

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 3



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:

- **Special Needs- Ministry of children and youth 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.

Ottawa Children's Treatment Centre (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.
- **Centre Psychosocial - Centre éducatif spécialisé l'Image: (Tel : 613-860-0364)**
http://www.centropsychosocial.ca/fr/Centres-Educatifs_52
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 for transitioning youth into adult developmental services (16 & up):

- 1) Developmental Services of Ontario Eastern Region (**DSOER**): - Intake and Eligibility can be done as of 16:
<http://www.dsontario.ca/agencies/dso-eastern>
- 2) Ontario Disability Support Program (**ODSP**): ** Application can be completed at **17.5 years** of age**
http://www.mcsc.gov.on.ca/en/mcsc/programs/social/odsp/income_support/index.aspx
- 3) Information on the Office of Public Guardian and Trustees (**OPG & T**):
<http://www.attorneygeneral.jus.gov.on.ca/english/family/pgt/>
- 4) P4P Planning Network: <http://www.planningnetwork.ca/en-ca/Home>
- 5) Reach Canada: <http://www.reach.ca/>
- 6) SCS and ME booklet: https://scsottawa.on.ca/wp-content/uploads/2017/07/SCS-Me-booklet_flipbook_2016.pdf
- 7) Henson Trust: <http://www.reena.org/sites/default/files/InformationBrochures/hensontrust.pdf>

Transition Planning Tools (14 & up):

- Ottawa Independent Living Resource Center: <http://www.oilrc.com/programs.htm>
- Transition Planning: a Resource Guide: <http://www.oafccd.com/documents/transitionguide.pdf>
- Real Life After School: <http://www.inclusion.com/books/planningforlife.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/BJAmodelandbestpracticeguidelin.espdf2009.pdf>

Financial options to look into: (please note that most funding programs are income based)

- 1) 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/cmpltng/ddctns/Ins360-390/370/menu-eng.html>
 - Medical Expense Tax Credit: <http://www.cra-arc.gc.ca/tx/tchncl/ncmtx/fls/s1/f1/s1-f1-c1-eng.html#N101FE>
- 2) Assistance for Children with Severe Disabilities (**ACSD**):* income based*:
<http://www.children.gov.on.ca/htdocs/English/specialneeds/disabilities.aspx>
- 3) Special Services at Home (**SSAH**): <http://www.children.gov.on.ca/htdocs/English/specialneeds/specialservices.aspx>
- 4) Assistive Devices Program (ADP): <https://www.ontario.ca/page/assistive-devices-program>
- 5) Reimbursement Funds – 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:

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6) 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)

- 1) Jennifer Ashleigh's Children's Charity (JACC): <http://www.jenash.org/get-help-now/>
- 2) Child's Voice Foundation (CVF): <http://www.acvf.ca/>
- 3) Ceridian Cares: <http://www.ceridiancares.ca/>

Occupational, Physiotherapy, Speech and Languages Services:

- You may also look on our website for additional services in the area <http://resources.scottawa.on.ca/> - for services providers in the area. – Ask a Case Manager to provide a list of service providers.
- **ABC Pediatric Therapies:** (multidisciplinary team: OT, SLP, ABA, social skills groups and more) <https://www.abcpediatrictherapies.ca/>

Behavioural Services/ Sensory integration:

- **Fundamentals- Child Behaviour Solutions:** <http://www.childsolutions.ca/index.html>
- **TIPES-** offers programming from 2-18 years of age (Autistic population): <http://tipes.ca/programs-offered/>
- **Spectrum Intervention Group:** (Autistic population): <http://www.spectrumig.com/resources.html>
- **Portia Learning Center:** (Autistic population): <http://portialearning.com/>
- **ASPEN** (in-home ABA and Respite): (Autistic population): <http://www.aspenabaservices.com/>
- **Ottawa Autism Therapy and Terrace Wellness Group:** <http://terracewellness.com/autism-therapy/>
- **Emerging Minds:** <http://emergingminds.ca/>
- **Stepping Stones** –Behavioural Program(T) 613-737-0871 ext. 4425 - For children under 12 with a developmental disability <https://www.octc.ca/documents/Group%20Stepping%20Stones%20at%20OCTC-En.pdf>
- **Bartimaeus:** <http://www.bartimaeus.com/>
- **ABA Connections :** <https://www.abaconnections.ca/>
- **Sensory Integration and Neurodevelopmental Specialist:** <http://www.kathleenrooney.ca/>
- **Success in Steps:** <http://www.successinsteps.ca/>
- **ABC Pediatric Therapies:** (multidisciplinary team: OT, SLP, ABA, social skills groups and more) <https://www.abcpediatrictherapies.ca/>

Social Skills Groups / Networking/ Life Skills:

- **Y's Owl Maclure** (High functioning teens): <http://www.ysowлмаclure.org/>
- **Children at risk:** offers workshop, camps and /or other types of programming : <http://www.childrenatrisk.ca/>
- **Building Blocks:** <http://www.ebuildingblocks.com/fall-2012.html> - You may contact Elaine Bissonnette at ebissonn@magma.ca or call 613 722-4374
- **Common Table:** <http://www.commontable.ca/>
- **Spectrum Insights Social Group:** <http://www.spectruminsights.ca/>
- **Steps and Strides:** <http://www.stepsandstridesottawa.com/>
- **Socialhood:** <http://www.familiesmattercoop.ca/story/socialhood>
- **Share Community Program:** <http://www.sharecommunityprogram.com/>
- **Support Groups – Richard P. Harman MSW, RSW (7 to 15 years)**
Holland Professional Associates- 99 Holland Avenue, Suite 103, Ottawa, Ontario K1Y 0Y1 Phone/fax: 613-725-0302

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Support Groups/ Building a Network of Support:

- **Children at risk:** autistic population support group and 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>
- **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>
- **Citizen Advocacy –sibling support group:** <http://www.citizenadvocacy.org/family-support/>
- **Learning Disabilities Association of Ottawa** - <http://www.ldaottawa.com/> Open to parents who have a child with a LD – group meets once a month on the first Thursday of the month.
- **Loving Hands** – Parent support group run in association with Bethel Pentecostal Church. Contact person: Pastor Steve Best, sbest@bethel.ca or at (613) 226-1383
- **Rare Disease Foundation support group for parents** - http://www.rarediseasefoundation.org/regions/ontario/ontario_events/ottawa-area-parent-2-parent-resource-network This group meets the third Wednesday of each month at Andrew Fleck, and is open to parents who have a child with a rare disease.
- **Collaborative problem solving parent support through CHEO** – a 9 week support group that is run through CHEO to assist parents with learning the basics of CPS. No specific diagnosis requirement. Intake process: referral internally from within CHEO, or from a GP (completing CHEO mental health intake form). <http://www.cheo.on.ca/uploads/CYSPMHS%20Intake%20Form%20-%20Oct%2017%202012.pdf>
- **Online support group:** <https://groups.yahoo.com/neo/groups/autismsupportottawa/info>
- **Program Navigator:** <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** (2007) <http://www.edu.gov.on.ca/extra/eng/ppm/140.html>
- **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 Advocate:

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

Other Interesting Resources Related to Education

- Book: **Just Give Him the Whale!: 20 Ways to Use Fascinations, Areas of Expertise, and Strengths to Support Students with Autism** by Paula Kluth and Patrick Schwarz. 2008 <http://www.amazon.com/Just-Give-Him-The-Whale/dp/1557669600>
- **Linguisystems.com:** <http://www.linguisystems.com/products/product/search?topic=4>

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- **Kidspiration:** Visual learning tools software <http://www.inspiration.com/Kidspiration>
- **Mind Mapping :** <http://www.inspiration.com/visual-learning/mind-mapping>
- **Jump Math- The Myth of Ability: Nurturing Mathematical Talent in Every Child** (2003) John Mighton
Designed to help failing math students. <http://jumpmath.org/cms/>
- Fractions example: <http://jumpmath.org/cms/sites/default/files/Fractions%20Challenge%20-%20Level%20B.pdf>

Tutoring Resources:

- Enhanced Learning Centre (Tel: 613-228-9766) <http://www.enhancedlearning.ca/>
- Capital Tutor emphasizes Howard Gardner's theory of Multiple Intelligences acknowledging the unique and specific learning styles of individuals offering customized services. (Tel: 1-888-873-0819) <http://www.capitaltutor.com/>
- Kumon <http://www.kumon.ca/> (Tel: 613-440-2480) focuses on Math and Reading and have multiple locations
- Acadam <http://www.acadam.com/>
- Nepean Oxford Learning Center (Tel: 613-706-1861) <http://oxfordlearning.com/locations/ontario/nepean/>
- Infinity+One Tutoring <http://www.infinityplusonetutoring.com/>
- iTutor Learning Services <http://www.itutorls.com/> is an online tutoring resource
- AlivEducation – A New Way to Support Student Learning : <http://www.aliveducation.com/>

Specialized Toys/ Apps/ Educational Material

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

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- 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/>
- 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>

Respite IN and OUT of home

Hiring a worker:

- 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
- 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/>
- Share Community Program – respite services: 613-323-7909
<http://www.sharecommunityprogram.com/#!services/cee5>
- 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: www.respiteservices.com under **community respite providers**

- Association pour l'intégration sociale d'Ottawa: <http://www.aiso.org> - 613-744-2241
- Bartimaeus: <http://www.bartimaeus.com/>
- Bairn Croft Residential Services Inc. : <http://bairncroft.com/collaboration-care/>
- Destiny's way: <http://www.destinysway.ca/>
- Greenland Country Haven Inc. (for teens 13 to 18): 613-806-0690 greenlandcountryhaven@gmail.com
- Mainstreet Community Services: <http://www.mainstreetcommunityservices.com/programs--services.html>
- Ottawa West Community Support: <http://owcs.ca/services/respite-care/>
- Waupoos Family Farm: <http://www.waupoos.com/>

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- Sonshine Families: <http://sonshinefamilies.ca/>
 - 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/>
 - Offers group respice services to children aged 12 months to 6 years old on Monday to Friday evenings from 5:00-8:00 and Saturday mornings from 9:00-12:00.
 - Respice services are provided in centre at our **Kanata location** at 48 Stacie dr. and our Nepean location at 1770 Courtwood Cres. Suite 201. The cost is 25\$ per child.
- Call to register: Natalia Bravo at 613-221-9777 or email nbravo@portialearning.com
Special arrangements can be made for the 7-12 year old age group. Siblings are welcome.

Autism Services:

- ✓ **Ottawa Police Autism Registry:** <http://www.ottawapolice.ca/en/safety-and-crime-prevention/Autism-Registry.asp>
- **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>
- **Société Franco-Ontarienne de l’autisme:** <http://sfoautisme.org/>
- **Corner Pieces:** <http://www.jennifermackintosh.com/> website for parents of newly diagnosed children
- **Children at risk:** offers workshop, camps and /or other types of programming : <http://www.childrenatrisk.ca/>
- **Building Blocks:** <http://www.ebbuildingblocks.com/index.html> - You may contact Elaine Bissonnette at ebissonn@magma.ca or call 613 722-4374
- **Quick Start Early Intervention for Autism:** <https://www.quickstartautism.ca/>
- **Y’s Owl Maclure (High functioning teens):** <http://ysowlmaclure.org/>
- **Spectrum Insights Social Group:** <http://www.spectruminsights.ca/>
- **Young Challengers – Social Connections for youth and adults with autism:**
<https://sites.google.com/site/youngchallengerscentre/home>
- **Ausome Ottawa:** <http://www.ausomeottawa.com/programs/>
- **Share Community Program:** <http://www.sharecommunityprogram.com/>
- **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>

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Websites:

- o Geneva Centre for Autism, Ontario: <http://www.autism.net/>
- o Autism Society of Canada: <http://www.autismsocietycanada.ca/>
- o Concept ConsultEd: <http://conceptconsulted.com/>
- o Autism Awareness Centre: <https://autismawarenesscentre.com/resources/>
- o Autism Speaks: <http://www.autismspeaks.ca/>

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

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

To discuss programming needs, or to suggest new program concepts, or if you have questions contact:

specialneedsocitywide@ottawa.ca

Access 2 Entertainment card: <http://access2card.ca/>

Music:

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

Arts/ Theatre/ Drama :

- Just Kiddin' Theatre : <http://justkiddintheatre.com/JKT-wp/>
- Ottawa Children's Theatre – I can Pretend: <http://www.ottawachildrenstheatre.net/>
- Ottawa School of Art: <http://artottawa.ca/>
- Art in Action – free workshops: <http://www.artinactionottawa.ca/>

Dance:

- Dandelion dance company: <http://dandeliondancecompany.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/>

Kayaking/Canoeing:

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

Soccer/Baseball:

- East Nepean Little League baseball: <http://eastnepeanbaseball.on.ca/challenger>
- Nepean City Soccer Club – Just for kicks: <http://www.ottawacitysoccer.com/Default.asp?id=justforkicks&l=1>
- Cumberland Soccer Club: <http://www.cumberlandsoccer.com/>

AVAILABLE RESOURCES IN THE COMMUNITY

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- Miracle League of Ottawa: <http://www.miracleleagueofottawa.com/>
- Challenger Baseball: <http://www.challengerbaseball.ca/>

Martial Arts:

- The EdgeTaekwon-Do Academy: <http://edgetaekwondo.com/special-needs-program/>
- Tae E. Lee Taekwondo: <http://www.taelee.ca/programs/special-needs.html>
- Brown's Martial Arts: <http://www.brownsmartialarts.com/>
- Pheonix Taekwondo Martial Arts: <http://www.ottawataekwondo.com/aboutus.html>
- John Leroux's Wrold Karate Fit Centre: <http://karatefit.com/programs/children-martial-arts/>
- Fang Shen Do – Beyond Martial Arts: <http://www.fangshendo.com/>
- Florin's Martial Arts Centre-Kanata: <http://www.kidsafterschool.ca/>

Hockey:

- Capital City Condors: <https://capitalcitycondors.org/>
- Special Hockey Heroes: <http://www.specialhockeyheroes.com/>

Swimming:

- SwimAbility Ottawa: <http://www.ottawa.on.swimability.org/about-us/>
- The Aqua Life Swim Academy (Orleans & Kanata): <http://theaqualife.ca/our-programs/>

Gymnastics:

- A Gym Tale: <http://www.agymtale.com/>
- Spring Action: <http://www.springaction.ca/>
- Tumblers Gymnastics Center: <http://tumblers.ca/index.php/programs/>
- Starr Gymnastics: <http://www.starrgymnastics.com/schedule.cfm>
- Corona Gymnastics – has special needs classes: <https://coronagym.ca/programs/>

Yoga:

- Yoga-tism : (613)-608-8911; wendy@yogaingreenboro.com
- Hippy Hippy Shake Kids Yoga –West end: <http://www.hippyhippyshakekidsyoga.com/>
- Club Yoga: http://ottawachildcouncil.com/?page_id=929

Horse Back-Ridding:

- 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: (Special Needs Day every TUESDAY) <https://flyingsquirrelsports.ca/ottawa-ontario/>
- YMCA : <http://www.ymcaywca.ca/Families/>
- Gloucester Association for Children with Special Needs(GACSN): <https://gacsn.org/>
- Prism Options Program <http://prismoptions.wixsite.com/special-needs>

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- Ausome Ottawa: <http://www.ausomeottawa.com/programs/>
- **FREE MUSEUM PASSES THROUGH YOUR LOCAL LIBRARY

Community Centre of Ottawa

- ✓ Need help finding resource in your neighbourhood:
http://www.parentresource.ca/en/ottawaprc/Interactive_Family_Services_Map_p4710.html
- ✓ It is also good to check with your local community center to see if they have any programs available.
 - Through **Coalition Ottawa** you can 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