information) – 613-564-1050

Music:

- Lotus Centre: <http://www.lotuscentre.net/>
- Counterpoint Music Therapy: <http://www.counterpointmusictherapy.com/>

Arts/ Theater/ Drama :

- Just Kiddin' Theatre : <http://justkiddintheatre.com/JKT-wp/>
- Ottawa Children's Theatre (ages 3-17 years): <http://www.ottawachildrenstheatre.net/>
- Art in Action (ages 14-29 years): <http://www.artinactionottawa.ca/>
- Art Therapy Group: <https://www.ottawaarttherapy.ca/services/group-sessions/>

Dance:

- Dandelion dance company: <https://dandeliondance.ca/>
- Propeller dance: <http://www.propellerdance.com/>
- Dragon Fly (Down Syndrome): <http://www.dragonflydownsyndrome.com/>

Skiing:

- Canadian association for disabled skiing: <http://www.cads-ncd.ca/>
- SkiAbility (water skiing): <http://www.skiabilityottawa.ca/>

Kayaking/Canoeing:

- Rideau Canoe Club: <http://www.rideaucanoecub.ca/home/paddle-all>

Soccer/Baseball/Hockey:

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- Nepean City Soccer Club – Just for kicks (age 5-18years):
<http://www.ottawacitysoccer.com/Default.asp?id=justforkicks&l=1>
- Miracle League of Ottawa: <http://www.miracleleagueofottawa.com/>
- East Nepean Little League baseball: <http://eastnepeanbaseball.on.ca/challenger>
- Challenger Baseball: <http://www.challengerbaseball.ca/>
- Capital City Condors Hockey: <https://capitalcitycondors.org/>
- Special Hockey Heroes: <http://www.specialhockeyheroes.com/>

Martial Arts:

- The Edge Taekwon-Do Academy: <http://edgetaekwondo.com/special-needs-program/>
- Tae E. Lee Taekwondo: <http://www.taelee.ca/programs/special-needs.html>
- Florin's Martial Arts Centre-Kanata: <http://www.kidsafterschool.ca/>

Swimming:

- Swimming with a Mission (SWAM): <http://www.ottawa.on.swamcanada.ca/about-us/>
- The Aqua Life Swim Academy (Orleans & Kanata): <http://theaqualife.ca/our-programs/>
- Hippo in the Bathtub: <https://hippointhebathtub.ca/>

Gymnastics:

- A Gym Tale: <http://www.agymtale.com/>
- Tumblers Gymnastics Center: <http://tumblers.ca/index.php/programs/>
- Starr Gymnastics: <http://www.starrgymnastics.ca/index.php>
- Corona Gymnastics: <https://coronagym.ca/programs/>

Yoga:

- Hippy Hippy Shake Kids Yoga –West end: <http://www.hippyhippyshakekidsyoga.com/>
- Heart Sounds Yoga: <http://heartsoundsyoga.ca/>
- Little Lotus Yoga: <https://littlelotusyoga.ca/>

Horse Back-Riding:

- Happy Trails: <http://www.happy-trails.ca/>
- TROTT: <http://trott.ncf.ca/>
- Horses of the sun: <http://www.horses-of-the-sun.ca/>
- Brave Hearts: <http://www.brave-hearts.ca/home/>
- Tranquil Acres: <http://www.tranquilacresguesthouse.com/>
- Stable Foundations Equine Assisted Therapy : <http://www.stablefoundations.ca/>
- Victory Farm : <http://www.victorytimefarm.ca/>

Other:

- **The Special Olympics:** <http://www.specialolympics.ca/participate/how-do-i-register-athlete>
- **Goodlife Fitness free summer membership for teens:** <https://www.teenfitness.ca/>
- **Fun haven:** <http://www.funhaven.com/>
- **Sky Zone- indoor trampoline park:** <http://www.skyzone.com/ottawa>
- **Flying Squirrel:** <https://flyingsquirrelsports.ca/ottawa-ontario/>
- **YMCA:** <http://www.ymcaywca.ca/Families/>

AVAILABLE RESOURCES IN THE COMMUNITY

SERVICE COORDINATION FOR PEOPLE WITH DEVELOPMENTAL DISABILITIES ASSUMES NO LIABILITY OR RESPONSIBILITY FOR ANY ERRORS OR OMISSIONS IN THE CONTENT CONTAINED IN THIS DOCUMENT
Version 4 August 2018



Service Coordination for People with Developmental Disabilities

Coordination des services pour les personnes ayant une déficience intellectuelle

- **Prism Options Program:** <http://prismoptions.wixsite.com/special-needs/home>
- **AUSOME Ottawa** (ASD population): <http://www.ausomeottawa.com/programs/>
- **Access 2 Entertainment card:** <http://access2card.ca/>

**FREE MUSEUM PASSES THROUGH YOUR LOCAL LIBRARY

Community Resources

- Looking for services in your neighbourhood:
http://www.parentresource.ca/en/ottawaprc/Interactive_Family_Services_Map_p4710.html
- Locate your community centre: <http://www.coalitionottawa.ca/en/find-your-chrc.aspx>

The Community Information Centre of Ottawa is a non-profit, bilingual organization that helps to connect people through multilingual mediated access to community, social, health and government services in their community.

- Telephone: **211** or visit their website: http://www.cominfo-ottawa.org/main_eng.html

Additional Autism Specific Services/Supports

- **Autism Program – Eastern Ontario:** <http://www.cheo.on.ca/en/autism>
- **Autism Ontario- Ottawa chapter:** <http://www.autismontario.com/ottawa>
 - Knowledge Base : <http://autismontario.novosolutions.net/default.asp?id=103&Lang=1&SID>
 - Autism Ontario – Autism Directory
 - SPIRALE – Finding professional services for children with autism: <https://www.autismontario.com/spirale>
- **Ontario’s Autism Parent Resource Kit:**
<http://www.children.gov.on.ca/htdocs/English/topics/specialneeds/autism/aprk/index.aspx>
- **Quick Start Early Intervention for Autism (0 -24 months):** <https://www.quickstartautism.ca/>
- **SERVICE DOGS for Autism:**
 - Autism Canada Fondation: <https://autismcanada.org/living-with-autism/treatments/related/service-dogs/>
 - Mira: http://www.mira.ca/en/programs/7/service-assistance-dog-for-child-presenting-asd_142.html
 - Thames Centre Service Dogs : <http://www.thamescentreservicedogs.com/about-us.html>
 - Ottawa Therapy Dogs : <http://www.ottawatherapydogs.ca/>
 - The Canadian Foundation for Animal Assisted Support and Services: <http://www.cf4aass.org/?q=node/23>
- **Geneva Centre for Autism, Ontario:** <http://www.autism.net/>
- **Autism Society of Canada:** <http://www.autismsocietycanada.ca/>
- **Autism Awareness Centre:** <https://autismawarenesscentre.com/resources/>
- **Autism Speaks:** <http://www.autismspeaks.ca/>