Ottawa Directory of ASD Services:  
For Children and Adults with Autism Spectrum Disorder 

April 2016, Version 3.1 

*Please e-mail Debbie Barbesin at robert_and_debbie@sympatico.ca or Cindy Thompson at ottawacindy@gmail.com with any updates. When requesting an addition, please provide a suggestion of the section(s) the information should be added to. 

Note: The following information is not an endorsement of a particular treatment, agency, service or specific professional. We would advise anyone to carefully examine the services and qualifications of the agencies or service providers prior to making a decision. 

Revision History 

<table>
<thead>
<tr>
<th>Date</th>
<th>Updates</th>
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| April 2016, V3.1 | • Updated QuickStart section  
|             | • Update page numbers in table of contents  
|             | • Added Ausome Ottawa  
|             | • Updated Y’s Owl Maclure sections                                    |
| April 2016, V3.0 | • Updated Spring/Summer 2016 camps & other events  
|             | • Added James Brazeau, C. Psych  
|             | • Updated T.I.P.E.S. section  
|             | • Updated www.ahaservicesottawa.com sections  
|             | • Added Christine Sinding (as replacement for Ann Sutherland)  
|             | • Added Dr. Mahal, dentist  
|             | • Added links to parent support group sponsored by Autism Ontario – Ottawa Branch  
|             | • Added Autism Works Ottawa, life skills |
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1 Introduction

The intention of this document is to serve as a reference of services available in the Ottawa area that may be of interest to families touched by autism spectrum disorder. Much of the information has been taken from recommendations from parents of children with autism spectrum disorder. (CT last updated V1.0)

Please turn on the “Navigation Pane” to help with navigating the document.

This document can be found on Facebook with the group name “Ottawa Directory of ASD Services” whose link is https://www.facebook.com/groups/348926905313387/.

1.1 Where to Start?

The autism journey can be quite daunting at first. Finding information can be difficult. This section contains some links to information that can be helpful when you are first looking for information.

<table>
<thead>
<tr>
<th>Link</th>
<th>Description</th>
<th>Comments by CT</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="https://www.scsottawa.on.ca/">https://www.scsottawa.on.ca/</a></td>
<td>Service Coordination (SCS) is the initial contact for individuals who have a developmental disability or autism in the Ottawa region. We help people find the supports and services in the community that are needed to assist them in their daily lives. One of our important goals is to empower families/individuals to make informed choices about the supports they seek.</td>
<td>Start Here! You do need an autism diagnosis to be assigned a case worker; however, you can call to ask for general information. They will make sure that you know about all of the government funded programs (i.e. ABA and IBI) you can apply for help and they will help you fill out the paperwork if you want.</td>
</tr>
<tr>
<td>autismadvocacyottawa.wordpress.com/roadmap</td>
<td>The Ottawa Autism Roadmap was designed to be a visual tool to help the parents of children who A) suspect autism, or B) have been newly diagnosed. The Ottawa Autism Roadmap currently exists as a 1 page PDF with clickable links. There is also a 1 page accompanying “Services and Supports” sheet that you use during and after diagnosis. Please use this road map as you please. Share it with others if you find it useful! Other road maps to help different age groups of people with ASD are in the works.</td>
<td>Concise overview of the government agencies and private service providers involved in the autism community.</td>
</tr>
<tr>
<td><a href="mailto:autismsupportOttawa@yahoogroups.com">autismsupportOttawa@yahoogroups.com</a></td>
<td>A Yahoo group called “Autism Support Ottawa”. A list for parents, professionals, and persons with autism/PDD in the Ottawa-Carleton region created to exchange information and resources, as well as to offer support.</td>
<td>Parent Support Forum A great place to ask questions about service provider or for advice on parenting. Many recreational activities (i.e. summer camps) are posted here as are community activities (i.e. autism walks).</td>
</tr>
<tr>
<td><a href="https://groups.yahoo.com/neo/groups/autismsupportOttawa/info">https://groups.yahoo.com/neo/groups/autismsupportOttawa/info</a></td>
<td>A Facebook group called “Autism - Parent Support Group Ottawa(Canada)”. This is an informal support group for Moms, Dads and families who are dealing with a child or children with Autism on a personal level and needs support, advice or just to know you are not alone. Please feel free to chat, ask and answer questions, debate and discuss, vent and share successes or setbacks, ideas or great finds and resources.</td>
<td>Parent Support Forum A great place to ask questions about service provider or for advice on parenting. There’s also many posts from parents who need a friendly ear or words of encouragement.</td>
</tr>
<tr>
<td><a href="http://www.children.gov.on.ca/htdocs/Eng">http://www.children.gov.on.ca/htdocs/Eng</a></td>
<td>The goals for this Parent Resource Kit are:</td>
<td>This document is published by the</td>
</tr>
<tr>
<td>1) To increase the understanding of parents and caregivers of children with autism spectrum disorder (ASD) and the range of programs and supports available across Ontario.</td>
<td></td>
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<tr>
<td>2) To increase the capacities of parents and families to support their child’s development by helping them plan for and access needed programs and supports by directing them to useful and credible resources, information, and supports across the province.</td>
<td></td>
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<td>3) To provide the above assistance through a parent-centered perspective and help parents know they are not alone, through the voices of other parents, autism service providers, educators, health care providers, researchers, and other professionals.</td>
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Ministry of Children and Youth Services and has an abundance of information. There are many links to other resources.

[link](https://www.cfs.gov.on.ca/lish/topics/specialneeds/autism/aprk/index.aspx) and select the “kit” tab.
2 Upcoming Events

2.1 Conferences/Seminars/Workshops 2016

2.2 March Break 2016
N/A

2.3 Spring/Summer 2016

Lotus Centre for Special Music Education
Lotus Centre for Special Music Education offers PD day, March Break and summer camps for ages 5-12. Our camps feature small group size, 2:1 ratio, outdoor play, and lots of music! Campers will have the opportunity to explore many musical instruments, sing and move to music, develop an understanding of musical elements through experiential learning, and develop their creativity! Full day and half day options are available. Contact: info@lotuscentre.net or 613 801-0031. Website: www.lotuscentre.net

Summer Camp Listing
http://www.specialneedsroadmaps.ca/special-needs-summer-camp-listing/

Spectrum Insights Social & Life Skills Summer Camp 2016

Spectrum Insights Summer Camp Boys and Girls ages 12-17
• July 4-8, July 11-15, July 18-22, July 25-29, August 1-5
• August 8-12, August 15-19, August 22-26

Moving Forward Adults ages 18 -25
• July 18-22 (once full other weeks will be announced)

Just For Girls Girls ages 12-17
• July 11-15 (once full other weeks will be announced)

Please note this group is not appropriate for any aggressive behaviours or students that may potentially run off. Although the camp is a small ratio group; students must be able to exhibit independence and ability to follow complex group instruction. All new candidates must be met prior to registration to ensure that our camp is suitable for them.

The Cost is $350/week or $300 if two or more weeks are booked.

For more information or to register please contact:
John Anderson
613-220-5920
John@Spectruminsights.ca

Spectrum Intervention Group’s Transition To Adulthood Group – Life Skills

Spectrum Intervention Group is pleased to be offering a spring session of our TAG-LS group.

Who: Young Adults, aged 18-24, who are on the autism spectrum

When: Tuesday evenings 5:30-8 pm, April 19, 2016 – June 21, 2016. (10 weeks)

Where: 21 Grenfell Crescent

What we will do: Part of the session will be spent at our community partner, Grenfell Catering, working on kitchen skills. The other part will be spent working on skills identified by the participants and their families, and our highly trained staff.

Examples of previously targeted skills include: Cooking; Budgeting; Banking; Restaurant Etiquette; Tipping; Resume Preparation; Job Interviews; Public Transportation; Relationships; Leisure Skills; Chores; Running an Apartment; Bills; Personal Paperwork; Respecting Others; Dealing with anxiety

Cost: The cost of this group is $200 for 10 weeks.
New participants will be required to be available for a 30 minute screening session prior to joining the group.

For more information or to obtain a registration form call Spectrum at 613-723-0606 or email me at kristen@spectrumig.com.

To find out more about our other services email info@spectrumig.com or visit our website: www.spectrumig.com.

**Steps and Strides Summer Camps**

<table>
<thead>
<tr>
<th>Weeks and Themes</th>
<th>Details</th>
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<tbody>
<tr>
<td>Week 1 – July 4th-8th</td>
<td>Summer Fun</td>
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<tr>
<td>Week 2 - July 11th-15th</td>
<td>Arts and Crafts</td>
</tr>
<tr>
<td>Week 3 - July 18th-22nd</td>
<td>Sports and Movement</td>
</tr>
<tr>
<td>Week 4 - July 25th-29th</td>
<td>Bugs and Building</td>
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Cost and Time and Location
9 am to 3 pm
$385 per week
985 Pinecrest

Natural Environment Teaching (NET), Social Skills Intervention, Structured Conversation, Cooperative Play, Outdoor/Indoor Team Based Challenges, Sports

*Please contact Susan and Caroline at stepsandstrides@gmail.com.*

2.4 Fall 2016
# 3 Psychologists

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Dr. Patricia Behnke v2.0</strong></td>
<td>613-563-1632</td>
</tr>
<tr>
<td><strong>Dr. James Brazeau, C. Psych. v3.0</strong></td>
<td><a href="http://www.drbrazeau.com">www.drbrazeau.com</a> 613- 854-9694</td>
</tr>
<tr>
<td><strong>Dr. Jenny Demark v2.0</strong></td>
<td>613-222-5098</td>
</tr>
<tr>
<td><strong>Dr. Gillian Graham Bevan, Ph.D., C.Psych. v1.0</strong></td>
<td>613-266-1225</td>
</tr>
<tr>
<td><strong>David Guth M. Sc., Psychological Associate v2.0</strong></td>
<td>613-858-8872</td>
</tr>
<tr>
<td><strong>Dr. Owen Helmkay v2.0</strong></td>
<td>613-435-9330</td>
</tr>
<tr>
<td><strong>Dr. Alex Nounopoulos, C. Psych. (Supervised Practice) v2.0</strong></td>
<td>613- 695-0906</td>
</tr>
<tr>
<td><strong>Dr. Yolanda Korneluk</strong></td>
<td>613-851-6292</td>
</tr>
<tr>
<td><strong>Dr. Gerald Munt v2.0</strong></td>
<td>613-233-7108</td>
</tr>
<tr>
<td><strong>Dr. Linda Reinstein, C.Psych. v2.0</strong></td>
<td><a href="http://www.childsolutions.ca">www.childsolutions.ca</a> 613-240-9190</td>
</tr>
<tr>
<td><strong>Dr. Denise Rousseau</strong></td>
<td><a href="http://www.turningcorners.ca/">http://www.turningcorners.ca/</a> 613-321-0642</td>
</tr>
<tr>
<td><strong>Dr. Dot Scardellette</strong></td>
<td>613-485-8365</td>
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smoothly from self-contained to inclusion. Included, not just integrated! Over the years, I have also worked with many children and youth with a wide variety of unique needs. Email: dotscard2020@gmail.com

<table>
<thead>
<tr>
<th>Dr. Jeff Sherman</th>
<th>613-728-4848</th>
</tr>
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<tbody>
<tr>
<td>Dr. Mary Simmering McDonald, C. Psych</td>
<td>613-228-1174 ext. 48</td>
</tr>
<tr>
<td>Centrepointe Professional Services</td>
<td></td>
</tr>
<tr>
<td>98 Centrepointe Drive</td>
<td></td>
</tr>
<tr>
<td>Ottawa, ON  K2G 6B1</td>
<td></td>
</tr>
<tr>
<td>Tel: 613-228-1174 ext. 48</td>
<td></td>
</tr>
<tr>
<td>Fax: 613-228-2756</td>
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<tr>
<th>Dr. Faizah Visram, C.Psych.</th>
<th>613-791-7865</th>
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### Psychiatrists

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone</th>
<th>Additional Information</th>
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<tbody>
<tr>
<td><strong>Dr. Mouldy</strong></td>
<td>613-728-3808</td>
<td>Dr. Mouldy works at Emerging Minds. His administrative assistant is Debbie Ladisa at 613-728-3808, or <a href="mailto:debbie@emergingminds.ca">debbie@emergingminds.ca</a>, fax 613-233-9561. Dr. Mouldy is only taking referrals for clients who are being seen by one of the clinicians at Emerging Minds. Unfortunately he is not accepting referrals from the general community.</td>
</tr>
<tr>
<td><strong>Dr. E. Esmond</strong></td>
<td>613-739-8388</td>
<td>Assessment and consultation by referral.</td>
</tr>
<tr>
<td><strong>Royal Ottawa Mental Health Centre</strong></td>
<td>613-722-6521 ext 7141</td>
<td>Dual Diagnosis Outreach Team. For adults with developmental delay</td>
</tr>
<tr>
<td><strong>Dr. Daniel Doiron</strong></td>
<td>613-737-2155</td>
<td>2211 Riverside Drive, Suite 404 Only sees adults 18 years old and over.</td>
</tr>
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5  Behavioural Consultants

ABA Consultation and Services (ABACS, LLC)  bherscovitch@abaconsultation.com  774-249-8403  
Brandon Herscovitch, M.S.ABA, BCBA, program director

Applied Behavior Analysis Consultation and Services (ABACS, LLC) offers behavior analysis services directed toward those whose lives have been touched by autism spectrum disorders, as well as other developmental or behavioral disorders. Services include, but are not limited to:

- Workshops and trainings
- Service consultation (i.e. assessments, program evaluations, IEP consultation)
- Comprehensive program consultation (establish and maintain a comprehensive home- and/or school-based program)
- Direct behavior therapy services (therapists implement programs prepared by the consultant)

Consultation and direct services are available in your child's home- and school-based settings. Consultants are masters and PhD level board certified behavior analysts (BCBA), and all direct behavior therapy services are overseen by a BCBA.

Please visit our website to meet the consultants (BCBAs and clinical psychologist).

If you are interested in obtaining further information from ABACS, LLC, or have any questions regarding available services, please email info@abaconsultation.com or call 774-249-8403. Additionally, if you know any family, school, or organization that may benefit from our services, please forward them our information. I look forward to hearing from you and welcome the opportunity to provide our services to you. For further information on these services: www.abaconsultation.com (Please note that although this is an American consulting service, Brandon Herscovitch is originally from Ottawa and is a contributor to our list. This is why I’ve included his services at his request in our directory. DB)

ABA Services Ottawa

For description and contact information, refer to the section Senior Therapists, Senior Tutors/Consultants.

ASPEN

www.aspenabaservices.com  613-612-7997

aspenabaservices@gmail.com

Home-Based ABA Programs

- In-home programs supervised and designed by a qualified Senior Therapist. Programs are based on assessment. Programs may also be run in daycares and preschools.
- All programs place emphasis on language development (verbal behaviour), social skills, behaviour management, and academic skills
- Regular supervision, training, and parent meetings are scheduled based on your child's program
- All therapists provided have experience with children with autism, and are trained in ABA techniques
- Programs are offered in French and English
- Flexible hours (evenings and weekends available)

Parent Support

- Free one-hour consultations - a chance to meet to discuss your concerns and work on a plan of action
- On-going family support - Senior Therapists have widely flexible hours to support your family in times of need.
- Therapist bank, and list of available therapists for respite services

Autism Intervention Services  ibiforautism@yahoo.ca

Offering high-quality, ethical and experienced guidance for families looking to start their own home ABA programs for early, intermediate or advanced learners with autism or PDD. Programs are tailored to meet your child's individual needs, and focus on language, cognitive, academic, social and self-help skills in order to help your child meet his/her full potential.

Nancy Baker  njabaker@bell.net  819-459-1524

(Main description, see other sections for more services)

Child Guidance Consultation and Senior Therapist

For children aged 1-12. In home consultation in the areas of behavior skills training, social skills training and parent training.

Senior Therapist for home based programs IBI program. Consultation and program plans to teach implementation of ABA and IBI principles. The service is for both parents and therapists in the home.

Building Blocks

ebissonn@magma.ca  613-722-4374

Elaine Bissonnette, Behaviour Consultant

Who we service:
- Children and young teens diagnosed with Autism Spectrum Disorder
- Children and young teens who demonstrate difficulties in areas of socialization and peer relationships and require a structured environment to learn new coping skills

What we do:
Parent training for home based programming for young children to adolescents diagnosed with Autism, Pervasive Developmental Disorders–Not Otherwise Specified (PDD-NOS), Asperger’s Syndrome (AS) and other related disabilities.

Social Skills Groups:
- Early Learner Playgroups (5-6 years old)
- Social Skills Groups (7-10 years old)
- Pre Teen Social Skills (10-12 years old)
- Groups for young teens dealing with anxiety (10-14 years old)
- UCLA PEERS  An evidence – based parent assisted social skills training intervention for adolescents with Asperger’s
- PD Day – Science Camps during the school year (7-8 and 9-10 years old)
- Science Camps (March Break, December Break and Summer Camps)

www.ebbuildingblocks.com

Erin Bertrand M.A. CCC
Disability Counsellor and Behavioural Consultant
I provide specialized counselling services to higher functioning individuals with disabilities (those on the Autism Spectrum and those with various developmental disabilities). I also provide specialized counselling services to parents and family members facing challenges associated with raising or living with a loved one who has a developmental disability. I offer mobile counseling services, meaning I will come to your home. I have flexible hours and my services are covered by third party insurance companies as I am supervised by a clinical psychologist.
Phone: 613-425-4257

Emerging Minds
Emerging Minds is an interdisciplinary treatment facility with a focus on helping children, adolescents, adults and families with autism and other neurodevelopmental challenges. We offer a variety of services and supports, including:
- Diagnostic, Psychological, Psychoeducational and Interdisciplinary Assessments
- Comprehensive Behavioural Intervention Program and Parent Partnership Intervention Program based on the principles of Applied Behavioural Analysis (ABA)
- Kickstart Intervention Program (a no-cost parent coaching and research program for children under 30 months of age)
- Behavioural Consultation
- Speech Therapy
- Occupational Therapy
- Psychiatric Consultation

For more information, please visit our website www.emergingminds.ca or contact the individuals listed below:

Jennifer Mackintosh at 613-833-3716 or jennifer@emergingminds.ca
- Assessment and diagnostic services for children, youth and adults
- Psychological therapy for children, youth and adults
- Intervention programs for children with ASD, including our Comprehensive Intervention Program, our Parent Partnership Intervention Program and the Kickstart Intervention Program
- Behaviour Consultation for children, youth, adults and their families

Debbie Ladisa at 613-728-3808 or debbie@emergingminds.ca
- Occupational therapy
- Booking and appointments for individuals accepted into the Kickstart Intervention Program
- Psychiatry consultation (for clients being served by other clinicians at Emerging Minds)

For speech and language therapy: please contact the individuals listed on our website at http://emergingminds.ca/services/speech-therapy/

For family support, please contact the individuals listed on our website at http://emergingminds.ca/services/family-support/

Christine Gougeon

H.O.P.E. - ABA Family Support Services

H.O.P.E., Helping Our Parents Educate, is dedicated to providing training to parents and family members who wish to run their own ABA programs. Contact: hope_abaservices@yahoo.ca for more information. Currently accepting new clients.

Theresa Martinez, B.A. Psych., Senior Therapist
Services: Supervision of private in home ABA/VB programs based on a combination of intensive teaching, natural environment teaching, generalization, social and independence goals. Theresa has access to potential trained therapists and will provide initial training to new therapists free of charge. Supervision can include therapist observations/ training, parent training, progress and school meetings/observations, evaluations, and video reviews.

Please contact Theresa Martinez, theresamartinez2@gmail.com, 613-724-8484 for an initial information package, resume and testimonials.

<table>
<thead>
<tr>
<th>NETwork Interventions</th>
<th><a href="http://www.networkinterventions.ca">www.networkinterventions.ca</a></th>
<th>613-304-6628</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shelley Brown, BCaBA, PG Cert ABA, BA Psyc, Dip Behavioural Sci., Director and Consultant of NETwork Interventions. Available to work in the Ottawa, Kingston, Cornwall and Montreal area. We use Applied Behaviour Analysis and Verbal Behaviour to help people with home programmes, in school support, etc. We specialize in parent training. <a href="http://www.networkinterventions.ca">www.networkinterventions.ca</a></td>
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<thead>
<tr>
<th>Gregory Paquoit, MS, BCBA, CPT</th>
<th><a href="mailto:gregory.paquiot@yahoo.com">gregory.paquiot@yahoo.com</a></th>
<th>613-790-6675</th>
</tr>
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| I am one of Canada's few Board Certified Behavior Analysts (BCBA). I have earned a Master of Science degree in Applied Behavior Analysis from the Florida Institute of Technology. Moreover, I have several years of clinical experience in working with the disabled and general population of Orlando, Florida. Applied Behavior Analysis (ABA) is the process of systematically applying interventions based upon the principles of learning theory to improve behaviors to a meaningful degree, and to demonstrate that the interventions employed are responsible for the improvement in behavior. Using ABA principles I design individualized treatment interventions for each client using evidence-based procedures, along with functional and naturalistic treatment approaches. By performing comprehensive Functional Assessment in schools, private homes, vocational placements, and group homes, I treat challenging behavior in individuals of all ages, in virtually any environment. Challenging behavior may occur in individuals with a wide variety of diagnoses. I often treat people diagnosed with Autism, ADHD, Down Syndrome, Obsessive Compulsive Disorder, Oppositional Defiant Disorder, Bipolar Disorder, Anxiety Disorder, and Depression. Typical challenging behaviors addressed are but not limited to:  
  - Noncompliance  
  - Property destruction  
  - Aggression  
  - Self-injury  
  - Verbal Aggression  
  - Communication  
  - Elopement  
  - Incontinence  
  - Spitting  
  - Compulsive Actions  
  - Sleep Issues  
  - Eating Problems  
  - Hygiene Issues  

My main focus is designing and implementing highly specific positive behavior support plans to reduce inappropriate behavior while enhancing adaptive skills to replace problematic behavior. I educate and train the people who live and work with individuals with high behavioral needs. I network with the individual’s health professionals, and educational and vocational personnel to provide a consistent and comprehensive approach to create lasting change. I may work with an individual on a short term basis (from three to six months) or provide ongoing behavioral support as behavioral needs change (from one to five years or more). If you have any questions, please feel free to e-mail me at gregory.paquiot@yahoo.com. |

<table>
<thead>
<tr>
<th>The Portia Learning Centre</th>
<th><a href="http://www.portialearning.com">www.portialearning.com</a></th>
<th>Central Ottawa: 613-221-9777 Kanata: 613-591-9966</th>
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<tbody>
<tr>
<td>(Main description, see other sections for more services)</td>
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Services for individuals of all ages with autism spectrum disorder, developmental delays and related disorders. The Portia Learning Centre uses an inter-disciplinary approach in providing intensive behavior intervention / applied behaviour analysis for the treatment of autism, developmental delays and disorders. We have centres in Ottawa, Kanata and Durham (Whitby – Toronto) and provide worldwide consultative services.

We believe that every individual can reach his or her full potential by learning through motivation. The key focus of our ABA program is finding what is fun for the learner and using that activity to teach each new skill. Our comprehensive early intervention program teaches the core elements of socialization, communication, play skill, academic skill and many other skills necessary to succeed in school and the community. Parent involvement is the cornerstone of our program and involves increasing interaction with your child as well as learning important techniques to maximize learning in the home and the community and ensure generalization. Parents are provided with hands on training in the home, opportunities to observe live sessions, participate in workshops and attend monthly progress meetings. Working together with parents, educators and professionals in all areas of the child’s life we continuously strive to enable a better future for our children. Our comprehensive treatment program follows a developmental curriculum for
children of all ages starting at 6 months. Skills are assessed and a curriculum is developed with a focus on communication (conversation, joint attention, requesting, etc.) as well as other skill areas including; socialization, visual skills, academics, etc.

Our team includes Behaviour Analysts (Senior Therapists), Therapists, Speech and Language Pathologists, Occupational Therapists and Psychologists. We employ a continuous improvement model for both ourselves and the Learner’s programs; where required, incremental changes to a program are made on a daily basis. These changes are always based upon sound evidence based practices and leading research principles.

For more information, please contact info@portialearning.com.

Spectrum Intervention Group
www.spectrumig.com
613-723-0606

(Spectrum Intervention Group has been providing evidence-based ABA/IBI programs since 2003. We are a parent-founded charity whose primary objective is to provide individualized programming using ABA principles and procedures to learners aged 2-21, in order to increase their cognitive, language and social abilities in the home, school and community. ABA programs that take into account Skinner's analysis of verbal behaviour (commonly referred to as "VB programs"), are at the core of Spectrum's programs. Our knowledgeable and well-trained staff develop and provide individualized programs based on each learner's needs.)

Our Senior Clinical Staff:
Lynne Thibodeau, BCBA, M.Ed, Clinical Director
Kristen Copeland, BCBA, MA, Clinical Supervisor/Senior Therapist
Jackie Shore, BCaBA, B.Ed, Senior Therapist
Emily Collins, BCaBA, BA, Senior Therapist
Anne Frazer, BCaBA, B.A, Honours, Senior Therapist
Marilyn Green, B.A, Honours, Senior Therapist
Stephanie Germain, M.Ed., CCC, Senior Therapist
Debbie Barbesin, MADS, Senior Therapist
Shawna Robinson, BCBA, MADS, Senior Therapist in Kingston/Belleville area.

Our Senior clinical staff supervises a dedicated team of instructor therapists.

We offer a variety of individual and group services including the following:

1:1 programs:
- All programs are supervised by a Board Certified Behaviour Analyst (BCBA).
- Centre or home-based 1:1 (minimum of three ½ days per week)
- Programs are individualized to each learner after an assessment.
- Assessment tools include: ABLLS-R, VB-MAPP, Assessment of Functional Living Skills
- Targeted skills include: Language (receptive and expressive), social, behavioural, academic, play, and school-readiness, and adaptive skills.
- Daily data is collected and analyzed.
- We also offer consultative services, and parent training. Please contact us for additional information.

Group programs: (note – all are offered based on availability of appropriate peer matches):

- All programs are supervised by a Board Certified Behaviour Analyst (BCBA).
- Groups are offered from 1 to 5 times per week.

  - The following groups are currently offered:
    - School readiness group – currently Tuesday and Thursday p.m. – for learners 5 to 8
    - STRIVE – currently Tuesday and Thursday p.m. – for learners 9 to 12
    - SCOPE – five days per week from 3:00 to 5:00 p.m. – for learners ages 17 to 20
    - Leisure Quest – once per week for 2 hours; depending on demand – groups for ages 5 to 9 or 10 to 14
TAG (Transition to Adulthood Group) – Tuesday evenings from 5:30 to 8:00 (targeting cooking, adaptive skills and other pre-employment skills)

Spectrum Intervention Group is pleased to be offering services in Kingston and the surrounding area.

Our Kingston based Senior Therapist, Shawna Simpson, BCBA, M.ADS, has eight years of experience implementing and supervising IBI programs. She has worked with individuals from ages 2-20. She works in collaboration with Kristen Copeland, BCBA, MA and Lynne Thibodeau, BCBA, M.Ed.

Services we provide:
- Assessing individuals using the VB-MAPP, ABLLS or AFLS
- Assisting families in finding appropriate therapists
- Provide training and oversight to the therapists
- Designing individualized programs to increase functional and socially significant social, language and adaptive behaviours
- Designing individualized programs to decrease problem or interfering behaviour
- Ensure accurate data collection for each program
- Analyzing the data to ensure programs are meeting established goals and adjusting programs accordingly
- Collaborate with other professionals (Occupational Therapists, Speech Language Therapists, Psychologists, representatives from the school board)
- Parent training
- Direct Funding Option (DFO) supervisors

For more information about our services, visit our website www.spectrumig.com or please contact us at 613-723-0606 or info@spectrumig.com.

**If you have a need for a particular service, but do not see it listed, please feel free to contact us at info@spectrumig.com, or by telephone at 613-723-0606 for more information.**

Thinking in Pictures Educational Services (T.I.P.E.S.)*2,8  www.tipes.ca  613-224-0729
(Main description, see other sections for more services)

Thinking In Pictures Educational Services (TIPES) - A charitable organization designed to deliver effective applied behaviour analysis (ABA) therapy to exceptional children at an affordable rate. TIPES uses a team based approach to deliver intensive behavioral intervention therapy (IBI) using ABA techniques. Our team of instructor therapists, senior therapists and supervising psychologist work closely with parents to provide treatment.

Behaviour Consultation
Senior therapists are available for behavioural consultation in the home, daycare, or school. Services offered are listed below:
- Functional Assessments
- Observations
- Programs designed and provided with instruction to all parties involved
- Regular Supervision of programs
- Supervision of in home programming

Tutoring
Thinking In Pictures Educational Services (TIPES) Tutoring Services are available for all academic area's. Baseline assessments are conducted to establish each child's academic profile and then determine appropriate programming which is delivered in a tutoring format.

Social Skills
Social skills groups are offered during the week and on Saturdays. Please refer to our facebook tipescanada or our website for more information.

Head office: 1119 Lazard Street, Ottawa, On K2C 2R5. Hours of operations 8:30 am to 4:30 pm, Monday through Friday.
For more information please contact Jennifer Wyatt at jwyatttipes@gmail.com or call (613) 224-0729 ext 226.
Parent and professional training is also available.
6 Developmental Consultants

<table>
<thead>
<tr>
<th>Service Provider</th>
<th>Contact Information</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>CommuniCare Therapy</td>
<td></td>
<td>613-738-2871</td>
</tr>
<tr>
<td>(Main description, see other sections for more services)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>We provide physiotherapy, occupational therapy, sensory integration, speech language pathology and floortime consultations. Our area of focus is children, adolescents and adults with ASD, regulatory disorders and/or language based learning disabilities.</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Connecting Early V2.0</th>
<th><a href="mailto:rachael@connectingearly.com">rachael@connectingearly.com</a></th>
<th>613-805-0373</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rachael Riethman is certified through the MIND Institute, University of California, as a trainer and provider in Early Start Denver Model (ESDM) intervention for children with autism. She provides a range of services, including parent coaching, in-home therapy, and program consultation, for families with children with autism, or infants and toddlers displaying signs of autism. Rachael has experience with children as young as 6 months old.</td>
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<tr>
<td>‘The aim of ESDM is to increase the rates of the development in all domains for children with ASD as it simultaneously aims to decrease the symptoms of autism. In particular, this intervention focuses on boosting children’s social-emotional, cognitive, and language, as development in these domains is particularly affected by autism. ESDM also uses a data based approach and empirically supported teaching practices that have been found effective from research in applied behavior analysis. ESDM fuses behavioral, relationship-based, and a developmental, play-based approach into an integrated whole that is completely individualized and yet standardized.’ (Taken from <a href="http://www.ucdmc.ucdavis.edu/mindinstitute/research/esdm/">www.ucdmc.ucdavis.edu/mindinstitute/research/esdm/</a>)</td>
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<tr>
<th>Little Star Wellness Services</th>
<th><a href="http://www.littlestarwellness.com">www.littlestarwellness.com</a></th>
<th>613-325-9642</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sensorimotor interventions to enhance learning, behaviour, communication, movement, attention, sensory processing (defensiveness, modulation, registration and integration), sleeping, digestion, allergies, frequent illnesses (ear infections, colds, etc), bladder &amp; bowel control, anxiety &amp; self-esteem. Advanced Therapeutic Listening provider. Insurance coverage.</td>
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<table>
<thead>
<tr>
<th>One World Institute of Music and Neurodevelopment</th>
<th><a href="mailto:owikathleen@gmail.com">owikathleen@gmail.com</a></th>
<th>613-789-1211</th>
</tr>
</thead>
<tbody>
<tr>
<td>In 1997, Kathleen Rooney co-founded the One World Institute of Music and Neurodevelopment. This is a private business that offers tutorial and therapy services using a neurodevelopmental approach to teach children with special needs skills in the areas of cognition, language, social, fine and gross motor, motivation, organization and attention. Kathleen has lectured on the topics of Curriculum, Sensory Integration, Music Therapy, and Autism in the United States, Canada, and the People’s Republic of China</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

6.1 Senior Therapists, Senior Tutors/Consultants

**Nancy Baker**

For description and contact information, refer to the section Behavioural Consultants.

**The Portia Learning Centre**

For description and contact information, refer to the section Behavioural Consultants.

**Spectrum Intervention Group**

For description and contact information, refer to the section Behavioural Consultants.

**ABA Services Ottawa**

www.abaservicesottawa.com 613-218-7225

(Main description, see other sections for more services)

Anita Stapert, B.A.H Psychology, M.ADS (2014)

Behaviour Consultant and Senior Therapist

anita@abaservicesottawa.com

Supervision of in-home ABA/IBI programs that focus on functional skills and communication. Programs use Verbal Behaviour and NET, with increasing communication as a consistent goal. Experienced with learners ages 2-18 for the last 10 years. Able to provide set-up of new goals or a home program as well as observation and training of therapist, training of families, and evaluations. Creation and ongoing support will be overseen by a BCBA at no expense.

**Behaviour Consulting to support families.** Programs consist of several goals based on observations using the principles of ABA that help the family function more effectively. Goals will be based on the priorities of families and their immediate needs. Weekly data collection and meetings provide opportunities for training and discussion.

Available to work throughout Ottawa, Gatineau and surrounding areas. Please inquire with any questions. Currently accepting clients.
The Worker Bank is designed to assist families who are in need of respite and/or developmental programming (for their child with a physical disability, developmental disability or autism or an adult with a developmental disability or autism) by connecting them with workers. To access the Worker Bank, families must be receiving funding from one of the following programs:

- Special Services at Home (SSAH)
- Assistance for Children with Severe Disabilities (ACSD)
- Passport
- Autism Spectrum Disorder (ASD) Initiative

It is important to appreciate that the worker is an independent contractor who is employed by and paid by the family. To help families and workers find the right match some of the following criteria are considered: geographic location, skills, interest, availability and gender.

It is also important to note that the Worker Bank is not a placement agency. It is a referral source available for families.

**Special Needs Caregivers**

“Our experienced, qualified Special Needs Caregivers can help with whatever special needs your child or adolescent may have. If your child or adolescent does not fit a standard community program or service, we will customize a one-to-one program to meet your child's or adolescent's needs.”

**Delphine Amer**

I am CYC certified (member OACYC), and I am presently completing an MSc in child and adolescent mental health. I have CBIA-1 certificate in ABA.

**Angele Bissonnette**

I have a BA in Psychology and 12 years experience educating children with special needs. My specialty is developing fun activities for children according to their current level of ability and needs, teaching them the skills they need to learn in small attainable steps. My goal is to work with parents and special needs workers to develop specific hands-on activities that will work with your child and can be easily integrated into your current routines. I am an excellent and creative problem solver and believe that every child can be reached with the right approach.

I am working on setting up a therapy room in my home where I can offer a safe, personalized and controlled environment to try out different activities to determine which are best for your child. I’ve often heard parents comment that their child will try new activities here that they ignore at home and so believe that there is added value in this. I am also hoping that I can help parents save money by sharing my games, toys and equipment and help them determine if they need to buy expensive specialty items. I can also offer cost effective alternatives to these.

I have a BA in Psychology and have been trained and am experience in: Applied Behavior Analysis, Verbal Behavior, Floor Time, Mini MindMaster, Nonviolent Crisis Intervention (CPI) and have LSQ1 and experience in ASL and Picture Communication Systems. I pull from all my training and experience to customize an action plan to meet your child's specific needs and personality without staying confined to one specific approach if that is best for your child. I also offer my services in French. Resume and references are available on request.

**Crystal Gallant, CYW, BA**

Experience working with children of various ages with Asperger’s Syndrome and high functioning Autism.

Attended two of the Geneva International Symposia on Autism as well as various Geneva Centre workshops here in Ottawa

I have worked as an Educational Assistant, a Residential Counselor and have provided independent family support

**Social/Life Skill building**

- Create and implement written and illustrated tools to help child/youth become familiar with routines and changes in routines (Social Stories and other similar tools)
- Role-play scenarios - conversation skills, resolving conflicts and misunderstanding
- Integrating children/youth into community activities
- Familiarizing child/youth with using the library, transit system, ordering in a restaurant etc.

**Emotional**

- Recognizing and coping with various emotions - in self and in others
- Recognizing triggers for anger, stress, frustration, etc.
• Theory of mind

Academic
• Build organizational skills that meet the needs of the child, parents and teacher
• Tools to help with group work assignments
• Help with abstract thinking

I am available to come to your home and work with you and your child/youth during the evenings and on occasional Saturday mornings

**Family Harmonies Familiales**  
flf@rogers.com  
Angèle Jodouin, DSW  613-302-5943 and Melodie Grealy-Fredette, DSW 613-315-5943

**Harmonization and Empowerment through a Living Plan**  
**Harmonization - Interaction Facilitation**

As an alternative to continual intervention, our approach to problem-solving, improving communication and interactions in all facets of life, Harmonization services are offered to families with and without special needs, in the Ottawa area.

Our goal is to provide a functional plan that is specific to their needs, which can be tailored and adapted over time – while teaching the families the skills to apply these changes. We teach that structuring choices into real life situations is easy and fun.

We believe that teamwork, communication, strong support systems and fun are crucial to resolving dissonances that arise.

Think of a piece of music. The notes work together to form beautiful melodies and harmonies. (teamwork)

There must be definite key and time signatures as well as a structure for the piece to sound good to our ear. (strong support systems)

The musicians who are performing the piece must stay in constant communication, especially if they are improvising. (communication)

Everyone involved in a successful performance will be uplifted and cheerful. (fun)

We serve as accompanists. You provide the lead and we support it.

**Penny Laughlin**  
pennyloonietwoonie@yahoo.ca  
613-421-7022

Special Needs Worker in the Crystal Beach area.

**Spectrum Intervention Group**

For description and contact information, refer to the section **Behavioural Consultants**.

**Melissa Paquin**  
mamoffat@hotmail.com  
613-266-1376

I am currently an Educator for the Catholic School Board and work in the High Needs Room at one of our schools. I have my Social Work Degree, Developmental Service Worker Diploma and Autism Behavioral Science Certificate. I did both my placements at CHEO where I did intense IBI and ABA. I am interested in tutoring, please pass my info along to any families you may know of looking for this service!

**Erin Ruck, CYW certified**  
www.helpingheartsandhandsottawa.com  
613-614-6516

Helping Hearts and Hands - Erin Ruck Founder and Special Needs Worker

Providing various services both in and out of the home which include:

* Academic assistance
* Skill development (fine and gross motor)
* Life skills training
* Individualized programmed activities
* Behaviour management / modification programs
* Relief / family support
* Short term-Life Space Counselling
* Language / communication and social skills development
* Individualized creation and sale of programs focusing on various skill needs

Please check out the website which contains more detailed information about myself, my program philosophy, fees etc or contact me for more information:  
erin@helpingheartsandhandsottawa.com

**Christine Sinding**  
crsinding@gmail.com  
613-692-8684

Tutoring that supports students to achieve academically, develop self-confidence and recognize their personal strengths. Taking a multisensory and structured approach to learning, students are gently guided to develop discipline, become organized, learn coping and calming strategies and understand their learning needs and strengths as they tackle academic demands. Areas of focus include reading comprehension, the development of phonemic awareness, math as well as other subjects. Specialized remediation of English Language learning disabilities is available as needed.

**Thinking in Pictures Educational Services (T.I.P.E.S)**
For description and contact information, refer to the section **Behavioural Consultants**.

**TSSN (Tutoring for Students with Special Needs)**  
*natkal@hotmail.com*  
613-599-0690

Learning should be a lifelong pursuit for everyone, persons with and without disabilities. In particular, constant and continuous improvement should be a goal for those with challenges since that is the only way to more personal freedom and independence. Language and Math skills are not only important for day-to-day functioning but also for success in finding and keeping a job or volunteering position. Whatever level at which the person with special needs is currently, there is room for further improvement. At TSSN, the student can benefit from individualized tutoring and continue to improve after leaving school at an affordable cost. TSSN is a non-profit service founded exclusively for students with special needs.

For more information, call Mr. Kal at 613-599-0690 or email to *natkal@hotmail.com*

**Marg Young**  
St. Needs worker  
*mayoung@magma.ca*

**HRSDC (Human Resources Development Canada)**  
*www.jobbank.gc.ca*  
613-993-9911

A free student job-bank available to potential employees. The phone number for the HRDC job bank is 613-993-9911.

*www.abacuslist.ca*

A listing of ABA providers and workers serving Ontario.

**Carleton University**  
*career@carleton.ca*  
613-520-6611

There is an online form: *www.carleton.ca/career*. Click on left side and go to employer, from there go to job postings and follow the instructions. You can use this service to recruit candidates to work with your children.

**Algonquin College**  
*www.algonquincollege.com*  
613-727-4723 ext. 7171

You go to employer services and follow the links for new employers

**University of Ottawa**

This service will distribute job postings campus-wide and it is free. Contact: Employment Team / Équipe emploi Service des carrières de l'Université d'Ottawa

Career Services of the University of Ottawa

Service d'appui au succès scolaire - Student Academic Success Service (SASS)

Tel: (613) 562-5800 ext 4381

Fax: (613) 562-5154

job@uOttawa.ca

*www.carrieres.uottawa.ca - www.careers.uottawa.ca*
8 Agencies, Non-Profit Organizations and Charitable Organizations

The purpose of this section is to inform readers about the existence of the organizations listed. Due to the difficulty of keeping the specific information up-to-date I have removed some of the details previously contained herein such as phone numbers. Please refer to organization website for information (CT - Version 2.0 update).

**Autism Program of Eastern Ontario**

http://www.cheo.on.ca/en/autism

(CT) The following information is taken directly from the http://www.cheo.on.ca/en/autism website. Please refer to the website for the most up-to-date information including contact information.

The Autism Program of Eastern Ontario is a program of the Children’s Hospital of Eastern Ontario (CHEO) funded through the Ministry of Child and Youth Services (MCYS). It consists of three sections:

- the **Autism Intervention Program of Eastern Ontario (AIP)**,
- the **School Support Program of Eastern Ontario (SSP)**, and
- the **ABA Services and Supports Program of Eastern Ontario (ABA)**.

**Autism Intervention Program of Eastern Ontario**

The **Autism Intervention Program (AIP)** provides Intensive Behavioural Intervention Services to children towards the severe end of the autism spectrum, in accordance with the MCYS guidelines. Services are provided in Ottawa-Carleton, Renfrew, Stormont, Dundas and Glengarry and Prescott-Russell counties.

**School Support Program**

The goal of the **School Support Program** is to work directly with teachers, educational assistants and other education professionals, as well as community partners to enhance supports available in the provision of educational services to any student with ASD (including Asperger’s and PDD-NOS) in the publicly funded school boards. Services are offered through consultation, training, and resource development. Requests for service for the SSP are sent by the School Boards. Parents cannot refer their child directly to this service.

The School Support Program provides services through the Connections for Students initiative. This program supports seamless transitions for children with ASD from Intensive Behavioural Intervention (IBI) to public funded schools using Applied Behaviour Analysis (ABA) instructional methods.

**ABA Services and Supports Program**

The **ABA Services and Supports Program** provides services to children and youth with ASD and their parents in four domains:

- Behaviour,
- Communication,
- Daily Living, and
- Social/Emotional Regulation.

These services will increase the skills of children and youth with ASD, while also increasing education and supports offered parents to promote lasting changes.

**City of Ottawa**

613-580-2747 or 613-580-2424 ext 29289

Donna Quiggin, Portfolio Manager, city-wide Special Needs. Offering specialized programmes, matching volunteers to special needs children so these children can be integrated in a programme with typically developing children.

**Children at Risk**

www.childrenatrisk.ca 613-741-8255

(Main description, see other section for more services)

Children at Risk is a charity. Our Mission is to provide services and programs to families of children diagnosed within the Autism Spectrum Disorders to develop their child's behavioural, communications and social skills, and to advocate for their ongoing needs.

**Social Skills Groups**

**Children at Risk Friendship Groups** for children with Autism Spectrum Disorders. Ages 4 to 20+

Focus on social interaction, friendship skills, and life skills.

**Also providing**

Day/Evening Respite Sessions – Fall, Winter, Spring

Saturday Fun Club – ages 4-20+

Family Fun Nights (for ASD children & siblings) ages 4-20+

March Break Camp

Summer Day Camp – Camp Kaleidoscope

Sibling Support Workshops – Fall, Winter, Spring
children’s Integration and Support Services
Children’s Integration Support Services (CISS) provides supports, in English and in French, to licensed child programs (nursery schools, child care centres and home child care agencies) that integrate children with special needs, between 6 weeks to 10 years of age, within the City of Ottawa.

CISS is part of Andrew Fleck Childcare Services and Childcare Information.

Community Care Access Centre (CCAC) http://healthcareathome.ca/champlain/en 613-745-5525
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.

Our highly qualified health professionals provide a range of specialized care at home and in the community, including:
- physiotherapy
- nursing
- speech therapy
- palliative care, and more

We work with people of all ages to ensure they make informed choices about their care and receive services in the most appropriate setting.

Developmental Services Ontario Eastern Region (DSOER) www.dsontario.ca 1-855-376-3737
Developmental Services Ontario helps adults with developmental disabilities connect to services and supports in their communities. There are nine agencies across Ontario to serve you. Our organizations are funded by the Ontario Ministry of Community and Social Services.

Wherever you live in Ontario, we can help you or someone you care for to connect with available
- residential supports
- caregiver respite
- community participation supports (like recreation, volunteering, employment, or in-home supports)
- professional and specialized services
- person-directed planning
- and other supports to help people with developmental disabilities become more involved in their communities!

DSO Eastern Region - Serving Cornwall, Ottawa Carleton, Prescott & Russell and Renfrew
Service Coordination des services 1-855-DSO-ERDS
(1-855-376-3737)
admin@dsoer.ca

Easter Seal Society http://www.easterseals.org/
Easter Seals Ontario provides programs and services to children and youth with physical disabilities across Ontario to help them achieve greater independence, accessibility and integration.
- Financial Assistance
- Summer Camp
- Recreational Choices Funding Program
- Scholarships
- Special Education Advisory Committee (SEAC)
- Parent Resource
- Awareness and Public Education
- Incontinence Supplies Grant Program
Ottawa Children’s Treatment Centre (OCTC)  
www.octc.ca

(CT) The following information is taken directly from the www.octc.ca website. Please refer to the website for the most up-to-date information including contact information.

OCTC works with children, youth, and certain adults with physical and/or developmental disabilities living in Eastern Ontario who are striving to reach their full potential.

Currently our programs serve over 3,700 clients annually living in Ottawa, Renfrew, Stormont Dundas and Glengarry, Prescott Russell, as well as northern Leeds, Lanark, Grenville.

Through a variety of bilingual programs and services, OCTC’s professional staff work closely with the child and their family across sites in Ottawa, Kanata, Cornwall and Renfrew, to deliver high quality, family-centred service.

Services offered by OCTC include:

- Early Childhood Program (ECP) – for children from birth to school entry, including ‘getting started’ services, preschool, therapy teams, infant development, and early intervention for children who are blind or have low vision
- Lifespan Program – a range of diverse services helping clients at various stages of their lives, from initial intake into OCTC to community transition assistance, as well as medical clinics, behavioural services, and recreation therapy
- Assistive Technology Program – specialty technology services for children up to age 19, including the Clinic for Augmentative Communication, seating and mobility support, and technical services featuring a lending library, computer consultation and training, as well as toy adaptation
- OCTC School – education options including the OCTC School and liaison teacher services
- Special Activities & Playgroups – specialized play and learning groups for young children and their families
- Respite Services – out-of-home respite options for families with children and youth who are medically fragile and/or technologically dependent

Quick Start – Early Intervention for Autism

QuickStart - Early Intervention for Autism is a Not-for-Profit registered Canadian Charity. (We are NOT a government funded agency.)

All QuickStart programs (KickStart, ReFresh ReStart, and workshops) are offered at no cost to the family.

**KickStart Intervention Program**

A collaborative early intervention program between QuickStart and Emerging Minds.

QuickStart funds the $4,000 per child for the program which is raised through our charity so there is no cost to the family.

**Criteria for KickStart:**

- Must be demonstrating some symptoms of Autism (or have an Autism Spectrum Disorder - ASD diagnosis)
- Be 30 months of age or under
- At least one parent must be able to participate with their child during daytime working hours
- Family must be able to commit to regular weekly appointments, without interruption, for 4-5 months in duration
- Children are not receiving more than 10 hours per week of other autism-related interventions
- Parents are able to commit to applying the treatment strategies that they have learned at a rate of at least 2 hours per day
- Parents are able and willing to complete an intervention log of their practice sessions with the child

If you meet the above criteria and are interested in our KickStart program, please call 613-791-3757 and ask to speak to Suzanne.

**Ottawa Autism Roadmap**

In partnership with Autism Ottawa Advocacy https://www.quickstartautism.ca/?lid=P5EK5-7P6UT-44BDY

**ReFresh ReStart respite program**

Parents apply annually for a draw for a one or two night stay in a local hotel, thanks to the generous support of the hotels and donors.

Proof of their child’s autism diagnosis is required. Funding for childcare while the parents are away is available.

Please note - our program is for parents to get away for a night or two. Those applying must be able to arrange their own childcare for the time they are away.
For more information and to apply go to www.quickstartautism.ca to our QuickStart Programs.

Workshops:

QuickStart offering free workshops. To be added to our mailing list please email info@quickstartautism.ca

Videos of our workshop 'Next Steps' are posted on our YouTube channel 'QuickStart Autism'.
https://www.youtube.com/channel/UCRh3XRjulTBGFqRq5l3g-rPw

If you have any questions about our programs or if you'd like more information, please email info@quickstartautism.ca

QuickStart Events:

**Autism on the Hill**
National awareness event held each year on Parliament Hill. www.autismontheshill.ca

**Sensory Santa**
Held in local Ottawa malls in November and December. Information will be posted on our website in November.

Service Coordination V2.0  https://www.scsottawa.on.ca/

Service Coordination for People with Developmental Disabilities (SCS) is the initial contact for individuals who have a developmental disability or autism in the Ottawa region. We help people find the supports and services in the community that are needed to assist them in their daily lives. One of our important goals is to empower families/individuals to make informed choices about the supports they seek.

Service Coordination assists people in the Ottawa community who have a developmental disability and/or autism by:

- providing information about services, supports and resources that are accessible and available to individuals/families;
- facilitating the individual’s access to appropriate community resources to meet needs and achieve goals;
- researching alternate supports where conventional services/supports are not available.

Service Coordination des services offers bilingual services to individuals of all ages.
200-150 Montreal Rd., Ottawa, ON, K1L 8H2
General e-mail: admin@scsottawa.on.ca
Telephone: 613-748-1788 TTY: 1-855-777-5787 Fax: 613-748-1018

Also: There is a website linking families and special needs workers. You can place an ad for free: www.respiteservices.com.
9 Occupational Therapists

**Achieve Therapy Centre**
Nathalie Mabon, O.T. Reg. (Ont.) Occupational Therapist

**Heather Hodgins-Chan, OT Reg. (Ont) Occupational Therapist**
I am a pediatric occupational therapist in Kanata. Most of my clients are children who have ASD, ADHD, Anxiety, Developmental Coordination Disorder, or those with sensory processing issues. Here is a link to my website. [http://www.heatherhodginschan.com/](http://www.heatherhodginschan.com/)

**Véronique Chiasson, O.T. Reg. (Ont.) Bilingual Occupational Therapist**
Tel: (613)614-5450
Fax: (613)233-9561
vero@emergingminds.ca
Facebook: Veronique Chiasson Occupational Therapy Services

Véronique is a trained and certified Occupational Therapist offering Assessments, Consultations and Intervention for children and youth. Véronique is also a certified ESDM (Early Start Denver Model) provider offering parent coaching consultations and overseeing educators working in children's natural environment using this therapeutic intervention.

In August 2015, announced the addition of Valérie Alpin M.H.Sc SLP to the team offering SLP services in French and English to children 6 years and younger.

**Valérie Delbecq, M.Sc.S., Orthophoniste, membre OAOO**
Valérie est une orthophoniste francophone qui évalue et intervient auprès des enfants d'âge préscolaire et scolaire ayant des troubles de la communication variés. Elle travaille étroitement avec ses clients et leur famille et a un intérêt particulier pour les enfants atteints d'un trouble du spectre de l'autisme.
Valérie travaille comme orthophoniste depuis plusieurs années avec la population préscolaire au programme Mots in fleur du Bureau de santé de l'est de l'Ontario. Elle est certifiée avec le Centre Hanen (It Takes Two To Talk, Target Word, More Than Words) et a suivi plusieurs autres formations dont entre autres, PECS, PROMPT et Lidcombe. Depuis 2011, Valérie siège sur le comité consultatif pour l'enfance en difficulté au conseil scolaire de district catholique de l'est de l'Ontario où elle agit à titre de représentante pour les parents de la région de Casselman. Valérie aura des heures de cliniques au bureau d'Emerging Minds de l'est d'Ottawa dès novembre 2015.

**Melanie Saad, O.T. Reg. (Ont.) Bilingual Occupational Therapist**
Tel: (613) 614-5450
Fax: (613)233-9561
vero@emergingminds.ca
Melanie is a trained and certified Occupational Therapist offering Assessments, Consultation and Intervention for children and youth.

**CommuciCare Therapy**
For description and contact information, refer to the section Developmental Consultants.

**Lori Howell, OT Reg.(Ont.)**
lori.howell@rogers.com 613-260-2847 ext 1
Lori provides therapy services for children with Autism, with a special interest in children who are selective eaters, drop foods from their diet that were previously accepted and are missing entire food groups from their diet. I treat children in their own home environment to ensure that the assessment results and treatment strategies are not based on inaccurate observations that can occur in an artificial clinic setting.

**M-Care Therapy Ltd.**
www.mcaretherapy.com (613) 627-0654 / 1-877-289-7101
M-CARE Therapy offers bilingual occupational therapy services to both children and adults with learning, developmental and/or motor disabilities, and much more. We help individuals learn new skills to be able to independently perform their daily activities. Our services include helping individuals learn self-care skills, social skills, fine and gross motor skills, written output and more. We focus on integrating therapy interventions to everyday activities to enable children, families and adults adopt new skills as part of their everyday learning.
Contact: Marie-Christine Beshay, MSc. (OT Post-Professional), OT Reg. (Ont.), OT (C) and Director. Fax: 613-691-1352.

**Jessica Norris OT Reg (Ont)**
www.sproutot.com 613-299-6936
I am a private pediatric occupational therapist servicing Ottawa, kanata, barrhaven, stittsville, Carleton place, and Almonte. I am based out of Almonte. I currently see children in their home; I am hoping to have some clinic space in the upcoming year or so. I have 10 years of experience working with children - in the home, school, and hospital environment. Contact: jessica@sproutot.com or 613-299-6936.
10 Physiotherapy

CommuniCare Therapy
For description and contact information, refer to the section Developmental Consultants.

Little Star Wellness Services
For description and contact information, refer to the section Developmental Consultants.

Dr. Daniel Gagné
613-798-0004

Liane Norman B.Sc.(P.T.) CAFCI CTF
613-808-2668

I am a physiotherapist and owner of Pediatric Physio and offer services in Kanata (in the Portia Learning Centre) as well as in Orleans.
I offer hands on, customized programs for children (0 to 18 yrs) with neurological conditions (ASD, Developmental Coordination Disorder, ABI, CP…), gross motor delays and orthopaedic conditions.
Please see my website for more details: www.pediatricphysio.com.

Liane Norman B.Sc.(P.T.) CAFCI CTF
Certified SHIFT Concussion Management

Pediatric Physio
50 Steacie Dr. Kanata. ON K2K 2A9
613-808-2668

1731 St-Laurent Blvd. (at Innes). Ottawa. ON K1G 3V4.
613-808-2668

www.pediatricphysio.com
## 11 Speech-Language Pathologists

<table>
<thead>
<tr>
<th>Achieve Therapy Centre</th>
<th><a href="http://www.achievetherapycentre.com">www.achievetherapycentre.com</a></th>
<th>613-291-5194</th>
</tr>
</thead>
<tbody>
<tr>
<td>Krista L. Simon, MA CCC-CLP Reg CASLPO - Speech-Language Pathologist</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Jacquie Ballantine</th>
<th>613-591-8636 ext 243</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Sheila Bell</th>
<th><a href="mailto:sheila.bell.slp@gmail.com">sheila.bell.slp@gmail.com</a></th>
<th>613-521-0549</th>
</tr>
</thead>
<tbody>
<tr>
<td>Services: speech-language assessment and therapy for ASD individuals aged preschool to adult. Currently not taking clients but willing to do consultations.</td>
<td><a href="http://www.autismandtheheartofcommunication.com">www.autismandtheheartofcommunication.com</a></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sharon Burgess*2.0</th>
<th><a href="mailto:sharon.burgess@abcommunication.org">sharon.burgess@abcommunication.org</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>I'm a bilingual speech language pathologist offering services within a private clinic in Orleans. I have almost 20 years of working with children and youths with ASD.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Commmunicare Therapy</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>For description and contact information, refer to the section Developmental Consultants.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Community Care Access Centre (CCAC)</th>
<th><a href="http://www.ottawa.ccac-ont.ca">www.ottawa.ccac-ont.ca</a></th>
<th>613-745-5525</th>
</tr>
</thead>
<tbody>
<tr>
<td>Services: Taken from their website: “We offer: case management, nursing, personal support, nutritional services, occupational therapy, physiotherapy, speech-language pathology, social work, respite care, some equipment and supplies, placement services coordination.”</td>
<td>Serving infants to the elderly, working with other community organizations to deliver necessary services.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Audrey Doyle M.Sc.S., SLP (C)</th>
<th><a href="mailto:audreydoyle@rogers.com">audreydoyle@rogers.com</a></th>
<th>613-355-7207</th>
</tr>
</thead>
<tbody>
<tr>
<td>Services: bilingual speech-language therapist. I offer Speech and Language assessments and therapy for children with autism and other diagnoses. I work with pre-school and school-age children.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tanis Friesen</th>
<th><a href="mailto:tjfriesen@rogers.com">tjfriesen@rogers.com</a></th>
<th>613-728-8879</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Robin Gaines</th>
<th>613-725-3105</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Jacquee Glance</th>
<th>613-798-5404</th>
</tr>
</thead>
<tbody>
<tr>
<td>Services: speech-language assessment and therapy for children with ASD. Currently doing assessments and evaluations.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Shauna Haight</th>
<th><a href="mailto:Slpshaight@yahoo.ca">Slpshaight@yahoo.ca</a></th>
<th>613- 228-1174 ext 29</th>
</tr>
</thead>
<tbody>
<tr>
<td>Centrepointe Professional Services</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Karen Mallet</th>
<th><a href="mailto:kmallet@magma.ca">kmallet@magma.ca</a></th>
<th>613-851-4133</th>
</tr>
</thead>
<tbody>
<tr>
<td>Services: bilingual speech-language therapist. I offer Speech and Language assessments and therapy for children with autism. Mainly newly diagnosed pre-school aged children. Will also work with school aged children (no teens or adults).</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Andrea Shabinsky Borer</th>
<th><a href="mailto:ashobby58@hotmail.com">ashobby58@hotmail.com</a></th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Krista Simon</th>
<th><a href="mailto:kristasimon@rogers.com">kristasimon@rogers.com</a></th>
<th>613-291-5194</th>
</tr>
</thead>
<tbody>
<tr>
<td>Services: I'm a Speech-Language Pathologist who works with individuals with ASD from pre-school to adult. I have experience in both ABA/IBI and Floortime. I provide therapy in English to target language, social/pragmatics, oral-motor and feeding difficulties. I provide therapy in office and in home. I am accepting new clients.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Mary-Jane Slingerland</th>
<th>613-839-3271 ext. 115</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Emma Wells</th>
<th><a href="mailto:wells.emmaj@gmail.com">wells.emmaj@gmail.com</a></th>
<th>613-228-1174 ext. 31</th>
</tr>
</thead>
<tbody>
<tr>
<td>Services: I am a Speech-Language Pathologist working for a private practice in the Nepean area. I am accepting new clients for service to be provided in-clinic (evenings and Sundays) or in your home at your convenience (days, evenings, weekends). I have over six years experience providing support to children with Autism Spectrum Disorders in a variety of capacities. I have supported non-verbal children one-on-one and in respite care; I have supported children in the inclusive camp program with the City of Ottawa; and I have provided speech and language assessment and intervention to children on the Autism Spectrum in both individual and group formats. I believe in providing client-centered service with a focus on functional and social communication skills. Please feel free to contact me directly for further information: <a href="mailto:wells.emmaj@gmail.com">wells.emmaj@gmail.com</a> or call the clinic (613) 228-1174 ext. 31</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Connie Wilker</th>
<th>613-228-1174 ext 43</th>
</tr>
</thead>
</table>
**Services:** speech-language pathologist available for office and/or home visit therapy in Ottawa west end. Background includes working with preschool aged children diagnosed with disorders on the autistic spectrum. Experienced with therapy in speech, language behaviour and pragmatics.

<table>
<thead>
<tr>
<th>Name</th>
<th>Email</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lisa Zanon</td>
<td><a href="mailto:zanonzsan@hotmail.com">zanonzsan@hotmail.com</a></td>
<td>613-851-0506</td>
</tr>
<tr>
<td>Mary-Anne Zubrycky</td>
<td><a href="http://www.speechvoice.ca">www.speechvoice.ca</a></td>
<td>613-820-4722</td>
</tr>
</tbody>
</table>

I am a Speech-Language Pathologist with extensive experience and passion for working with children with autism in the English language. I provide assessments as well as direct “floor time” therapy to children, aged preschool to school age (elementary). In addition, I provide parent training and consultation. Currently I am accepting new clients and provide home visits.

Services: The Speech, Voice and Language Clinic for all ages.
12 Paediatricians and Other Specialists

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr. Bergh</td>
<td>613-231-5000</td>
</tr>
<tr>
<td><strong>Please note:</strong></td>
<td></td>
</tr>
<tr>
<td>Dr. Bergh is by referral only and specializes in dealing with children whose diagnosis is ADHD. However, he does deal with children who have a dual diagnosis of ADHD/ASD.</td>
<td></td>
</tr>
<tr>
<td>Dr. Gary Bonn</td>
<td>613-729-7800</td>
</tr>
<tr>
<td>Children’s eye specialist.</td>
<td></td>
</tr>
<tr>
<td>Dr. Lixin Chungphaisan</td>
<td>613-599-0055</td>
</tr>
<tr>
<td>Optometrist</td>
<td></td>
</tr>
<tr>
<td><strong>Gamma Dynacare</strong></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.gamma-dynacare.com">www.gamma-dynacare.com</a></td>
<td></td>
</tr>
<tr>
<td>Note: a parent on our list mentioned that she was able to have a lab technician visit her home to take blood from her child which may be a good option for those whose children experience a great deal of anxiety during blood tests. I could not find it on their general website but suggest you call a lab near you to see if the service is indeed available (DB).</td>
<td></td>
</tr>
<tr>
<td>Dr. Annick Fournier CHEO</td>
<td>613-737-2235</td>
</tr>
<tr>
<td>Paediatric Ophthalmologist -</td>
<td></td>
</tr>
<tr>
<td>Dr. Annick Fournier CHEO,</td>
<td></td>
</tr>
<tr>
<td>401 Smyth Rd., Ottawa ON K1H 8L1</td>
<td></td>
</tr>
<tr>
<td>Tel: 613 737-2235</td>
<td></td>
</tr>
<tr>
<td>Dr. Christopher Shoemaker</td>
<td>613-225-5015</td>
</tr>
<tr>
<td>From a letter introducing himself and his services (DB)“I am choosing to add a component of Family Support for family members and affected individuals with Asperger’s Syndrome and ADHD Spectrum Disorders to my newly opened Practice in Ottawa, Ontario. As I am a licensed physician in Ontario, such support is fully covered by O.H.I.P. I am willing to provide shared care along with Clinical Psychologists who see many of these clients. Please feel free to circulate my contact information to those colleagues who would find that arrangement helpful.”</td>
<td></td>
</tr>
<tr>
<td>Dr. Van Stralen</td>
<td>613-726-7355</td>
</tr>
<tr>
<td>Ottawa Optometric Clinic</td>
<td>613-733-8400</td>
</tr>
</tbody>
</table>
13 Dentists

<table>
<thead>
<tr>
<th>Dentist</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr. Michel Brunet</td>
<td>613-233-8588</td>
</tr>
<tr>
<td>CHEO—Dentistry Outpatient Clinic</td>
<td>613-737-7600 ext 2357</td>
</tr>
<tr>
<td>Dr. Halina Kubicka, D.D.S.</td>
<td>613 523 8755</td>
</tr>
<tr>
<td>Dr. Korner</td>
<td>613-744-6611</td>
</tr>
<tr>
<td>Dr. Sam Lee</td>
<td>613-837-9293</td>
</tr>
<tr>
<td>Dr. David Lipnowski</td>
<td>613-722-8507</td>
</tr>
<tr>
<td>Dr. Raj-deep Mahal</td>
<td>613-722-0233</td>
</tr>
<tr>
<td>Dr. Ian McConnachie</td>
<td>613-226-6634</td>
</tr>
<tr>
<td>Dr. Nikou (Bell’s Corners)</td>
<td>613-820-8830</td>
</tr>
<tr>
<td>Dr. Roberts</td>
<td>613-226-6634</td>
</tr>
<tr>
<td>Dr. Farid Shodjaee</td>
<td>613-216-2016</td>
</tr>
<tr>
<td>Dr. Ublansky</td>
<td>613-737-4343</td>
</tr>
<tr>
<td>Dr. Robert Whyte (Kanata)</td>
<td>613-599-8555</td>
</tr>
<tr>
<td>Dental Clinic at the Ottawa Hospital Civic Campus site Dr. Galanter</td>
<td>613-761-4084</td>
</tr>
<tr>
<td>Dr. N. Ouatik</td>
<td>613-737-4343</td>
</tr>
<tr>
<td>1929 Russell Road #318, Ottawa, ON K1G 4G3</td>
<td></td>
</tr>
<tr>
<td>Dr. Mahal</td>
<td>613-722-0233</td>
</tr>
</tbody>
</table>

Orthodontists

<table>
<thead>
<tr>
<th>Orthodontist</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr. Borovay</td>
<td>613-820-8684</td>
</tr>
<tr>
<td>Dr. Razavi (Kanata at Palladiun Orthodontics)</td>
<td>613-592-7679</td>
</tr>
</tbody>
</table>
14 Sleep and Wellness Consultant

<table>
<thead>
<tr>
<th>Lynn Fraser</th>
<th><a href="mailto:lynnfraser@sympatico.ca">lynnfraser@sympatico.ca</a></th>
<th>613-224-9450</th>
</tr>
</thead>
</table>

Consultant with a research and development company (in partnership with Autism Speaks) with a focus on the prevention and maintenance of the health and wellness of individuals. Helps people bring wellness home - develop a greener lifestyle and change their home into a "wellness home."
## 15 Compounding Pharmacies

<table>
<thead>
<tr>
<th>Pharmacy</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glebe Apothecary</td>
<td>613-234-8587</td>
</tr>
<tr>
<td>Nutrichem Pharmacy</td>
<td>613-820-4200</td>
</tr>
<tr>
<td>Watson’s Pharmacy and Wellness</td>
<td><a href="http://www.watonspharma.com">www.watonspharma.com</a></td>
</tr>
</tbody>
</table>
16  Dietary Issues:  DAN Doctors, NAET Practitioners, Diet Information

16.1  DAN! Doctors

<table>
<thead>
<tr>
<th>Name</th>
<th>Email</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sharon Behrendt</td>
<td><a href="mailto:ottawanaturopath@rogers.com">ottawanaturopath@rogers.com</a></td>
<td>613-590-1343</td>
</tr>
<tr>
<td>Orleans Wellness Clinic</td>
<td><a href="http://www.ottawanaturopathy.ca">www.ottawanaturopathy.ca</a></td>
<td></td>
</tr>
<tr>
<td>Dr. John F. Coombs</td>
<td></td>
<td>613-267-2523</td>
</tr>
<tr>
<td>Nutrichem Pharmacy</td>
<td>Kent McLeod</td>
<td>613-820-4200</td>
</tr>
</tbody>
</table>

Provides medical, biochemical and nutritional counseling as well as lab services based on the DAN! Protocol

16.2  NAET Practitioners

**Judith Spence, DNM, RN, Adj.Ac., ND(QC) is a NAET and DAN-oriented practitioner.**

NAET Clinic of Ottawa 536-A Dovercourt Avenue
Ottawa, ON  K2A 0T9
Tel: (613) 728-2579
www.naetottawa.com; judith_spence@naetottawa.com

**Carol Artz**

I am a NAET Practitioner (Nambudripads Allergy Elimination Technique) here in Ottawa and the mother of an autistic son (PDD-NOS). I have worked with several autistic kids as well as NT kids and adults. NAET is a technique that does not use drugs or needles, only some accupressure on the back. Allergies are treated one at a time, in a specific sequence. Usually only one treatment is needed per allergen. There is no need to live with allergies. I have helped many people get off of medications for allergies and asthma. Check out my website www.carolsallergytreatments.com and the NAET website www.naet.com. I can really help!

**Chrstyal's Nutritional Consulting**

Chrstyal Beckett, RHN, ECE is the owner/operator. She is both a registered Holistic Nutritionist and an Early Childhood Educator who offers in-home consultations for families who have children with behavioural and/or special needs (ADD/ADHD, Autism, Weight Issues, Allergies etc). CNC is an In-Home Nutritional Consultation business that gives you the flexibilty of having us come to you. We understand the importance of time and comitments and we are here to help you. We offer in home consultations, grocery store tours, menu planning and workshops/seminars on various different topics. She can also be reached via email cbeckett74@gmail.com

**Diet Information and Counseling**

www.eatrightontario.ca or call 1-877-510-5102
### Homeopaths, Naturopaths and Chiropractors

<table>
<thead>
<tr>
<th>Name</th>
<th>Website</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pat Deacon, RSHom, HMC</strong></td>
<td><a href="http://www.vkhhomeopathy.com">www.vkhhomeopathy.com</a></td>
<td>(613) 676-2829</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Pat Deacon, RSHom, HMC. 20 years in full time practice. Trained in and practiced originally in the U.K.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Classical homeopathic treatment at my office in the village of Vankleek Hill (one hour's drive from downtown Ottawa and one hour from downtown Montreal). Appointments by Skype or Facetime also available. <a href="http://www.patdeacon.com">www.patdeacon.com</a>, <a href="mailto:info@vkhhomeopathy.com">info@vkhhomeopathy.com</a> (613) 676 - 2829 or 1 (877) 779 - 0060</td>
</tr>
<tr>
<td></td>
<td></td>
<td>FREE 15 minute introductory consultation available by appointment.</td>
</tr>
<tr>
<td><strong>Healing from the Heart</strong></td>
<td></td>
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</tr>
<tr>
<td>Dr. Ginger Andrews, D.C.</td>
<td><a href="http://www.healthdynamics.ca">www.healthdynamics.ca</a></td>
<td>(613) 295-5979</td>
</tr>
<tr>
<td></td>
<td>356 MacLaren Street, Ottawa K2P 0M6</td>
<td></td>
</tr>
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<td></td>
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<td>Health Dynamics</td>
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<tr>
<td></td>
<td></td>
<td>Irma Boyle, DMH, B.A. Psych., Doctor of Medical Heilkunst, Homeopathy</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Health Dynamics Heilkunst, Homeopathy Anthroposophy, Orgonomy Inergetix CoRe System</td>
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<td><a href="http://www.healthdynamics.ca">www.healthdynamics.ca</a></td>
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<td></td>
<td></td>
<td><a href="mailto:info@healthdynamics.ca">info@healthdynamics.ca</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Skype: healthdynamics</td>
</tr>
<tr>
<td></td>
<td></td>
<td>613-295-5979</td>
</tr>
<tr>
<td><strong>Naturally Well—Naturopathic Clinic</strong></td>
<td></td>
<td>(613) 526-4134</td>
</tr>
<tr>
<td>Dr. O’Farrell and Dr. Warren</td>
<td></td>
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</tr>
<tr>
<td><strong>Orleans Wellness Clinic</strong></td>
<td></td>
<td>(613) 590-1343</td>
</tr>
<tr>
<td>Sharon Behrendt</td>
<td></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.ottawanaturopathy.ca">www.ottawanaturopathy.ca</a> or <a href="mailto:ottawanaturopath@rogers.com">ottawanaturopath@rogers.com</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Barrhaven Family Chiropractic and Wellness Centre</strong></td>
<td></td>
<td>(613) 823-7900</td>
</tr>
<tr>
<td>Dr. Mankal—chiropractor</td>
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<tr>
<td><a href="http://www.barrhavenfamilychiropractic.com">www.barrhavenfamilychiropractic.com</a></td>
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<tr>
<td><strong>Kent Chiro-Med Wellness Clinic</strong></td>
<td><a href="http://www.kentchiromed.com">www.kentchiromed.com</a></td>
<td>(613) 695-8600</td>
</tr>
<tr>
<td></td>
<td>At Kent Chiro-Med, we have two practitioners, myself, Dr. Melanie Stewart - Chiropractor and Mr. Stuart Hamilton - Homeopath, who work with children with Autism Spectrum Disorders and other special needs. Together, we work to provide a complete wellness plan to help reduce symptoms, manage mental and physical stressors associated with their diagnoses and address injuries, care and prevention. Email us at <a href="mailto:info@kentchiromed.com">info@kentchiromed.com</a></td>
<td></td>
</tr>
</tbody>
</table>
18 Environmental Sensitivity Testing

<table>
<thead>
<tr>
<th>Dr. Jennifer Armstrong</th>
<th>613-721-9800</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr. Ross Mickelson</td>
<td>613-523-0108</td>
</tr>
</tbody>
</table>
19 **Health Food Stores**

<table>
<thead>
<tr>
<th>Store</th>
<th>Website</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Celeeaknak</td>
<td><a href="http://www.celeeaknak.ca">www.celeeaknak.ca</a></td>
<td>613-421-2410</td>
</tr>
<tr>
<td></td>
<td>Dedicated gluten free bakery</td>
<td></td>
</tr>
<tr>
<td></td>
<td><a href="mailto:kitchen@celeeaknak.ca">kitchen@celeeaknak.ca</a></td>
<td></td>
</tr>
<tr>
<td>Finally Gluten-Free Foods</td>
<td><a href="http://www.finallyglutenfreefoods.com">www.finallyglutenfreefoods.com</a></td>
<td>613-695-9599</td>
</tr>
<tr>
<td></td>
<td>Email: <a href="mailto:finallygffood@rogers.com">finallygffood@rogers.com</a></td>
<td></td>
</tr>
<tr>
<td>Genuine Girard Foods</td>
<td><a href="http://www.genuinegirard.ca">www.genuinegirard.ca</a></td>
<td>613-821-4237</td>
</tr>
<tr>
<td></td>
<td>Frozen foods, breakfast foods, energy bars, etc.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Specializing in foods for specific diets such as gluten-free, dairy/cassein free, low sodium, low sugar, etc.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Contact Cindy at: <a href="mailto:genuinegirardfoods@gmail.com">genuinegirardfoods@gmail.com</a></td>
<td></td>
</tr>
<tr>
<td><strong>SPECIALTY DIET PREMIXES</strong></td>
<td><a href="mailto:jlipscombe1@cogeco.ca">jlipscombe1@cogeco.ca</a></td>
<td>613-284-8217</td>
</tr>
<tr>
<td></td>
<td>For the Celiac &amp; Wheat Intolerant. Quality products at affordable prices. Special Orders Welcome!</td>
<td></td>
</tr>
<tr>
<td></td>
<td>My prices are as follows:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Biscotti</td>
<td>3.50</td>
</tr>
<tr>
<td></td>
<td>Brownies, Pizza, Yorkshire Pudding, Cake Mix</td>
<td>3.00</td>
</tr>
<tr>
<td></td>
<td>Buttermilk Biscuit Mix, Scones</td>
<td>4.00</td>
</tr>
<tr>
<td></td>
<td>Rice Bread, Flat Bread, French Bread</td>
<td>4.50</td>
</tr>
<tr>
<td></td>
<td>GF Flour Mix - 6 cup bag</td>
<td>6.00</td>
</tr>
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<td></td>
<td>I will also attempt to do specialty orders. My mission is to show people that with a little effort and ingenuity a GF diet does not have to be cost prohibitive and unpalatable. All the products I use are certified GF and are purchased at a local health food store.</td>
<td></td>
</tr>
<tr>
<td>Natural Food Pantry</td>
<td>(check telephone book for location near you—will also bake bread at your request!)</td>
<td></td>
</tr>
<tr>
<td>Rainbow Natural Foods</td>
<td></td>
<td>613-726-9200</td>
</tr>
<tr>
<td>Trillium Bakery</td>
<td></td>
<td>613-730-1316</td>
</tr>
</tbody>
</table>
20 Recreational Programs and Activities

20.1 Arts Programs (visual arts, music, stories)

Around the Campfire

*Around the Campfire* is a program in partnership with the City of Ottawa. It is open to all children with Special Needs. It focuses on helping children socialize through music, rhymes and stories. Children will get to sing, chant, move, dance, listen, share and play simple instruments and games.

The program runs weekly from 6:00-7:30pm in 2 different locations (Central, and Kanata).

**Locations**
- **Central Option**: Hintonburg Community Centre, Room #2 in the basement Wednesdays
- **West Option**: Hall D, Kanata Recreation Complex (Monday)

To volunteer please contact Joanne Small-Greenall at jsmallgreenall@gmail.com or 613-231-2725.

Artswell [artswell@magma.ca](mailto:artswell@magma.ca)

Artswell is a new, non-profit organization in Ottawa. We invite autistic children to share in our courses that consist of intervention with art program and an artist who has been specially trained in this disability. We will run workshops on weekends. The cost will vary with the program (approx. $25.00 per child). Please check out our website [www.artswell.ca](http://www.artswell.ca). We are also willing to design a customized programme for those who require one. Please call 613-256-6912 or email: satack@sympatico.ca

Barrhaven Music Academy [www.barrhavenmusicacademy.com](http://www.barrhavenmusicacademy.com)

Kendra at is a super dynamic piano teacher. She is flexible with her lessons, using the child's natural interests sometimes even changing a lesson on the fly. Recommended by a parent on our list (DB)

Landon Coleman, Music Therapist

I am a music therapist here in Ottawa. I will be opening a small clinic in Westboro for children with ASD and I wanted to let you folks know about it. My website is [www.counterpointmusictherapy.com](http://www.counterpointmusictherapy.com)

Elizabeth Francoeur, BCBA, MTA, MT-BC, MM, Msc [www.musiconnymind.ca](http://www.musiconnymind.ca)

I already am working as a Music Therapist, running my private practice in the region, with individuals and families living with an ASD, of varied ages. I have presented on Music Therapy and Autism for Autism Ontario over the past 2 years, in Ottawa, Cornwall, Toronto, Kingston and North Bay. Please let me know if you want to discuss further or if you would like more information about me and/or Music Therapy with individuals with ASD.


Lotus Centre for Special Music Education offers adapted group and private music lessons for students with special needs in a fun, relaxed environment. Our highly trained teachers develop an individual music education curriculum for each student based on their learning profile and needs, with support and guidance from Dr. Erin Parkes, who has published and presented internationally on music education for students with autism. Our rates are comparable with lessons for typically-developing students in order to make adapted music learning more accessible. PD day, March Break and summer camps are also available. Contact: info@lotuscentre.net or 613-801-0031. Website: [www.lotuscentre.net](http://www.lotuscentre.net)

20.2 Therapeutic Horseback Riding

Happy Trails [Art Mackie](mailto:Art.Mackie@happylakefarm.org)

**Mission Statement:**
To provide a unique facility with personalised programming for individuals, groups and families of Eastern Ontario who require special care and attention, while experiencing the full benefits of nature and animals offered in a safe farm environment.

**These benefits include:**
- Improvement in muscle tone – flexibility, strength and posture
- Balance and coordination
- Increase in self-esteem and self-confidence
- Increase in motivation and concentration

The focus will remain on offering a flexible approach that will ensure a pleasant experience for all participants.

**Services include:**
- Assessment visit that will take place at Happy Trails
- Following assessment, we will provide a **personalised program** tailored to meet each participant’s needs, abilities, adaptability and availability.
• Services will be extended to children and adults with physical, developmental and psychological disabilities. The family members of the participants are welcome to take an active role in the program or they can choose to take advantage of the respite Cabin. (cabin available on premises)
• Group activities
• Half or full day sessions available

Please feel free to contact us with any specific requests.
recreation@happy-trails.ca  www.happy-trails.ca/recreation

**Horses of The Sun Therapeutic Riding (HOTS)**
Recommended by a listmate. It is located in Vars. Please contact: Sonja Koch at Horses of the Sun, telephone (613) 835-9523  
hots@295.ca or visit their website:  http://www.horses-of-the-sun.ca/

**Tranquil Acres**
www.tranquilacres.ca  613-489-5294
Taken from their website: Is a centre for people with varying social, emotional and mental health needs who want to experience the transformative powers of horses as teachers and healers. Our dedicated staff has a wide range of expertise and is committed to helping each of our clients reach their fullest potential. We are open year round and located just outside of the Ottawa city centre.

**20.3 Swimming**

**Making Waves Ottawa**  info@makingwavesottawa.org
I took this from their website. Please check it out for registration—it is at the Jack Purcell Pool (DB).
Making Waves Ottawa is a not-for-profit student initiative founded as a registered chapter of Making Waves Canada in 2009. Our mission is to provide affordable and accessible one-on-one swimming instruction to children with special needs. For more information about our parent organization, as well as about the history of the Making Waves movement, please visit www.makingwavescanada.org.

**Ottawa Athletic Club**
V1.0
http://ottawaathleticclub.com/  (613) 523-1540
If you call them you may be able to set up 1-1 swim lessons. Some parents have done this and have been pleased (CT). You don’t have to be a member of the club to set up the swim lessons.

**20.4 Sports**

**Ausome Ottawa**
V3.1
http://www.ausomeottawa.com
Facebook.com/AusomeOttawa  IG @ausomeottawa  Twitter @ausome_ottawa
Charitable organization providing sports and recreation programs for kids diagnosed with autism, ages 3 to 17. Free to participants. See website for current offerings.

**Canadian Association of Disabled Skiing (CADS) - Ottawa Chapter**
Highly recommended by listmate: please visit their website:  http://www.cads-ncd.ca/

**Capital City Condors**
info@capitalcitycondors.org
A hockey club established for children with special needs who may not be able to play in a regular league

**Cumberland Soccer**
www.cumberlandsoccer.com
A soccer program that is being offered for kids 8-14 years old with physical or intellectual disabilities that can function in ratios of 1 to 5. The sessions will begin in June, on Friday nights, for $50 total in the Cumberland area.

**East Nepean Baseball Association**
Challengers is for 5–18 year olds of all abilities who have a physical and/or mental disability who want to have fun in an encouraging, friendly team environment. Challengers usually play Saturday mornings starting the beginning of May. Contact Steve Suttie, Challenger Director, 613-825-8773 or email him at:  challenger@eastnepeanbaseball.on.ca  Note: ball players do not need to live in Nepean to access this activity.  
http://eastnepeanbaseball.on.ca/divisions/challenger

**New “Just for Kicks” Soccer Program for Kids with Special Needs**
The Nepean City Soccer Club is excited to announce a new program for kids with Special Needs! Everyone is welcome! Children with developmental disabilities from ages 5 to 12 will get active and have fun while learning soccer-related skills. Volunteers will tailor activities to suit the intellectual and physical abilities of each child. No athletic experience required. Watch from the sidelines
while your child makes friends and participates in a lively summer pastime. Registration fee includes a full uniform. Parents supply shin guards and a soccer ball.

The cost of the program is $30. To register, please use our convenient online registration system: http://www.sportssignup.com/nepeansoccer.start. If you have questions regarding this new program, please do not hesitate to contact Shannon Bagg at shannonbagg@gmail.com

<table>
<thead>
<tr>
<th>Spring Action Trampoline Recreational Sessions</th>
<th><a href="http://www.springaction.ca">www.springaction.ca</a></th>
<th>613-761-9620</th>
</tr>
</thead>
</table>

| Yoga for Aspergers teen/preteen | www.asdyoga.ca | 613-749-1199 |

"Yes you can learn Yoga"

Andrea Mailhot graduated from her Yoga Teacher Training in May 2007. Since then she has been providing yoga classes to adults, teens, kids and babies. In August 2010 she graduated from Algonquin’s Autism and Behavioural Science program. She has been teaching yoga to teens on the spectrum for 2 years now. Success stories vary from teens sleeping better at night, students gaining more flexibility and self-confidence, to teens utilizing the various techniques to reduce anxiety and depression. I also teach yoga to ASD teens/adults and their parents, not just Asperger’s.

20.5 Personal Training

Valeria Fazio

vfazio18@gmail.com

Do you know someone living with Autism that could benefit from a more physically active lifestyle? Do you feel lost when trying to find the support needed to enhance this potential?

Certified personal trainer Valeria Fazio, CPT, with the assistance of Board Certified Behavior Analyst Gregory Paquiot, MS, BCBA, CPT (refer to section Behavioural Consultants), is now offering one-on-one personal training and meal planning for kids diagnosed with autism and other related disabilities. This unique program is one of the few personal training programs in Ontario that offers health and fitness with a focus on Applied Behavior Analysis (ABA).

Young people with autism often have deficits in gross motor skills. This includes strength, stability, as well as movement planning. New research suggests that individuals with autism, are more likely to become overweight and/or obese than their peers because of a sedentary lifestyle and a lack of access to regular fitness programs. They are therefore at a higher risk of developing a heart disease. A proactive approach to fitness as a part of life can not only close some of these movement gaps, but enhance a variety of skills including:

- Physical abilities such as strength, stability, coordination, motor planning and strength-endurance are developed
- Social skills are encouraged and practiced when activities are performed appropriately with peers
- Self-esteem and confidence is developed through consistent positive reinforcement and the mastery of skills
- Independence is illustrated when the individual uses physical skills to perform daily life tasks on his/her own
- Increased cognitive function is made possible through the enhancement of certain areas of the brain as a result of regular physical activity

This program is for individuals with ASD. However, participants must demonstrate sufficient communication and self-help skills to participate. The program is not appropriate for individuals with significant behavioral and sensory challenges.

Initial consults and assessments will be conducted by Gregory Paquiot, MS, BCBA, CPT in order to determine if the child is a right fit for the fitness programs.

For more information please contact Valeria Fazio at vfazio18@gmail.com

20.6 Multi-Activities and Other Offerings

ACE (Abilities, Challenges, Exceptionalities) Christine Rondeau at Partners in Parenting 613-821-1127 ext 223

ACE is a recreational based day program that offers an educational component. The program runs out of the Boys and Girls Club on McArthur St. Many activities throughout the day including gym, computers, cookday, music therapy, swimming, sensory stimulation, games and educational activities, physio programs and range of motion. Clients range in abilities from total care to high behavioural. Hours: Monday-Friday 9:00-3:00. Fee for service.

Boys and Girls Club contact integration advisor – 613-232-0925 ext. 45

Provides support for children with disabilities (ages 6-18) to participate in any regular Boys and Girls programs or camps.

Building Blocks

For description and contact information, refer to the section Behavioural Consultants.

Christian Horizons - After School Program
**Recreational Programs and Activities**

**City of Ottawa please also see the Recreation Guide for Special Needs through the City of Ottawa website:**

If your child has special needs and you are interested in our shared care program, please contact the Co-ordinator Special Needs Portfolio for your area.

**Central**  
Christina McCormick 613-580-2424 ext. 29291

**East**  
Diane Cyr 613-580-2424 ext. 29300

**West**  
Jodie Gilvear 613-580-2424 ext. 41226

**Please note:** I used to list the programs for the City of Ottawa but happily there are too many! Please go to the “special needs” section of the recreation guide (address above) and see if there is a program suitable for your family and child. (DB)

**City of Ottawa Health Promotion After School Shared Care - Pilot Program**

Providing on site support using the Shared Care model, in After School Programs, while promoting fitness, health and wellness to children and youth with special needs.

The City of Ottawa, with funding from the Ontario Ministry of Health Promotion – is offering a Shared Care pilot program to Children and Youth with Special Needs. The After School Program will be offered at 10 sites across the city working within a 1:3 ratio. This pilot is an enhancement of the existing after school program and will promote physical fitness, healthy eating and nutrition and personal health education.

**How much does it cost?: $10.00 per day (Fee assistance is available, providing you qualify.)**

**Time Program is offered:** After School for 3 hours

**How do I register?** Contact: Supervisor Daniella Hamer at 613-580-2424 ext 12786 or cell at 613-222-6594.

**Alternative Contact:** Portfolio Coordinator Diane Cyr at 613-580-2424 ext 29300 or cell at 613-447-3441

**Produced by Parks & Recreations** [www.ottawa.ca/recreation](http://www.ottawa.ca/recreation)

**Friends for Fun Bowling Night**

Mondays 7:00 - 8:00 p.m.

Merivale Bowling Centre $5.00

Contact : Anita Acheson: a.acheson@sympatico.ca

**GACSN Saturday Program**

The GACSN Saturday Program is dedicated to providing Special Needs Children and Youth (ages 7 to 25, divided into two age groups) with a fun afternoon of swimming, arts & crafts, and meeting friends. The group also goes on various outings throughout the year (movies, bowling, museums).

Our mission is to provide participants with a safe, healthy and socially enriching environment. September to June
Every Saturday afternoon, 1 pm – 4.

Location: Hall D at the Bob MacQuarrie Recreation Complex in Orleans, 1490 Youville Dr.

Price: $600.00/year in 1, 2 or 4 equal payments

For assessments, please contact info@gacsn.org.

**A Gym Tale V1.0**

613-825-9165

Recommended by a listmate. This is a developmental play program with emphasis on coordination, movement, music and imagination. Geared towards the pre-school set—please check out their website for additional information: [www.agymtale.com](http://www.agymtale.com).

**Main Street Community Services**


We are a registered not for profit community agency working in partnership with other established community organizations to provide comprehensive social and health services. We are committed to the vision of empowering children, youth, individuals and families to achieve whole health, social well being and community collectiveness. More specifically we offer a variety of programs to children and their families especially those with an exceptionality including ADD/ADHD, Aspergers Syndrome, Autism, Downs Syndrome, PDD etc.
Summer & March Break Camps
At Main Street Community Services, we run two camps throughout the year. First is our larger Discovered Treasures Day Camp which runs for 6 weeks in the summer and serves over 200 children each year. Our Discovered Treasures Summer Camp offers children a chance to enjoy a number of sports; recreation and leisure activities; Martial Arts; arts and crafts; as well as relaxation training to help the children improve skills in related areas such as mental imagery, focus and shifting focus. All elements of the program are inclusive of the cost of registration and are made available to every child over the course of the summer. Second is our March Break Camp, which has limited enrollment. This camp offers the same opportunities as the Discovered Treasures Summer Camp, including sports and recreation, leisure activities, Martial Arts, and relaxation training to help improve social skills. Registration for March Break Camp begins in January of the new year.

Ontario Early Years Centre
For families with children aged 0-6 who have a language, motor and/or social delay in their development. Enjoy a small group environment that offers free play, structured activities, circle and craft time. Staffed by an Early Childhood Educator, supported by OCTC.
For a listing of other Early Years Centres, please visit this website:
http://www.communityresourcecentre.ca/documents/RegularProgramScheduleCalendar_004.pdf

Ottawa Therapy Dogs
http://www.ottawatherapydogs.ca/ 613-261-6834
Ottawa Therapy Dogs is a volunteer-based, not-for-profit organization that provides animal-assisted therapy throughout the National Capital Region. Each year, more than 1,000 people benefit from our therapy dog programs and services.

Sonshine Cove
Len Goddard/Cathy Goddard 613-834-8187
Sonshine Cove is a year round camp located 100 km. north of Orleans. They provide camping experiences to children in Foster Care as well as children with a variety of special needs.
If you are interested, or would like more information, please call:
Len Goddard - Executive Director 834-8187 ext 22 or Cathy Goddard - Program Director 834-8187 ext 28 or visit their website at www.sonshinefamilies.ca click on Sonshine Cove.

TREATS N' TREASURES
Treats n' Treasures is a working storefront also on McArthur. Clients with an ability to manage in a store setting, assist with all aspects of running the store. Clients sell snacks, coffee, pop and make beaded jewelry and beading kits to sell, assist with stocking, customer service, cleaning. This is a day program. Hours: Monday-Friday 8-4. Fee for service.
Contact: Christine Rondeau at Partners in Parenting 613-821-1127 ext 223 to set up a tour of either location.
There is an application and assessment process to ensure that we can meet the client's needs.

Young Challengers of Ottawa-Carleton
sites.google.com/site/youngchallengercentre
Young Challengers offer opportunities for people (ages 13 to adult) with a diagnosis of Autism Spectrum Disorders, to meet weekly on Wednesday nights and provide opportunities to participate in outtings and social activities in our local communities. The focus of the group is to practice independence and develop and foster new friendships. For more information please email to: youngchallengers77@gmail.com
21 Respite Care

Christian Horizons  613-225-5900
This new home will serve children with significant behavioral challenges. They will have opportunities to learn new skills that will enable them to reintegrate into their families and communities. For more information please contact: Jackie Monforton, Christian Horizons  613-225-5900- Ext.24, jmonforton@christian-horizons.org or: Miriam Oliver, 613-225-5900 -Ext. 25 moliver@christian-horizons.org

Destiny's Way  www.destinysway.ca
Destiny's Way provides day and overnight respite to families that have a child or loved one with Autism Spectrum Disorder and other diagnosed exceptionalities.
Contact: Jacqueline Mansell RPN (613) 314-7477 or email jacqueline@destinysway.ca

Greenland Country Haven  Greenland@ripnet.com  613-806-0690
Group home opening September 1st for teens and adults (16+) with special needs. Staff includes RN, PSWs, DSWs and a Supervisor. Ratio of staff to clients is 1:2 or 1:3 depending on individual needs. Respite and day programs are also available. It will be operating as a Home Share Program, where a couple or a single person will live on the premises in a supervisor/parent role. Please contact Debra McLean at Greenland@ripnet.com for more information. Due to numerous requests, we are also offering short-term weekend respite care for adolescents 12-16 years of age

Ottawa-Carleton Association for Persons with Developmental Disabilities (OCAPDD)  www.ocapdd.on.ca
They offer respite services to families with autistic children for a week at a time.

Service Coordination  dbara@respiteservices.com  613-748-1788 x 240
There is a website linking families and special needs workers. You can place an ad for free: www.respiteservices.com or contact Daniela Bara at dbara@scsottawa.on.ca or call 613-748-1788 ext 240.

Thinking in Pictures Educational Services (T.I.P.E.S)
For description and contact information, refer to the section Behavioural Consultants.
22  Support Resources and Support Groups

22.1  General Resources

<table>
<thead>
<tr>
<th>Autism Ontario—Ottawa chapter</th>
<th><a href="http://www.autismontario.com/ottawa">www.autismontario.com/ottawa</a></th>
<th>613-230-6305</th>
</tr>
</thead>
<tbody>
<tr>
<td>211 Bronson Avenue, Suite 210</td>
<td></td>
<td></td>
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<tr>
<td>Email: <a href="mailto:Ottawa@autismontario.com">Ottawa@autismontario.com</a></td>
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<td></td>
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<tr>
<td>Fax: 613-288-1423</td>
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(From E-mail distributed on Jan 23, 2016)

Here are the links to the support groups that occur the last Thursday of each month. Please register on Eventbrite. Free respite is provided by The Portia Learning Centre and alternates each month between their Ottawa location and Kanata location.

Ottawa Location:

Kanata Location:

Thanks,
Andrew Wilson
President, Autism Ontario - Ottawa Chapter

autismsupportOttawa@yahoogroups.com
A list for parents, professionals and persons with PDD/Autism in the Ottawa Carleton region to exchange information and resources as well as to offer support. To subscribe, send an e-mail to autismsupportOttawa-subscribe@yahoogroups.com from the e-mail address you want the list to be sent to. Please contact Lynne Thibodeau at lynne@spectrumig.com or Debbie Barbesin at robert_and_debbie@sympatico.ca for further information. The Directory of Services for Individuals with ASD is emailed directly to members of this group.

Child and Youth Health Network of Eastern Ontario  www.child-youth-health.net
Click on Respite Care and follow the link through Parks and Recreation Day Camps. The following description is taken right from the website:

The CHILD and YOUTH HEALTH NETWORK for EASTERN ONTARIO, facilitated through CHEO, began in the spring of 1997 with a focus on modelling integrated services for children and youth in Eastern Ontario. Over a dozen working groups bring parents and representatives from health, social services, education and recreation together on specific projects aimed at making a difference and improving services. The Steering Committee of 32 members represents a range of disciplines and geographic communities and provides strategic directions and critical information sharing. The NETWORK has proven itself to be a mechanism through which opportunities for better service delivery and integration can be both identified and created.

eMental Health  www.ementalhealth.ca
eMental Health is a compendium of resources and information on mental health issues. Go to their home page and type in “autism” under the “Search by keywords”.

Lanark Autism Support Group  www.lanarkautismsupport.com
Meets the first Monday of every month from 7:30pm-9pm at the Lanark Community Programs in Carleton Place, 30 Bennett St)
For more information please visit our website at www.lanarkautismsupport.com

Networking and Advocacy Group—United Families of Eastern Ontario (UFEO)
United Families of Eastern Ontario (UFEO) is a coalition of family networks and individuals committed to improving the lives of children and adults with Developmental Disabilities (including Autism Spectrum Disorders). Activities include:

- Facilitating the sharing of information between families and groups in the developmental disability community.
- Participating and partnering in the planning of services and supports for individuals with developmental disabilities.
• Acting as an advocate on issues affecting families and individuals dealing with a developmental disability
• Raising awareness within the general public on issues of concern to the developmental disability community

There are currently 22 family-focused groups and 168 family and individual members. UFEO is representing families on several Ministry of Community and Social Services committees including the Systems Planning Table and Dual Diagnosis Advisory Group.

To become a member of UFEO (no fee), select “Join Now” from the menu at www.ufeo.ca. Members receive invitations to information sessions and regular “alerts” on funding issues, Ministry requests for feedback, community workshops and other services/supports in the community.

Heather Fawcett is representing families of Autism Ontario—Ottawa and is the Acting Chair of the Steering Committee of UFEO. For more information contact info@ufeo.ca.

**La Société franco-ontarienne de l’autisme**
holds support groups. Their contact information is available on their website: www.autismefranco.ca.

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### 22.2 Support for Caregivers and Family Members

#### Asperger’s Syndrome Parent Support Group
You are not alone! Share ideas, information and resources with other parents who have children with AS and related disorders. A confirmed diagnosis is not required. Interested professionals and adults with Asperger Syndrome are also welcome to attend. Please contact me at isabelle.macnider@gmail.com with speaker requests. The meeting is free and open to everyone. It is a safe non-judgmental space to share your successes and concerns with peers.

#### Jewish Youth Library, non-sectarian services

**Friendship Circle**
Friendship Circle is a non-sectarian program that presents families of children with special needs and teenage and university volunteers the opportunity to form real friendships within a non-judgmental and supportive environment. Through weekly home visits, children with special needs experience the joy of friendship and their parents get a respite assured by the knowledge that their child is enjoying fun, meaningful activities with a good friend. Please visit our website at www.jewishyouthlibrary.com or email office.jewishyouthlibrary@gmail.com.

**Sibshops of Ottawa**
Sibshops is a non-sectarian program with fun, recreational workshops for siblings of children with special needs between the ages of 7 -13 years old. Sibshops reflect a belief that brothers and sisters have much to offer one another - if they are given a chance. The workshops are a spirited mix of new games (designed to be unique, off-beat, and appealing to a wide ability range), new friends, and discussion activities. Please visit our website at www.sibshopsofottawa.com or email us at sibshopsofottawa@gmail.com.

**OPAC Ottawa Parents of Apraxic Children**
Has your child been diagnosed with childhood apraxia of speech? Are you feeling overwhelmed with what to do, what to expect? Come and join our parent support group. We meet for regular face to face meetings in Ottawa and use online tools to share and support each other. It can be comforting and empowering to know that you are not alone and that you can both give and receive help.

**OPAC Goals:**
- to meet for face-to-face meetings on a regular basis
- to provide support, sharing and networking opportunities amongst parents of children with CAS
- to raise awareness of apraxia in our communities and school systems

**OPAC Activities include:**
- sharing feelings and experiences
- exchange of information both in person and online via shared group website
- sharing information resources about CAS
- discussions on specific topics (i.e. therapies, school transitions, social skills etc.)
- building a resource list and virtual library of CAS resources
- resource lending amongst members
- family activities

For more information, email: Ottawa.apraxia@gmail.com

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**Ottawa Children’s Coordinated Access and Referral to Services**
Special Needs Committee
Coordinated Access is a case resolution mechanism designed to provide recommendations and referrals for families, children and youth who have complex needs and are experiencing difficulties gaining access to support and services in the community. The role of
Coordinated Access is to offer assistance in the form of recommendations (not direct services) in an attempt to resolve difficult situations. Case resolution is offered through the Coordinated Access committees comprised of various professionals whose agencies provide services in the Ottawa region. Coordinated Access has a Francophone and Anglophone committee to provide assistance to clients in their language of choice.

**Who refers people to Coordinated Access?**
Community agencies and other professionals make referrals to Coordinated Access. Their role is to assist families with the preparation needed to put together a presentation before a Coordinated Access committee. The submitting agency will gather all the documentation needed and help families fill out the Coordinated Access application form. They will also prepare the presentation to the committee. However, it is strongly recommended that parents/guardians remain actively involved in the application process and participate in the presentation. The submitting agency is also responsible to forward the recommendations of the committee to the family and assist them with their implementation.

**Who is eligible to be presented to the Coordinated Access committee?**
Coordinated Access is designed to assist children with a developmental delay who have complex needs and their families. These children and/or families must be able to demonstrate that they have attempted to use various community services, but have been unsuccessful in their attempts to resolve their current difficulties. In other words, Coordinated Access is designed to assist only those people whose needs have not been met by existing community services.

Caroline Vinette-Arseneau, Coordinated Access Manager/Gestionnaire d’Accès coordonné
Phone/Tél: 613-729-0577 x 251Fax/Téléc: 613-729-1918
Email/Courriel: coordinatedaccess@ysb.on.ca

**Parents Lifeline of Eastern Ontario (PLEO)**
A support group for parents of children with mental illness—not for autism specifically but for mental health issues which are sometimes a secondary diagnosis for our children. Please visit the website: www.pleo.on.ca for schedule of meetings. Meetings are held at CHEO.

There's also an OCD (Obsessive Compulsive Disorder) one which holds meetings sporadically.
Parents of Children with OCD: Janet van den Heuvel 220-1507 janet.vandheuvel@ottawa.ca

**SSAH Provincial Coalition’s Website**
We have now placed a “Bill of Rights for Families who use SSAH” (Special Services at Home—individualized funding for people and families with children who have disabilities).

**Dr. Sanford Siegel**
Dr. Sanford Siegel is a therapist and counselor now in private practice in Ottawa, who combines a professional and personal background and expertise wholly relevant to providing this kind of emotional support and guidance to men and women parenting children with special needs. Email: drssiegel@rogers.com

**Walking in My Shoes**
ARE YOU THE PARENT/GUARDIAN OF A CHILD WITH A DEVELOPMENTAL DELAY? HAS YOUR CHILD BEEN DIAGNOSED WITH A DEVELOPMENTAL / PHYSICAL DISABILITY? WOULD YOU LIKE TO MEET OTHER PARENTS OF CHILDREN WITH SPECIAL NEEDS?

**Walking in My Shoes** (WIMS) is a monthly meeting for parents of children with special needs to meet, greet, and share experiences. Meetings are held in the west and east. The west meeting is held the 2nd Tuesday of the month at Bridlewood Trails Retirement Community, 480 Brigitta Street, Kanata, ON and the east meeting is held the 3rd Tuesday of each month at 700 Industrial Ave, Suite 600. Both meetings are from 7:00-9:00pm.

During these meetings parents will have the opportunity to connect with other parents who are experiencing similar feelings and concerns related to their child’s special needs. You will have the opportunity to meet, share information and learn about resources and processes from each other and guest speakers.

Please visit the WIMS website for the meeting schedule and topics wimsparents.ca.

Everyone is welcome.
For more information please email wimsparents.ca or call Rachel Levine-Katz or Sari Musta-White at 613-761-9522.

22.3 **Support for Youth and Adults with Autism**

**B Mindful Psychotherapy and Coaching Centre**
Contact: Sonia Tanguay. Offers bilingual psychotherapy and group therapy to young adults with Autism Spectrum Disorder. My areas of expertise include ASD, ADHD, anxiety, depression, emotional regulation, and social skills training. B Mindful Psychotherapy and Coaching Centre also offers mindfulness-based workshops and coaching. My private practice is located at 1073 Wellington St W, Ottawa, On, K1Y 2Y2 and it is conveniently accessible by public transportation.
Comprehensive Literacy and Communication Remediation for Adults with receptive and expressive language deficits

Family members of adults (18 yrs and over) showing moderate to severe communication deficits (verbal and written) are invited to join us in our new advocacy initiative designed to bring about a Comprehensive Literacy and Communication Remediation program in Ottawa.

The program to be developed is for verbal and non-verbal participants diagnosed with but not limited to DD, ASD, FAS who wish to improve their communication, literacy and numeracy skills.

Within the structure of Ontario’s new self-directed funding options which will enable persons with disabilities and their families to buy their own supports, this program model intends to address a long overlooked service gap in the region.

Through our advocacy efforts, we are canvassing community agencies, the Ministry of Colleges and Universities and the Ministry of Health amongst others. Our end goal is to achieve the creation of a flexible half day program:

- Offering a choice of either morning or afternoon sessions to complement participants’ individual schedules (i.e. work or other program).
- With an optional number of weekly sessions (minimum two sessions per week per client) to suit different budgets.
- With a high staff to client ratio.
- Implemented by ABA trained staff.

The program would seek to:

- Develop every day conversational skills
- Narrative skills
- Broaden one’s ability to convey information
- Support the development of self expression (ability to articulate one’s thoughts, feelings and emotions)
- Facilitate the acquisition of literacy skills, enabling participants to use reading, writing and calculation for everyday participation in the community.

Please join us in our new advocacy initiative for a Comprehensive Literacy and Communication Remediation program for adults. Contact us with your name and e mail address, at icommunicate@rogers.com to indicate your support or for additional information.

Richard Harman:

Group for depressed, anxious, withdrawn teens. In-depth focus on issues such as dependency, fear, guilt, uncertainty, relationships with others. Groups not specific to ASD. 103-99 Holland Avenue
613-725-0302
613-725-0302 (Toll Free)
613-725-0302 (Crisis Line)
TTY: 613-725-0302
www.hollandprofessionalassociate...
richard.harman@sympatico.ca

Families Matter Co-operative Inc.  www.familiesmattercoop.ca  613-733-0122

This is a member-driven, not-for-profit organization dedicated to meeting the needs of developmentally disabled individuals, their families and friends. Founded, managed and supported by people whose own lives have been directly touched by developmental disabilities, Families Matter Co-op brings information and families together to improve their quality of life.

Families Matter Co-op offers a single independent source for comprehensive access to information about resources and services for people with developmental disabilities. It is available online. Families Matter Co-op coordinates member-driven support networks to connect people with developmental disabilities as well as their families and friends.

Families Matter Co-op is committed to raising awareness of the challenges facing people with developmental disabilities, their friends and families and to addressing those challenges through member-driven initiatives.

Telephone: Marge 613-733-0112 email: famileismattercoop@sympatico.ca

Learning Disabilities Association of Ottawa Carleton

Transitions  An after school program for youth in grades seven to nine who have various learning disabilities. Give your child the tools to become their own advocate! The third Transitions group is starting this February and what better time to start preparing your child for the intricacies of high school, or perhaps they are already in grade nine and having a difficult time adjusting. Transitions is based on the following topics:
- Communication skills
- Problem solving and critical thinking
- Time management skills – patterning
- Organizational skills
- Self advocacy skills
- Taking responsibility
- Stress management and knowing your support network (concept of guidance counselors)

This is a ten week program starting in February - don’t miss out! Facilitator: Laura Burgess
Location: 180 Percy Street, the McNabb Community Centre
**Ottawa Resolution Service for Adults with a Development Disability**

This is a relatively new service for an adult with a development disability who:
is at serious and imminent risk of harm to him/herself or others, and
is unable to access services; or
is at risk of family breakdown, if supports and services are not provided; or
is at risk of receiving a more intrusive response in the absence of supports; or
requires support that is beyond the current capacity of an individual agency and/or the service system. (Source: Because you asked ... Questions and Answers about the Ottawa Resolution Service, a publication of Citizen Advocacy, also available in French.)

This is not a crisis service; it is, rather, a community based problem-solving service where all options appear to have been tried and exhausted.

The Resolution Service operates through Citizen Advocacy on Parkdale, 613-761-9522.

**Youth Net/Réseau Ado (YN/RA) Ottawa**

We are a bilingual organization that works from a youth engagement philosophy. Youth Net/Réseau Ado offers alternative support services for youth. We are a for-youth by-youth organization that strives to promote a balanced mental health while decreasing the stigma surrounding mental illness and its treatment options. Our programs and services focus on prevention, intervention, education, research and advocacy. So what does for youth by youth mean? Youth have told us that they find it easier to talk to each other than to talk to adults about Mental Health. This is why we have designed our program from this perspective! This means that all of our programming is run by facilitators who are themselves youthful! Our facilitators are all between the ages of 20 and 30 and are eager to make connections with all of our participants.

[Source: Ottawa Resolution Service for Adults with a Development Disability.](#)

[Youth Net/Réseau Ado (YN/RA) Ottawa.](#)
23 Life and Social Skills

Children and Youth Social Skills/Life Skills/Siblings Groups
CAR also runs social skills groups for children 5 years and up with Autism Spectrum Disorders in general (including AS), life skills groups for pre-teens and teens, and siblings groups for children 7-12 years. Your family must be a member of Children at Risk for your child to participate in any CAR program. Contact CAR at 613-741-8255 or visit their website at www.childrenatrisk.ca.

Children at Risk Friendship and Life Skills groups
For description and contact information refer to section Error! Reference source not found..

Citizen Advocacy 613-761-9522 x 249
A fee-for-service program, this innovative program helps people articulate their hopes and dreams as they move into adulthood and take steps to achieve greater independence. Planning for the future can be very scary and sometimes confusing.
We have a team of skilled Facilitators who have been specifically trained to focus on people’s abilities and potential. They draw from a variety of facilitation tools and are able to offer an unbiased perspective. Some of our Facilitators have worked within the developmental services sector, some are parents of a child with a disability and some have moved into retirement and want to continue contributing to the well-being of others.
Our Facilitators have now concluded their Practicum training where they had the opportunity to apply and sharpen their skills. They are now eager to help more people move ahead and make navigating through the fear and the confusion both positive and productive.
If you are interested in learning more about Independent Facilitation and Planning or would like to meet with a Facilitator, please contact Christine Martinelli at 613 761 9522 ext 249.

Goldstein, Moncion, Greenbaum, and Associates:
Social skills groups for 6 to 18 years. Groups not specific to ASD.
2249 Carling Ave. Suite 314, Ottawa
Phone: (613) 596-2333
Email: gmgassoc@magma.ca

Jacquie Ballantine (SLP):
2 MacNeil Court, Kanata Phone: (613) 591-3686

Main Street Community Services:
Social skills groups, mentoring groups for children 5-14. Some specific to AS and ADHD.
1250 Main Street, Unit C20 Stittsville Contact: (613) 831-6606

OCTC (Ottawa Children's Treatment Centre)
In partnership with CHEO's Autism Program, the Ottawa Children's Treatment Centre (OCTC) is offering new services and supports that will help children and youth with autism develop communication, social and daily living skills, learn better in school and become more independent.
For more information about OCTC's Autism Service, please contact Julie Caissie:
(613) 249-9355, ext. 310
jcaissie@octc.ca
http://www.octc.ca/autism.php

Ottawa Recreation for Children on the Autism Spectrum (ORCAS).
Bowling, martial arts, baking, arts and crafts, etc. Ages 8 and up.
2211 Thurston Dr. Please note: children must be clients of OCTC to participate.
Phone: Katie Downey, (613) 688-2126 ext. 4342 or Emily Glossop 688-2126 ext. 4340
Email: kdowney@octc.ca or eglossop@octc.ca
Website: www.octc.ca

Prisms Options Programs

Our Mission
To provide teens and adults with special needs and especially those with developmental disabilities and autism, life enhancing experiences.

Our Vision
Established since 2011, Prisms Options Programs’ vision is to see persons with special needs enjoy recreational, social, educational and exercise programs adapted to suit their skills and ability levels.

For information on all of Prisms Options Programs please visit:
PRISMS OPTIONS PROGRAMS
Social Skills Group for Adults
For adults with Asperger Syndrome to develop social skills. Call Y’s Owl Maclure at 613-721-1500 for information. See www.ysowlnmaclure.org for info on employment support and other services.

Social Skills for teens with Asperger’s Syndrome
I am offering a social skills/friendship group for teens with Asperger’s Syndrome in Kanata. I have worked running similar groups for 20 years. This group focuses on developing friendships through inter active, language based games as well as necessary social skills. The group will run alternate weeks at the Community Resource Center in Kanata on Tuesdays in the late afternoon or early evening. For further information please contact Kimberley Reimer at westendfriendshipgroup@gmail.com or at (613) 256 9752.

The Social Learning Centre,
a tutoring service, is branching out to include social skills activities. Trisha Kassotis 613-852-7297 or socialearningcentre@rogers.com

Social Network for Youth
This is a social skills building program for individuals with developmental delays. We organize weekly gatherings for youth wanting to socialize in a casual environment with the support of facilitators. The group has a mixture of individuals with different developmental delays (Asperger’s, autism, brain injuries, Down Syndrome..etc) but all benefit from increased social interactions. The age range is 13-21 (youth group) and over 21 for the graduate club. The organization is bilingual. The activities are once a week and vary depending on member requests. They are usually from 6:30-8:30pm and Tuesdays for the youth group. Activities include crafts, bowling, Midway, movies, dinner, BBQ, Ottawa 67's games or whatever the members are interested in. Activities are located across Ottawa and locations are easily accessible by bus. The cost is $50 for a yearly membership but interested individuals are welcome to attend a few outings to see if they would be interested in joining. The ratio is about 3 facilitators for 10-30 members so individuals must be fairly independent (some members attend with D.S.W staff). An informal assessment is done through observation of individual’s interaction with other members. You can contact Aroha DeForest or Melanie Martin at 237-0113 (snforyouth@hotmail.com) for more information and a recorded message about the next scheduled activity.

Stronger You Martial Arts and Fitness — Jinzai! :
Karate for children with high functioning ASDs. Ages 7 and up. Social skills and personal awareness using circle discussion and role playing. Games to emphasize gross motor skills turn taking and build confidence. Also run summer camps for higher functioning children with ASDs.
3570 Strandherd Dr Barrhaven
Contact: Janet Hefferman (613) 823-6697
Email: info@strongeryou.com
Website: www.strongeryou.com

Spectrum Intervention Group
For description and contact information, refer to the section Behavioural Consultants.

Thinking in Pictures Educational Services (T.I.P.E.S)
For description and contact information, refer to the section Behavioural Consultants.

“Young Teens” Social Skills Group
Children at Risk (CAR) program for teens with Asperger Syndrome in Middle to High School. Social skills are practised in the community with teen peers. Your family must be a member of Children at Risk for your child to participate in any CAR program. Contact Heather Pierscianowski at tadp@sympatico.ca or leave a message at 613-741-8255.

Youth Action Social Group
Please contact John Anderson for registration.

Youth Empowerment and Transition Program
(Ottawa Independent Living Resource Centre) Youth activities, some involving life skills and social skills. Ages 16 to 25. Drop-in.
B10 - 75 Albert St., Ottawa
Phone: (613) 236-2558
Email: info@oilrc.com
Website: www.oilrc.com

Y’s Owl Maclure Co-operative Centre – Life Skills Training Program
Fees: $45 a full day $30 a half day The Y’s Owl Maclure “Life Skills Training Centre” offers a wide range of transitional support services for youth and adults with Autism and Developmental Disabilities. In 2013 Y’s Owl Maclure launched this innovative
employment and independent living program as a response to the increasing needs of young adults with Autism and Developmental Disabilities transitioning from secondary school settings into adulthood.

All of our services for youth and adults are guided by a Person Directed Planning approach that utilizes individual strengths, abilities, interest and personal goals. Person-directed planning helps an individual to find the tools they need to live their dreams and meet their goals. This training program for individuals with Autism Spectrum Disorder and Developmental Disabilities will provide participants with a blended training experience in the Owl Café, Sweet Memories Baskets and Favours, etc., combined with classroom instruction. When students are ready for the next step, they may receive support in acquiring and maintaining employment, post secondary education and/or independent living.

**Age:** 18 – 28

**Diagnosis:** Asperger Syndrome, Autism, and Developmental Disabilities

**Time:** 9:00 - 3:30 pm

**Location:** Y’s Owl Maclure Co-operative Centre, Suite 100, 1140 Morrison Drive, Ottawa.

Transportation to and from the centre is the responsibility of the individual / family.

For more information about this program or to register contact Heather Ungar @ (613) 721-1500 or heatheru@ysowlmaclure.org
24 Day Programs, Employment Skills & Supported Employment

**Autism Works Ottawa**  
www.autismservicesottawa.ca  613-721-1500 ext. 219  
Autism Works Ottawa is a division of Y’s Owl Maclure.

Autism Works Ottawa is a fee for service program that provides assistance to individuals with Autism Spectrum Disorder, age 14 years of age and up with navigating post secondary school, gaining work experience or are seeking employment. It is the first-of-its-kind customized employment program for teens, youth and adults with ASD. The program consists of two streams: Building Skills for Life (Stream A) and First Steps to Employment (Stream B). Autism Services Ottawa challenges traditional employment methods and builds on existing supported employment strategies, which focus on building skills for life and competitive employment. For more information please contact Suzanne Ford, Director of Services at 613-721-1500 ext.219 or suzanne@ysowlmaclure.org or visit our website at www.autismservicesottawa.ca. You can also find us on Facebook!

New (2016): Autism Services Ottawa is pleased to announce their new location in Carleton Place, 135 Bridge St. 613-492-9000. The Owl Cafe-Meeting Place will provide employment opportunities, training, services and support to Lanark County. Contact us for more information.

**Causeway Work Centre**  
www.causewayworkcentre.org  
Causeway Work Centre is a community economic development organization that empowers and supports people in overcoming disabilities and other challenges to help them find rewarding work and live more independently

**Family Matters Co-operative**  
marge.mccabe@sympatico.ca  
They are a grassroots group interested in pulling together families to work on issues such as housing, education, transportation, day programs, and community activities for adults with disabilities. familiesmatter@hotmail.com

**H’Art**  
www.hartofottawa.ca  613-234-8497  
H’Art is a place of business where artwork is created for sale to the public. It is also a place of learning. It is specifically designed for teens and adults with developmental disabilities and addresses a critical need and growing demand in our community to provide appropriate, challenging and rewarding opportunities which improve literacy, creativity, social and life skills in a business-like setting. Their website is www.hartofottawa.ca.

**Lotus Centre for Special Music Education**  
For description, refer to the section Special Education Advocates  
Horizon Education Consulting  
www.horizoned.ca  613-612-6842  
Contact: Monika Ferenczy Email: info@horizoned.ca.

**Phoenix Paralegal**  
www.phoenixparalegal.ca  613-294-4380  
Contact: Tami Cogan. I am an educational advocate and focus on disability accommodations. If there is anything I can do to help, please let me know. Email: info@phoenixparalegal.ca

**Tammy Robinson**  
tamrobinson@sympatico.ca  613-523-9173  
An advocate in the Ottawa area.

For assistance with services for children with special needs (provincial), visit www.familynet.on.ca

**Child Advocacy Project (CAP)**  
1-416-977-4448 ext. 226  
CAP is dedicated to safeguarding the education rights of children and youth across Ontario. The volunteer lawyers who take CAP cases are experienced and trained in Education Law. CAP lawyers work for free.  
CAP lawyers provide free legal services to:
  - Students who are involved in the Special Education process.
  - Children and youth who are at risk of being suspended or expelled.
  - Young people who are living independently.
25 School-Related Problems, Issues and Information

In Version 2.0 of the document, I removed most of the information in this section. The Special Needs Roadmap contains the deleted information already.

25.1 Ministry Information

The main ministry website provides links to lots of information (i.e. http://www.edu.gov.on.ca/eng/parents/speced.html.

Special Education Overview
Many, many links to almost every document about spec ed by the ministry: http://www.edu.gov.on.ca/eng/general/elemsec/speced/speced.html

How our schools are governed: The Education Act
www.e-laws.gov.on.ca/html/statutes/english/elaws_statutes_90e02_e.htm

25.2 The Ontario Special Needs Roadmap For School

Do you struggle with knowing what to do to help your child with special needs in school. The Ontario Special Needs Roadmap is the culmination of over a year and a half of research that has been compiled in this new interactive school roadmap to help parents navigate the system. The roadmap explains what the different processes mean and how they impact your child.
This roadmap is your GPS to navigate the education system in Ontario for all children with special needs.
www.specialneedroadmaps.ca


http://www.gov.on.ca/children/graphics/stel02_179874.pdf
Report of the Interim Parent Involvement Advisory Board, 2006
http://www.edu.gov.on.ca/eng/parents/parentinvolvement.pdf
Effective Education Practices for Students with Autism Spectrum Disorders
http://www.edu.gov.on.ca/eng/general/elemsec/speced/autismSpecDis.html
Making a Difference for Students with Autism Spectrum Disorders in Ontario Schools: From Evidence to Action, 2007
Education Funding Technical Paper 2008-9

25.4 Regarding suspensions:

http://www.edu.gov.on.ca/eng/safeschools/NeedtoKnowSusp.pdf and if you need legal help to appeal a school decision:

25.5 Post Secondary Transitions

This guide is a way for students with disabilities to arm themselves with knowledge they need to access resources at college and university and to make a successful transition from secondary to post-secondary school.
http://www.transitionresourceguide.ca/

25.6 AUTISM ZEITGEIST

For the newer members of the group or those in the IBI program ... please visit http://www.autismzeitgeist.com
This IBI/ABA informational website was created by a mom to help families navigate the government’s Autism Intervention (IBI) Program in Ontario. It’s chock-full of information and resources ideal for families who are about to enter or who are already receiving IBI services. Download example ISP’s, Behaviour Management Plans, DFO GuideBook, Service Option Contracts and view other important supervision information for this ministry funded program??
26 Scholarships

The following information deals with scholarships for individuals interested in research in the area of autism and for students with ASD. For additional information, visit http://www.autismontario.com/client/aso/aso.nsf/web/Scholarships?OpenDocument

**Eleanor Ritchie Post-Secondary Education Scholarships for Students with ASD**
The Eleanor Ritchie Post-Secondary Scholarships is for students with ASD. These awards are named after Eleanor Ritchie, a long-standing member of ASO, in recognition of her dedication and support for individuals with ASD.

**Jeanette Holden Post-Secondary Education Entrance Scholarships for Siblings of Students with ASD**
The Jeanette Holden Post-Secondary Entrance Scholarships for Siblings of Students with ASD. These awards are named after Dr. Jeanette Holden, a sibling of an individual with ASD, in recognition of her dedication to Autism research, and her contributions to unraveling the mystery of Autism.

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**LiveWorkPlay**

www.liveworkplay.ca 613-235-9550

Enabling young people with developmental disabilities to live as included and contributing members of the community.

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**Ontario March of Dimes**

www.marchofdimes.ca/EN/programs/employment/Pages/default.aspx

**Employment Services for Clients**

Do you have a disability and are looking for work? Every year, March of Dimes Employment Services helps hundreds of people with disabilities achieve greater independence by providing job training and finding them employment.

**Why March of Dimes?**

- Proven success
- 80% of people we served last year found employment.

**Personal attention**

March of Dimes Employment Services offers dedicated Employment Specialists who help you set and reach your goals. We don't just find you the right job - we provide you with the job training, computer training and education needed to succeed.

**Preparation**

Job experience is tough to acquire when it seems like nobody will hire you. March of Dimes will help prepare you and your resume, teaching you to be a more appealing candidate on paper and in person. We'll help you acquire the job skills and experience you need to enter the labour market, tailoring our services to suit your strengths. Going beyond that, we will even work with employers to provide workplace accommodations for you if they are necessary. Whatever your needs, March of Dimes will help you find the best possible job for you.

**Experience**

For the past 55 years, March of Dimes has been dedicated to helping Canadians with disabilities achieve greater independence. Call: 613-596-3463

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**Ottawa-Carleton Association for Persons with Developmental Disabilities**

613-569-8993

Executive Director: David Ferguson

Day programs, residential programs and family support programs for people with multiple disabilities.

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**SCEL-supported community enhanced learning at the Hintonburg Community Centre**

613-798-8874

SCEL Central offers a post 21 program specifically for young adults with autism. We operate at a ratio of 1:3, and currently can accommodate up to 12 individuals each day, Monday to Friday. Hintonburg's SCEL program has a close partnership with the WAVE (Work and Volunteer Experience) program operating out of Dovercourt, which also matches up many of our participants with volunteer positions, or paid employment. We also have a very close partnership with the Autism Unit at OTSS, as our program was originally created with their graduates in mind. Other activities on our agenda include things such as: cooking, yoga, zumba, swimming, bowling, community outings and music. If this program interests you for a loved one, or an individual you support please contact Hintonburg Community Centre attention SCEL Central Autism Program at or emma.mitchell@ottawa.ca

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**Service Coordination**

All services in Ottawa, post high school can be found through this link "service coordination".

http://www.scottawa.on.ca/SITE/English/Community%20Options.pdf

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**Y’s Owl Maclure Co-operative Centre – Life Skills Training Program**

See section Life and Social Skills for a full description.

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**Carleton Heights Community Skills Centre**
Social Recreation Special Needs
1665 Apeldoorn Avenue, 613-226-2208
This is a social recreation program for adults with developmental disabilities. Participants take part in a variety of social, recreational and educational activities. The objective of this program is to further develop life-skills through social recreation.
Ages: 18-65yrs
Monday to Friday; 9am-3pm
Fee: $26.50 per day
Building social skills
Physical activity
Cooking
Arts
Monthly outings

Participants are to bring their own lunch and snacks and arrange for transportation to and from the program. Prior to registration an interview, must be conducted by contacting the Special Needs Portfolio Coordinator at 613-580-2424 ext. 29300.
This program is intended for individuals who can participate in a full day program without the support of a one-on-one worker. A 5:1 ratio is applied within this program.
Putting together the pieces of social recreation, complete your puzzle and join today!
For more information, please contact Maureen Moynahan, Program Coordinator, 613-226-2208 ext. 222

WAVE (Work and Volunteer Experience for Adults with Autism) [www.waveottawa.ca](http://www.waveottawa.ca)

WAVE (Work and Volunteer Experience) is a day program and job coaching service for adults with Autism. Founded by Dovercourt Recreation Centre (DRA) and funded by Unity for Autism the goal of the program is to help apprentices gain skills to be successful in work or volunteer placements. The WAVE program runs in three groups based on ratios (1:3; 1:6; 1:8). Each group focuses on slightly different skills with job and volunteer skills as the focus. Tasks around Dovercourt are undertaken by each group to help build skills. Placement in a group is determined upon an assessment. Attendance can be one day a week or several days of the week depending on need and program availability. Additionally, we offer a job coaching service where an apprentice begins by volunteering at a place of interest with the help of a 1:1 job coach, with hopes they can then go independently. Please visit our website for updated information and pictures.
27 Group Homes and Residential Programmes

Residential Resources - many of these groups also offer adult day programs (must be referred through Service Co-ordination)

<table>
<thead>
<tr>
<th>Christian Horizons</th>
<th><a href="http://www.christian-horizons.org">www.christian-horizons.org</a></th>
<th>613-225-5900</th>
</tr>
</thead>
<tbody>
<tr>
<td>Executive Director: Janet Nolan</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Serving adults and children with exceptional needs.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Services provided: Community Residences, Individual Support Services, Supported Independent Living Day Supports</td>
<td>Community Support Services Family Home Services.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Developmental Services Ontario Eastern Region (DSOER)</th>
<th>613-748-1788</th>
</tr>
</thead>
<tbody>
<tr>
<td>To assist in identifying services available to individuals over the age of 18 with a developmental disability. These services include residential, day programs, employment, health, community events, housing, respite, financial (ODSP/SSAH) and social programs</td>
<td></td>
</tr>
<tr>
<td>Access on Service Co-ordination’s website: <a href="http://www.scsottawa.on.ca">www.scsottawa.on.ca</a></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Greenland Country Haven</th>
<th><a href="mailto:Greenland@ripnet.com">Greenland@ripnet.com</a></th>
<th>613-806-0690</th>
</tr>
</thead>
<tbody>
<tr>
<td>Group home opening September 1st for teens and adults (16+) with special needs. Staff includes RN, PSWs, DSWs and a Supervisor. Ratio of staff to clients is 1:2 or 1:3 depending on individual needs. Respite and day programs are also available. It will be operating as a Home Share Program, where a couple or a single person will live on the premises in a supervisor/parent role. Please contact Debra McLean at <a href="mailto:Greenland@ripnet.com">Greenland@ripnet.com</a> for more information. Due to numerous requests, we are also offering short-term weekend respite care for adolescents 12-16 years of age</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Innovative Community Support Services</th>
<th><a href="http://www.icss.ca">www.icss.ca</a></th>
<th>613-824-9424</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Taken from their Mission Statement) A non-profit organization committed to creating and providing families and individuals with innovative, high-quality and cost effective community based programs and services that promote a stron sense of well being while making a positive contribution to our culturally diversified community. Contact is Chantale Sauvé. See also their Sow and Grow Farm.</td>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>L'Arche Ottawa</th>
<th>613-228-7136</th>
</tr>
</thead>
<tbody>
<tr>
<td>L’Arche Ottawa began in the national capital region in 1972. Today we are 30 core members and 18 assistants living in 7 homes as well as members of the coordinating team and a number of live-out and part-time support persons.</td>
<td></td>
</tr>
<tr>
<td>We have a spacious, modern community center where we gather for Monday evening community nights and on many other special occasions. If you're in the area, you are welcome to join us during a community gathering. We meet on most Monday evenings, but please call the office for exact times and dates.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ontario Community Living Passport Mentoring</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>The Passport Mentoring Initiative has been in effect in multiple regions throughout Ontario for the past 7 years and was only introduced to the Ottawa region last September. The goal of Passport Mentoring is to help any student with an intellectual disability aged 14 to 21 and enrolled in High School, explore their interests and help to connect them with a person from the community with a shared interest. This provides students with the chance to explore pursuing their interest as an option after High School in regards to future employment, post secondary education, or volunteer opportunities. It gives them the chance to network and expand their connections within our area. Simply put, we are trying to help connect young people to the community so they can pursue what they love and reach their full potential! Contact Dana LaBrash <a href="mailto:dlabrash@communitylivingontario.ca">dlabrash@communitylivingontario.ca</a></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ottawa-Carleton Association for Persons with Developmental Disabilities</th>
<th>613-569-8993</th>
</tr>
</thead>
<tbody>
<tr>
<td>Three group homes (14 beds) as well as SSLUs for adults with developmental disabilities.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ottawa-Carleton Life Skills Incorporated</th>
<th>613-596-6140</th>
</tr>
</thead>
<tbody>
<tr>
<td>Group homes and SSLUs for adults with developmental disabilities. Executive Director: David Ferguson</td>
<td></td>
</tr>
<tr>
<td>Day programs, residential programs and family support programs for people with multiple disabilities</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ottawa Foyers Partage</th>
<th>613-230-6171</th>
</tr>
</thead>
<tbody>
<tr>
<td>Three group homes (9 beds) for adults with multiple disabilities. Also a workplace at Computer Wise.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ottawa Independent Living Resource Centre</th>
<th>Melissa D'Amora</th>
<th>613-236-2558</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Youth Empowerment &amp; Transition Program assists youth with all/cross disabilities in the Ottawa area in achieving their personal goals of independence. The program is particularly for youth 16 to 25 years old and focuses on empowerment and transition, therefore we offer a variety of activities including skills workshops, healthy eating, physical activities, and social outings. The program also provides support for those individuals who are dealing with transition, for example high school to college/university/work or living with parents/caretakers to living on your own. The skills and encouragement resulting from such a program will ultimately aid young adults to pursue an autonomous lifestyle in concordance with the Independent Living Movement.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Youth Empowerment and Transition Program
Ottawa Independent Living Resource Centre
B010 - 75 Albert St, Ottawa, ON K1P 5E7
Tel: (613) 236-2558
Fax: (613) 236-4562
programs@oilrc.com

<table>
<thead>
<tr>
<th><strong>Solution-s</strong></th>
<th><strong><a href="http://www.solution-s.ca">www.solution-s.ca</a></strong></th>
<th><strong>613 249-8593</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Taken from the website: The mandate of Solution-s clinical supports and services is to provide support to individuals with intellectual disability and their families and caregivers, who are coping with complex conditions and circumstances that can lead to crisis situations. Solution-s works in collaboration with the person’s environments and all people involved, to help identify and deal with those conditions and circumstances. The goal is to develop an overall plan to prevent or alleviate crisis events and to respond to them when they occur.</td>
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<table>
<thead>
<tr>
<th><strong>Tamir Foundation</strong></th>
<th><strong>613-725-3519</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Executive Director: Mark Palmer</td>
<td></td>
</tr>
<tr>
<td>Residential and Outreach programs for people with developmental disabilities</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Total Communication Environment</strong></th>
<th><strong>613-228-0999</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Providing homes to developmentally handicapped individuals</td>
<td></td>
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<table>
<thead>
<tr>
<th><strong>Ottawa Carleton Lifeskills Inc</strong></th>
<th><strong>613-254-9400</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Executive Director: Jocelyne Paul</td>
<td></td>
</tr>
<tr>
<td>Life skills training and residential support</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Bairn Croft Residential Services Inc.</strong></th>
<th><strong><a href="http://www.bairncroft.com">www.bairncroft.com</a></strong></th>
<th><strong>613-841-6844</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Louise MacNeil, Program Manager. 1439 Youville Drive, Orleans FAX: 613-841-5344,</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Residential care for individuals with developmental delays and dual diagnosis, typically autism spectrum disorder.</td>
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<thead>
<tr>
<th><strong>Grandriver View Homes</strong></th>
<th><strong>613-835-2324</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Residential care for individuals with developmental delays</td>
<td></td>
</tr>
</tbody>
</table>
28 Financial Support and Housing

**Assistance for Children with Severe Disabilities (ACSD).**
It comes from the same ministry as SSAH. I've included the ministry's website, as well as two descriptions, they have different examples of what it can be used for.
Ministry Website (poor description, but official site):
http://www.children.gov.on.ca/htdocs/English/topics/specialneeds/disabilities/index.aspx

A very well done description by Respite Services (Waterloo):

Another good description from Peel region:

**Easter Seal Society**
Grant for incontinence supplies for children and youth.

**Habitat for Humanity-NCR**
We aim to build simple, decent, affordable homes for low income working families. We look to help provide long term solutions through our home ownership program by giving low income families a chance to own their own home by offering an interest-free mortgage and no down payment. There is an application process for interested families, and once someone has been selected, they partner with Habitat and volunteer their time to build their home with the help of the community. Contact: Kimberlie Montagner, Community & Family Relations Coordinator phone: (613) 749-9950 ext. 225; fax (613) 749-8991; cell (613) 292-5032 communications@habitatncr.com

**Assistance for Children with Severe Disabilities**
A program for families making less than $60,000 gross income per year to help with the additional costs of raising a child with a disability. Related to this is the **Fitness Tax Credit**, good up until the year the child turns 18, consistent with other federal tax measures targeted to children with disabilities. As well, the Income Tax Act will be amended to introduce and additional $500 non-refundable amount for DTC-eligible children subject to spending a minimum of $100 on registration fees for an eligible program. This additional non-itemizable amount recognizes the extra costs that children with disabilities may encounter in participating in programs of physical activity, notably with regard to specialized equipment, transportation and attendant care.
http://www.prontario.org/creditFAQ.htm

**www.jenniferashleighfoundation.ca**
The Jennifer Ashleigh Foundation assists children who are chronically or seriously ill, are 21 years of age or under and whose permanent residence is in Ontario. Family income impacts on granting decisions. We will consider requests for assistance in the following areas as they are related to the child’s illness:
- Emergency financial relief
- Respite for a pre-determined period of time
- Developmental therapies (excluding Hyperbaric Oxygen Treatment)
- Educational programs, materials, instruction
- Specially adapted computer equipment and software
- Medical treatments not covered by government health plans or insurance
- Recreation that promotes a child's involvement in the community.
Please call the Foundation office at (905) 852-1799 and ask for a Request for Assistance form. The form may be completed by the child's parent, physician, therapist, social worker, teacher or community liaison.

**The BEAR Children’s Fund (radio station 106.9)**
The BEAR Children’s Fund was established at the launch of The BEAR in September of 1994 for the purpose of donating money to assist children’s charities and causes that make the quality of life better for children in the Ottawa-Carleton region. Fund-raising for The BEAR Children’s Fund continues year round with 100% of all monies raised going into the fund to help children.
If you would like more information on how to receive help from The BEAR Children’s Fund or make a donation call The BEAR Monday to Friday 8:30 to 5:00pm. Or write to:
The BEAR Children's Fund
1504 Merivale Rd
Ottawa, ON  K2E 6Z5
Main Number: (613) 225-1069 Toll-free: 1-800-754-1069
Contest FAX: (613) 226-8480 Business FAX: (613) 226-3381
Studio line for requests & contests: (613) 750-1069
General Inquiries - bearinfo@thebear.fm

**www.thebear.fm**
The Max Keeping Foundation  www.maxkeeping.com  613-274-4304
Cathy Cavanaugh is the contact for the Max Keeping Foundation. They may provide financial assistance for your child. Your request will be reviewed by the Board of Directors and you will be notified of the decision within 3-4 weeks.

The Max Keeping Foundation
c/o P.O. Box 5813  Merivale Depot
Ottawa, Ontario  K2C 3G6
Email: foundation@igs.net

The President's Choice® Children's Charity (PCCC)
The President's Choice® Children’s Charity (PCCC) is dedicated to helping children who are physically or developmentally challenged. Our aim is to remove some of the obstacles that make everyday living difficult and to provide these young people with a renewed sense of dignity, independence and freedom.  http://www.presidentschoice.ca/LCLOnline/aboutUsCharityHelpOntario.jsp

Special Services at Home  613-787-4064
Services:  Application for funding developmental programming and family relief.
Related to this is the following information about the funding and its uses:
SSAH Provincial Coalition's website:  www.ssahcoalition.ca
WE have now placed a "Bill of Rights for Families who use SSAH”. Please share this printable flyer with families who use SSAH, the only source for individualized funds in Ontario.

Fee assistance program for the City of Ottawa  (go to your local community centre)
If you are a recipient of ODSP or ACSD, you may qualify for fee assistance for community centre-based programs through the City of Ottawa. Fee assistance is salary based.
## Preschools

### The Beacon Learning Centre
613-741-3422
The staff has experience working with children with ASD.

### Bells Corners Nursery School
[www.bccns.ca](http://www.bccns.ca) 613-828-6011
Has been recommended by parents on autism support Ottawa list.

### Centre psychosocial pour enfants et familles d'Ottawa
613-789-2240 ext 212
Segregated preschool setting which is now operating 11 months of the year on a full-time basis. It will take up to 6 children and the service will now include community integration activities. Parents can obtain more information about registration, intake and needs by contacting Kathleen Riley at 742-0884 or [Kathleen.riley@cepeo.on.ca](mailto:Kathleen.riley@cepeo.on.ca). For more information on this initiative, please contact Le Chapitre francophone d’Ottawa (Denise Leroux: 834-4257 or Huguette Boisvert: 722-2482).

### Charlemagne Child Care Services
[www.charlemagneccs.com/index.html](http://www.charlemagneccs.com/index.html) 613-834-0081
Has been recommended by parents on autism support Ottawa list. Nursery school is offered by the Ottawa Catholic Care Corporation. They offer nursery school program, drop in groups and a toy library.
750 Charlemange Blvd. (located on the North Side of St. Peter’s High School).

### Children’s Integration and Support Services
613-736-1913
Part of Andrew Fleck Childcare Services and Childcare Information. Will assist you in finding a preschool (subject to availability) and provide support to children/preschool in an integrated setting. English contact is Susan Spence (ext 231) French contact is Marie Josée Landry (ext. 233).

### Early Start Denver Model
This program is located Portia Learning Centre, Kanata, and is directed by Certified ESDM trainer, Rachael Riethman.
For additional information please contact Portia Learning Center at (613) 591-9966 or email [info@portialearning.com](mailto:info@portialearning.com).

### Glen Cairn Co-operative Nursery School (Kanata)
[www.gccp.ca](http://www.gccp.ca) 613-836-3318
Has experience working with children with ASD.

### Katimavik Cooperative Nursery School
[www.kcns.ca](http://www.kcns.ca) 613-860-0912
Also recommended by a parent on the autism support list.

### Royal Ottawa Hospital
Marie Guinan 613-722-6521 ext 6516
Therapeutic school for children ages 3.8-5 (kindergarten equivalent). Half-days only, for children with developmental delays and not limited to ASD children. Referral required.

### South Nepean Autism Centre (S.N.A.C)
[barfrc@on.aibn.com](mailto:barfrc@on.aibn.com)
For more information contact:
Dale O'Reilly Manager of S.N.A.C. Resource Centre
Barrhaven Childcare Centre
56 Kennevale Dr. Ottawa
613-825-9385 ext.14

### Spectrum Intervention Group
For description and contact information, refer to the section **Behavioural Consultants**.

### Thursday’s Child Nursery School
V1.0 (ext 231)
Information and referral: Susan Spence 613-736-1913 ext. 231.[spence@afchildcare.on.ca](mailto:spence@afchildcare.on.ca).
## 30 Day care Providers/Care-givers

<table>
<thead>
<tr>
<th>Centre Name</th>
<th>Email</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Andrew Fleck Day Care Centre</td>
<td><a href="mailto:group@afchildcare.on.ca">group@afchildcare.on.ca</a></td>
<td>613-789-4100</td>
</tr>
<tr>
<td>George Street Andrew Fleck Day Care Centre</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Barrhaven Childcare Centre</td>
<td><a href="mailto:barfrc@on.aibn.com">barfrc@on.aibn.com</a></td>
<td>613-825-9385 ext.14</td>
</tr>
<tr>
<td>Contact: Dale O'Reilly, Manager Resource Centre.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>56 Kennevale Dr., Ottawa</td>
<td></td>
<td></td>
</tr>
<tr>
<td>MTJB (More Than Just Babysitting) Child Care Centre</td>
<td></td>
<td>613-258-4710</td>
</tr>
<tr>
<td>The director’s name is Julie and the centre is in Kemptville.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jo Anne Sheldrick</td>
<td><a href="mailto:j.sheldrick@sympatico.ca">j.sheldrick@sympatico.ca</a></td>
<td></td>
</tr>
<tr>
<td>Private daycare provider in Metcalfe.</td>
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<tr>
<td>Military Family Resource Centre Daycare</td>
<td></td>
<td>613-998-9358</td>
</tr>
<tr>
<td>Open to military and non-military families.</td>
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</tbody>
</table>
31 Private Schools

I have several emails with various comments from parents on this topic. For the sake of brevity, I am just listing the possibilities with contact information. If you would like more information or opinions, I would suggest writing to the Autism Support Ottawa List (DB): autismsupportOttawa@yahoogroups.com

<table>
<thead>
<tr>
<th>School</th>
<th>Contact Information</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Astolot</td>
<td><a href="mailto:astolot@rogers.com">astolot@rogers.com</a></td>
<td>613-260-5996</td>
</tr>
<tr>
<td>1187 Bank Street, Ottawa. Principal: Jennifer Cowan</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Edelweiss Private Academy</td>
<td><a href="http://www.edelweissprivateacademy.com">www.edelweissprivateacademy.com</a></td>
<td>613-225-9273</td>
</tr>
<tr>
<td>Edelweiss Private Academy was created to help children with exceptionalities achieve their academic goals. The program is geared towards children who are transitioning out of IBI into regular schools or for children who are not succeeding in the public education system. All classes have small ratios (6 to 1). The focus is to teach the provincially approved curriculum for grades 1 through 6 (elementary only) while catering to the children’s individual needs. Please note that a psychologist will be required to supervise each child once a month. Please also note that the nature of the school may be accepted for coverage by your health benefits insurer. As well, TIPES senior staff will be supervising each student once every other week. This amount will be paid to TIPES as they will be consulting to the school.</td>
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<tr>
<td>Educarium</td>
<td></td>
<td>613-747-4646</td>
</tr>
<tr>
<td>419 St. Laurent Blvd, Ottawa, K1K 2Z8. Principal: Pierrette Mathews</td>
<td></td>
<td></td>
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<tr>
<td>Heritage Academy of Learning Excellence</td>
<td></td>
<td>613-722-0133</td>
</tr>
<tr>
<td>207 Bayswater, Ottawa, K1Y 2G5. Principal: Louise Ward</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kanata Academy</td>
<td></td>
<td>613-599-5399</td>
</tr>
<tr>
<td>2 Beaverbrook Rd, Kanata, K2K 1L1. Principal: Jean Slinn Higgins</td>
<td></td>
<td></td>
</tr>
<tr>
<td>March Academy</td>
<td><a href="http://www.marchacademy.ca">www.marchacademy.ca</a></td>
<td>613-832-3784</td>
</tr>
<tr>
<td>A private learning institution for students from grades 1 to 6, with a special emphasis on individual learning styles. (Director: Kerry Armitage) 325 Sandhill Road, Kanata</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mindware Academy</td>
<td><a href="http://www.mindware.ca">http://www.mindware.ca</a></td>
<td>613-591-3485</td>
</tr>
<tr>
<td>Has grades 1-8, located at 985 Pinecrest. Also has summer camp programmes.</td>
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<td></td>
</tr>
<tr>
<td>Redeemer Christian High School</td>
<td></td>
<td>613-723-9262</td>
</tr>
<tr>
<td>82 Colonnade Rd N, Nepean, K2E 7L2. Principal: Leo Van Arragon.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Turnbull Academy</td>
<td></td>
<td>613-729-2273</td>
</tr>
<tr>
<td>1132 Fisher Ave, Ottawa, K1Z 6P7. Principal: Gareth Reid/Dianne McArthur</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tancook Bell</td>
<td></td>
<td>613-730-3970</td>
</tr>
<tr>
<td>15 Aylmer Ave, Ottawa, K1Y 1W1. Principal: Lee Anne Boucher/Bonney Hunt</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
32 Educational Services

<table>
<thead>
<tr>
<th>Educational Services</th>
<th>Contact Information</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adaptive Learning Program</td>
<td>Margo Gowing 613-727-1872</td>
<td>Educational program for adults with developmental delays <a href="http://www.ocdsb.ca/programs/continuweb/adaptive%20program/Pages/default.aspx">http://www.ocdsb.ca/programs/continuweb/adaptive%20program/Pages/default.aspx</a></td>
</tr>
<tr>
<td>PRISMS OPTIONS PROGRAMS</td>
<td><a href="http://prismsoptions.wix.com/home">http://prismsoptions.wix.com/home</a></td>
<td>for Teens and Adults with Special Needs (including developmental disabilities and autism)</td>
</tr>
<tr>
<td>About Prisms Options Programs</td>
<td></td>
<td>(P.O.P) is a group of dedicated parents who invest their time and efforts to create continuing education programs as well as social and recreational opportunities for teens and adults who are differently-abled. It provides social, recreational and educational programs for teens and adults with special needs (including autism/developmental disabilities) or e-mail <a href="mailto:prismsoptionsprograms@gmail.com">prismsoptionsprograms@gmail.com</a></td>
</tr>
<tr>
<td>Spectrum Intervention Group</td>
<td></td>
<td>For description and contact information, refer to the section Behavioural Consultants.</td>
</tr>
<tr>
<td>Thinking in Pictures Educational Services (T.I.P.E.S)</td>
<td></td>
<td>For description and contact information, refer to the section Behavioural Consultants.</td>
</tr>
</tbody>
</table>
33 Special Education Advocates

Horizon Education Consulting  www.horizoned.ca  613-612-6842
Contact: Monika Ferenczy  Email: info@horizoned.ca

Phoenix Paralegal  www.phoenixparalegal.ca  613-294-4380
Contact: Tami Cogan. I am an educational advocate and focus on disability accommodations. If there is anything I can do to help, please let me know. Email: info@phoenixparalegal.ca

Tammy Robinson  tamrobinson@sympatico.ca  613-523-9173
An advocate in the Ottawa area.

For assistance with services for children with special needs (provincial), visit www.familynet.on.ca

Child Advocacy Project (CAP)  1-416-977-4448 ext. 226
CAP is dedicated to safeguarding the education rights of children and youth across Ontario. The volunteer lawyers who take CAP cases are experienced and trained in Education Law. CAP lawyers work for free.
CAP lawyers provide free legal services to:
  ▶ Students who are involved in the Special Education process.
  ▶ Children and youth who are at risk of being suspended or expelled.
  ▶ Young people who are living independently.
34 School-Related Problems, Issues and Information

In Version 2.0 of the document, I removed most of the information in this section. The Special Needs Roadmap contains the deleted information already.

34.1 Ministry Information

The main ministry website provides links to lots of information (i.e.: http://www.edu.gov.on.ca/eng/parents/speced.html.

Special Education Overview

Many, many links to almost every document about spec ed by the ministry: http://www.edu.gov.on.ca/eng/general/elemsec/speced/speced.html

How our schools are governed: The Education Act

www.e-laws.gov.on.ca/html/statutes/english/elaws_statutes_90e02_e.htm

34.2 The Ontario Special Needs Roadmap For School

Do you struggle with knowing what to do to help your child with special needs in school. The Ontario Special Needs Roadmap is the culmination of over a year and a half of research that has been compiled in this new interactive school roadmap to help parents navigate the system. The roadmap explains what the different processes mean and how they impact your child.

This roadmap is your GPS to navigate the education system in Ontario for all children with special needs.

www.specialneedsroadmaps.ca

34.3 A Shared Responsibility: Ontario's Policy Framework for Child and Youth Mental Health, 2006

http://www.gov.on.ca/children/graphics/stel02_179874.pdf

Report of the Interim Parent Involvement Advisory Board, 2006

http://www.edu.gov.on.ca/eng/parents/parentinvolvement.pdf

Effective Education Practices for Students with Autism Spectrum Disorders

http://www.edu.gov.on.ca/eng/general/elemsec/speced/autismSpecDis.html

Making a Difference for Students with Autism Spectrum Disorders in Ontario Schools: From Evidence to Action, 2007


Education Funding Technical Paper 2008-9


34.4 Regarding suspensions:

http://www.edu.gov.on.ca/eng/safeschools/NeedtoKnowSusp.pdf and if you need legal help to appeal a school decision:


34.5 Post Secondary Transitions

This guide is a way for students with disabilities to arm themselves with knowledge they need to access resources at college and university and to make a successful transition from secondary to post-secondary school.

http://www.transitionresourceguide.ca/

34.6 AUTISM ZEITGEIST

For the newer members of the group or those in the IBI program ... please visit http://www.autismzeitgeist.com

This IBI/ABA informational website was created by a mom to help families navigate the government’s Autism Intervention (IBI) Program in Ontario. It's chock-full of information and resources ideal for families who are about to enter or who are already receiving IBI services. Download example ISP’s, Behaviour Management Plans, DFO GuideBook, Service Option Contracts and view other important supervision information for this ministry funded program??
35 Scholarships

The following information deals with scholarships for individuals interested in research in the area of autism and for students with ASD.

For additional information, visit

**Eleanor Ritchie Post-Secondary Education Scholarships for Students with ASD**
The Eleanor Ritchie Post-Secondary Scholarships is for students with ASD. These awards are named after Eleanor Ritchie, a long-standing member of ASO, in recognition of her dedication and support for individuals with ASD.

**Jeanette Holden Post-Secondary Education Entrance Scholarships for Siblings of Students with ASD**
The Jeanette Holden Post-Secondary Entrance Scholarships for Siblings of Students with ASD. These awards are named after Dr. Jeanette Holden, a sibling of an individual with ASD, in recognition of her dedication to Autism research, and her contributions to unraveling the mystery of Autism.
36  Tax Credit Information

www.cra-adrc.gc.ca

You will need the original T2201 (Disability Tax Credit Certificate). Please check the website for details.

For back-dating disability tax credits (taken from their website): By mail: Send both of the following to your
http://www.cra-arc.gc.ca/tax/individuals/faq/t1filingaddress-e.html tax centre:

a completed form:
http://www.cra-arc.gc.ca/E/pbg/t/t1-adj/README.html T1-ADJ T1

Adjustment Request, or a signed letter providing the details of your request (including the years of the returns you want us to change), your social insurance number, an address, and a telephone number where we can reach you during the day; and supporting documents for the changes you want to make and, if you have not sent them to us before, supporting documents for your original claim.

Note: Previously, you could request adjustments to returns for 1985 or subsequent tax years. Under proposed legislation, after December 31, 2004, only requests relating to tax years ending in any of the 10 calendar years before the year you make the request, will be considered. For example, a request made in 2005 must relate to the 1995 or a subsequent tax year to be considered.

It is better to claim this tax credit under the parent (or similar to parent) with higher income because it may reduce his/her Ontario surtax. Please remember this credit is non-refundable, which means you won't be refunded more than the tax you paid for the tax year.

More information can be found on the website www.cra.gc.ca

http://www.cra.gc.ca/ with information regarding disabilities at same website plus /disability

Re: Claiming ABA hours Hours of service are fully deductible but materials are specifically excluded under Section 118.2 of the Tax Act. The exclusion of materials was confirmed by the Tax court in Mandas v The Queen in 2002


Materials used in therapy do not meet the definition of "medical devices" so are not deductible - not fair but that is the law. However, service providers can expense the cost of materials as a business expense since this is an "expenditure in the nature of trade" (where cost is reasonable, abuse of deductible rules would be deemed if expensive items [say over $250] was being expensed, expensive items need to be set up as assets and the Capital Cost Allowance [depreciation for tax purposes] rules apply). Doctor direction and supervision makes ABA therapy HST tax free since psychology services are statutorily tax exempt. If this is the first year of ABA therapy cost deduction an item to note is that you can refile for every year from the date of birth of the child (maximum 10 years back) and claim the disability tax credit for years prior to the diagnosis date.

Sue Kent  sbk@kentgroup.net
Recommended by a parent for help with the Disability Tax credit.

Denis Chainé, CPA, CA, Partner  dchaine@logankatz.com (613) 228-8282 ext 115

RSDP Tax Credit Information

Northern Lights  www.northernlightscanada.ca  613-668-7483

Northern Lights Canada has been contracted by the Government of Canada to provide information sessions related to the Registered Disability Savings Plan (RDSP). The RDSP is a savings program to help Canadians with disabilities and their families to save for the future. Our staff can provide a free information session for organizations and clients who would like to learn more about the RDSP, its features and benefits, steps involved in becoming eligible, as well as where to get additional information and assistance.

Northern Lights Canada is a privately-owned Canadian organization with 25 years of experience providing services for individuals living with disabilities. Our goal is to assist individuals to learn more about the RDSP in order to decide if it is right for them, however, we are not selling this plan.

*To arrange an information session at your location or for clients you serve, please contact Brad Scott at 613-668-7483 or register through our website, at *www.northernlightscanada.ca.

For further information about the RDSP, please visit the Human Resources and Skills Development Canada website, at www.disabilitysavings.gc.ca.
# Guardianship and Trust Funds

**Henson Trust**

Gives you the information on establishing a trust fund and assigning a guardian for your disabled child in the event of your death.  

<table>
<thead>
<tr>
<th>Name</th>
<th>Email</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>Eric Honey</td>
<td><a href="mailto:honeymac@rogers.com">honeymac@rogers.com</a></td>
<td>613-722-2493</td>
</tr>
</tbody>
</table>

**Services:** Lawyer who deals with Henson Trusts, wills and estates and assists families with someone who has a disability and persons with disabilities.

**Neff Law Office Professional Corporation**  
[www.nefflawoffice.com](http://www.nefflawoffice.com)

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<tr>
<th>Name</th>
<th>Email</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Donna Neff</td>
<td><a href="mailto:donna.neff@nefflawoffice.com">donna.neff@nefflawoffice.com</a></td>
<td>613-836-9915</td>
</tr>
</tbody>
</table>

**Services:**  
A local law firm with a focus in wills, estates, powers of attorney, and trusts including Henson Trusts. **Donna Neff** is the principal lawyer and is a Certified Specialist in Estates and Trusts Law. Although her clients include singles, couples, families, and seniors, Donna has a particular interest in individuals with a disability as she has experienced such needs within her own family. Donna has been invited to present many estate-planning seminars to a wide range of corporate and community groups, including the Ottawa Children's Treatment Centre (OCTC). Neff Law Office P.C. has many relevant articles on its website and blog regarding Henson Trusts and providing for family members with disabilities at [www.nefflawoffice.com](http://www.nefflawoffice.com)

Neff Law Office Professional Corporation  
1869 Maple Grove Road  
(Ottawa) Stittsville, Ontario K2S 1B9  
Canada 613-836-9915 x 225  
General inquiries can be sent to senior law clerk: lisa.meabry@nefflawoffice.com who deals with Henson Trusts, wills and estates and assists families with someone who has a disability and persons with disabilities.  
Fax: 613-836-7123 or go to her website: [www.nefflawoffice.com](http://www.nefflawoffice.com)

**Kenneth C. Pope**  
[www.kpopelaw.ca](http://www.kpopelaw.ca)

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<tr>
<th>Name</th>
<th>Website</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Kenneth C. Pope</td>
<td><a href="http://www.kpopelaw.ca">www.kpopelaw.ca</a></td>
<td>613-567-8230</td>
</tr>
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</table>

**Services:** Specializes in wills with Henson Trusts, dealing with ODSP benefits and assistance with disability tax credits and caregiver credit back filing.

**Harland Tanner**

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<th>Name</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Harland Tanner</td>
<td>613-238-2244</td>
</tr>
</tbody>
</table>

**Services:** Specializes in wills and estates.
38 Personal Security and Safety

**Amber Alert GPS Canada**
Child protection and tracking service. Please check out their website: [www.amberalertgps.ca](http://www.amberalertgps.ca)

**ChildTrac**
GPS device to locate loved ones.

**Finding the Way**
Tracking number system designed to assist children with communication difficulties. Please check out their website: [www.findingtheway.ca](http://www.findingtheway.ca)

**Pocket Finder**
Recommended by a list mate:
It's the size of a stopwatch (we put it in his coat sleeve pocket) and it uses GPS to track his location on-line, to a very precise area, in real time. It also allows you to track where your child has been the entire day. Cost is $150 from the Apple Store, the first 2 months are free and it costs $12.95 per month.

**Brickhouse Security Systems**
Recommended by a list mate.

**Road ID**
Recommended by a list mate as an identity bracelet or ankle band:
“I highly recommend Road ID for anyone wanting an ID bracelet or ankle band or shoe ID for their autistic child (or themselves). They have other cool stuff as well, especially reflective products so you can be seen at night. If you use the URL [http://www.roadid.com/?referrer=3564](http://www.roadid.com/?referrer=3564) for Road ID, Alex will make commission on any sales made through that link.”

**Iloc Technologies**
Personal GPS and tracking devices

**Stuck on You**
Services: This site has clothing labels, vinyl wrist bands with your child’s name and phone number, shoe labels etc, and other vinyl labels (ie nut free zone etc) that might be of some use.
39 Transportation

**Driving Miss Daisy**  [www.drivingmissdaisy.net](http://www.drivingmissdaisy.net)
We offer accompaniment and companionship while providing safe and reliable transportation for seniors and any others, of any age group, with special needs. Driving Miss Daisy has recently expanded in Ottawa and now offers our client-tailored services throughout most of the city. Should anyone in your group require extra assistance with transportation please let me know.
To view the Ontario franchisees see this link: [http://www.drivingmissdaisy.net/en/?option=com_content&view=article&id=8&Itemid=113#Ontario](http://www.drivingmissdaisy.net/en/?option=com_content&view=article&id=8&Itemid=113#Ontario)

From a parent: accommodating and reliable (CT).

**Para Transpo**  613-244-1289
This is from a person from the OCDSB: “I have had a great deal of cooperation with para transpo accepting our students for the services they offer. At first they are refused but if called and the situation is discussed (i.e. the student is unable to take OC Transpo because of autism but needs transportation to go to work) they will agree to accept the individual with autism.”

**Stock Transportation**  613-820-0500
Note from a parent: willing to take up to 5 children.

**Summer Transportation Services**  613-723-9677
Note from a parent: They are reliable, bonded and have done reference checks on their drivers.
40  Resources (materials, pictures, equipment etc.)

<table>
<thead>
<tr>
<th>All About Kids</th>
<th>Store that sells educational materials and supplies.</th>
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</thead>
<tbody>
<tr>
<td>AutismPro</td>
<td>Meaghan Seagrave <a href="mailto:seagrave@vecinc.com">seagrave@vecinc.com</a> 506-474-8130</td>
</tr>
<tr>
<td></td>
<td>We are Virtual Expert Clinics (<a href="http://www.vecinc.com">www.vecinc.com</a>) and have a product that allows parents and professionals to design tailored intervention plans for children with ASD. Our product is called AutismPro (<a href="http://www.autismpro.com">www.autismpro.com</a>).</td>
</tr>
<tr>
<td></td>
<td>Product: AutismPro – A web based application that allows parents and professionals to design tailored intervention plans for children with ASD. This educational, research based tool provides parents with immediate anywhere access for cost-effective and convenient treatment without having to wait for government sponsored services. It provides parents and professionals with 24-hour access to the information they need to answer questions on-the-fly or reference a child’s specific treatment program details including: What to do (Goals) and How to do it (Lesson Plans, Strategies and Supports). <a href="http://www.autismpro.com">www.autismpro.com</a></td>
</tr>
<tr>
<td></td>
<td>Focus: Children with developmental delays from 9 months to 7 years.</td>
</tr>
<tr>
<td></td>
<td>Services Offered: Online tailored intervention curriculum planning</td>
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<tr>
<td>Grandriver Toys</td>
<td><a href="http://www.grandrivertoys.com">www.grandrivertoys.com</a></td>
</tr>
<tr>
<td>Tangle Creations</td>
<td><a href="http://www.tanglecreations.com">www.tanglecreations.com</a></td>
</tr>
<tr>
<td>Hetland Multimedia</td>
<td>Sells PIX IT, a computer software program that allows you to print off photographic flash cards from your own computer. Great for use in ABA therapy, but can be used for children with other disabilities as well. If you child is a visual learner, this is the software for you!</td>
</tr>
<tr>
<td></td>
<td>Website: <a href="http://www.hetlandmultimedia.com">www.hetlandmultimedia.com</a> Email: <a href="mailto:pixit@hetlandmultimedia.com">pixit@hetlandmultimedia.com</a></td>
</tr>
<tr>
<td>Maximum Potential</td>
<td>Garrett Butch</td>
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<tr>
<td></td>
<td>“My company has created courses that teach parents and teachers how to do ABA therapy in the home or in the class room. Our programs were developed for people who could not afford therapy, those who do live near a therapist and those who just want to add hours. Please take a look at our website <a href="http://www.maximumpotentialkids.com">www.maximumpotentialkids.com</a>. We are based in the US, but our products can be shipped all over the world”.</td>
</tr>
<tr>
<td>Once upon a Childhood</td>
<td><a href="http://www.onceuponachildhood.ca">www.onceuponachildhood.ca</a> 613-821-4237</td>
</tr>
<tr>
<td></td>
<td>I am a parent of two teens on the spectrum and have taken workshops and courses (Autism Intervener--level 1) to broaden my knowledge of Autism Spectrum Disorders. I have had a photography business on the side for over 15 years. I understand many of the challenges families face when trying to get a decent family photo, or portrait of their ASD child. I believe I can help. Contact: Cindy Girard: <a href="http://www.onceuponachildhood.ca">www.onceuponachildhood.ca</a> 613-821-4237</td>
</tr>
<tr>
<td>Autism Resale Canada</td>
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<tr>
<td></td>
<td>This is a new Yahoo group called “Autism Resale Canada . If you have any therapy related items (big or small) you would like to resell please join the group here: <a href="mailto:Autism_Resale_Canada-subscribe@yahoogroups.com">Autism_Resale_Canada-subscribe@yahoogroups.com</a> I know there is a U.S based resale group, but Canadians are often faced with high shipping costs and Customs issues. Please spread the word. Items you no longer need could benefit another Canadian family.</td>
</tr>
<tr>
<td>Discovery Learning Store (see telephone directory for store near you)</td>
<td>Store that sells educational materials and supplies.</td>
</tr>
<tr>
<td>Scholar’s Choice</td>
<td><a href="http://www.scholarschoice.ca/">http://www.scholarschoice.ca/</a> 613-729-5665</td>
</tr>
<tr>
<td></td>
<td>Carlingwood Mall, 2121 Carling Avenue (At Woodroffe Avenue) Unit #126, K2A 1H2 Store that sells educational materials and supplies.</td>
</tr>
<tr>
<td>Special Finds</td>
<td><a href="http://www.sfinds.com">www.sfinds.com</a> 613-294-0474</td>
</tr>
<tr>
<td></td>
<td>Taken directly from her website—please note there is a store in Stittsville open by appointment Providing Essential Health and Support Products to Parents and Caregivers Having a dedicated researcher and buyer for specialty products, we can save you valuable time that would otherwise be spent shopping and scouring the internet. We provide solutions to those families and caregivers that really need the extra help at this point in their lives. If you cannot find what you need on the website, let us know. We can help. Contact our Product Specialist at (613) 294 0474 or by email <a href="mailto:Natalie@sFinds.com">Natalie@sFinds.com</a></td>
</tr>
<tr>
<td><strong>Special Needs Equipment Exchange (SNEES)</strong></td>
<td>1445 Carling Avenue, Ottawa  Contact: - Stacey North - 613 724 5586 x 225</td>
</tr>
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<td>-------------------------------------------</td>
<td>---------------------------------------------------------------------</td>
</tr>
<tr>
<td><strong>Two Special Hearts</strong></td>
<td><a href="http://www.twospecialhearts.yolasite.com">www.twospecialhearts.yolasite.com</a>  Website providing therapeutic sensory products.</td>
</tr>
</tbody>
</table>
41 Website Resources

Some of these websites are American and some are similar to online stores. Most of these websites have free downloadable sheets and activities you can do online and/or print off.

A general description (and thoughts) about the content of the web pages have been given. I’ve tried to classify each web page to make it easier to find what you are looking for. Some webpages didn’t really fit in any category so I’ve left them blank.

**Categories:**
- Free – Web page contains free resources. Sometimes some of the information is free and then you have to pay for more.
- Visuals – Use content to create visuals such as visual schedules or communication cards.
- Online – Web page content isn’t printable, you access it online (i.e. interactive games or books).
- Educational – Contains ‘school-related’ material such as math and reading printables.
- Communication – Web site content mostly related to enabling communication skills.

Note, in some cases I have found a particular link really useful. In this case I’ve **bolded** the link. CT

<table>
<thead>
<tr>
<th>LINK</th>
<th>DESCRIPTION</th>
<th>Free</th>
<th>Visuals</th>
<th>Online</th>
<th>Educational</th>
<th>Communication</th>
<th>Therapy Related</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="http://www.primaryresources.co.uk/">http://www.primaryresources.co.uk/</a></td>
<td>TEACHING RESOURCES for primary grades</td>
<td>x</td>
<td></td>
<td>x</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.pictoselector.eu">www.pictoselector.eu</a></td>
<td>PECS</td>
<td>x</td>
<td>x</td>
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<tr>
<td><a href="http://www.handwritingforkids.com/handwrite/math/addition/index.htm">http://www.handwritingforkids.com/handwrite/math/addition/index.htm</a></td>
<td>Learning to write numbers and letters is an important tasks for children.</td>
<td>x</td>
<td>x</td>
<td>x</td>
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<tr>
<td><a href="http://abcteach.com/directory/teachingExtras/calendars/">http://abcteach.com/directory/teachingExtras/calendars/</a></td>
<td>Calendars (i.e. Blank monthly, weather chart etc)</td>
<td>x</td>
<td></td>
<td>x</td>
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<tr>
<td><a href="http://www.mes-english.com/flashcards/clothes.php">http://www.mes-english.com/flashcards/clothes.php</a></td>
<td>This site hosts flashcards, worksheets and handouts to match, phonics worksheets, ESL games, certificate templates, and other activities all ready for printing.</td>
<td>x</td>
<td></td>
<td>x</td>
<td></td>
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<tr>
<td><a href="http://www.teacherplanet.com/resource/humanbody.php">http://www.teacherplanet.com/resource/humanbody.php</a></td>
<td>Teacher resources. Go to the home page of this site for more topics. I find this website hard to navigate (CT); although there does seem to be lots of different information.</td>
<td>x</td>
<td></td>
<td>x</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.superteacherworksheets.com">http://www.superteacherworksheets.com</a></td>
<td>Worksheets in various school topics. Mostly for grade level students (not JK/SK). Some free stuff though need to be a member to get access to most of the info.</td>
<td>x</td>
<td></td>
<td>x</td>
<td></td>
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<td></td>
</tr>
<tr>
<td><a href="http://www.bbc.co.uk/schools/typing/">http://www.bbc.co.uk/schools/typing/</a></td>
<td>Typing program</td>
<td>x</td>
<td></td>
<td>x</td>
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</tr>
<tr>
<td><a href="http://www.boardmakershare.com/">http://www.boardmakershare.com/</a></td>
<td>For more than 20 years, Boardmaker has been the go-to solution for providing symbol-based learning materials to students with special needs. Boardmaker Online is a complete system for delivering personalized instruction and therapy while also measuring student progress.</td>
<td>x</td>
<td></td>
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<tr>
<td><a href="http://www.setbc.org/pictureset/Default.aspx">http://www.setbc.org/pictureset/Default.aspx</a></td>
<td>PictureSET is a collection of downloadable visual supports that can be used by students for both receptive and expressive communication in the classroom, at home, and in the community</td>
<td>x</td>
<td>x</td>
<td></td>
<td></td>
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<tr>
<td><a href="http://www.do2learn.com">http://www.do2learn.com</a></td>
<td>Easy to navigate. Do2learn provides thousands of free pages with</td>
<td>x</td>
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<tr>
<td>LINK</td>
<td>DESCRIPTION</td>
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<tr>
<td><a href="http://www.123child.com">http://www.123child.com</a></td>
<td>We host over 200 different lesson plan themes for toddler, preschool and kindergarten teachers.</td>
<td>x</td>
<td>x</td>
<td></td>
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<td></td>
</tr>
<tr>
<td><a href="http://childfun.com">http://childfun.com</a></td>
<td>Craft and activity ideas</td>
<td></td>
<td>x</td>
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<tr>
<td><a href="http://www.randomhouse.com/seussville/">http://www.randomhouse.com/seussville/</a></td>
<td>Dr. Seuss related activities. Online games, teacher resources and printables.</td>
<td>x</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.kidzone.ws/prek_wrksh/index.htm">http://www.kidzone.ws/prek_wrksh/index.htm</a></td>
<td>KidZone's printable preschool and kindergarten worksheets help younger kids learn their letters, numbers, shapes, colors and other basic skills. KidZone's printable grade school worksheets help older children learn phonics, reading, creative writing, math, geometry, science and geography</td>
<td>x</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.magickeys.com/books">http://www.magickeys.com/books</a></td>
<td>Illustrated children's stories for kids of all ages</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>x</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.mrsjonesroom.com/teachers/worksheets.html#mini">http://www.mrsjonesroom.com/teachers/worksheets.html#mini</a></td>
<td>Free Kindergarten Worksheets Mini Books and Printables Online. Has links to lots of other online resources.</td>
<td>x</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td><a href="http://www.raz-kids.com/main/ViewPage/name/sample">http://www.raz-kids.com/main/ViewPage/name/sample</a></td>
<td>Teacher resources. Looks like it’s subscription based. Free e-books.</td>
<td></td>
<td></td>
<td>x</td>
<td>x</td>
<td></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.woodlands-junior.kent.sch.uk/interactive/onlinestory.htm">http://www.woodlands-junior.kent.sch.uk/interactive/onlinestory.htm</a></td>
<td>Online story books. Looks like it’s subscription based.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>x</td>
</tr>
<tr>
<td><a href="http://www.kizclub.com">http://www.kizclub.com</a></td>
<td>Teaching resources. Easy to navigate.</td>
<td>x</td>
<td></td>
<td></td>
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</tr>
<tr>
<td><a href="http://teacher.scholastic.com/clifford1/">http://teacher.scholastic.com/clifford1/</a></td>
<td>Online stories (books) and activities.</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.starfall.com">http://www.starfall.com</a></td>
<td>Online teaching. Preschool, JK/SK level. Easy to navigate.</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.theideabox.com">http://www.theideabox.com</a></td>
<td>Ideas for crafts, activities, music &amp; more</td>
<td>x</td>
<td></td>
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<td></td>
</tr>
<tr>
<td><a href="http://www.tlsbooks.com">www.tlsbooks.com</a></td>
<td>Tlsbooks offers you a variety of free printable worksheets to use at home or in the classroom. You'll find thousands of worksheets appropriate for students in preschool through sixth grade.</td>
<td>x</td>
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</tr>
</tbody>
</table>

### 41.1 Website specific to Autism

<table>
<thead>
<tr>
<th>LINK</th>
<th>DESCRIPTION</th>
<th>Free</th>
<th>Visuals</th>
<th>Online</th>
<th>Educational</th>
<th>Communication</th>
<th>Therapy Related</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="http://www.positivelyautism.com/links.html">http://www.positivelyautism.com/links.html</a></td>
<td>Positively Autism's Collection of Autism ABA Materials, Lesson Plans, Data Sheets, Games, Work Tasks, and Other Educational Resources for Students with Autism.</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td><a href="http://www.sandbox-learning.com">www.sandbox-learning.com</a></td>
<td>Success Stories are personalizable children's books.</td>
<td></td>
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</tr>
</tbody>
</table>

### 41.2 Education websites (Math, English etc.)

<table>
<thead>
<tr>
<th>LINK</th>
<th>DESCRIPTION</th>
<th>Free</th>
<th>Visuals</th>
<th>Online</th>
<th>Educational</th>
<th>Communication</th>
<th>Therapy Related</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="http://www.silverliningmm.com/gaframe.htm">http://www.silverliningmm.com/gaframe.htm</a></td>
<td>The Great Action Adventure is an interactive CD-Rom which allows students to have fun learning about verbs.</td>
<td>x</td>
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</tr>
<tr>
<td><a href="http://www.kidslearningstation.com">www.kidslearningstation.com</a></td>
<td>This site is dedicated to providing high quality printable worksheets for teachers, parents and other care givers.</td>
<td>x</td>
<td>x</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.abcteach.com/">http://www.abcteach.com/</a></td>
<td>Teaching resources. Easy to navigate.</td>
<td>x</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>LINK</td>
<td>DESCRIPTION</td>
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</tr>
<tr>
<td><a href="http://www.familyeducation.com/home/">http://www.familyeducation.com/home/</a></td>
<td>Some activity ideas for kids. Also has other family related information (i.e. stages of learning)</td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td><a href="http://www.homeschoolmath.net/worksheets">http://www.homeschoolmath.net/worksheets</a></td>
<td>Here you can generate printable math worksheets for a multitude of topics: all the basic operations, clock, money, measuring, fractions, decimals, percent, proportions, ratios, factoring, equations, expressions, geometry, square roots, and more. We also offer pages that list worksheets by grade levels (grades 1, 2, 3, 4, 5, 6, and 7).</td>
<td></td>
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<td></td>
</tr>
<tr>
<td><a href="http://www.akidsheart.com/gamesd/index.html">http://www.akidsheart.com/gamesd/index.html</a></td>
<td>A play and learn site with free resources for kids and their teachers.</td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td><a href="http://www.sitesforteachers.com/index.html">http://www.sitesforteachers.com/index.html</a></td>
<td>Teacher resource. A page that has links to lots of other websites.</td>
<td></td>
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<td></td>
</tr>
<tr>
<td><a href="http://www.teachervision.fen.com">http://www.teachervision.fen.com</a></td>
<td>Teacher resource. Find 22,000 pages of classroom-ready lesson plans, printables, and resources.</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td><a href="http://tools.atozteacherstuff.com/word-shapes/wordshapes.html">http://tools.atozteacherstuff.com/word-shapes/wordshapes.html</a></td>
<td>Create your own custom word shapes worksheets! Prints out a list of words you select.</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td><a href="http://www.internet4classrooms.com/skills_1st.htm">http://www.internet4classrooms.com/skills_1st.htm</a></td>
<td>Online activities for early learning skills.</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td><a href="http://www.teachingideas.co.uk/english/contents06writingnonfiction.htm">http://www.teachingideas.co.uk/english/contents06writingnonfiction.htm</a></td>
<td>Teacher resource. We have thousands of free lesson plans and learning resources at <a href="http://www.teachingideas.co.uk/">http://www.teachingideas.co.uk/</a>.</td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td><a href="http://www.engineeringinteract.org/resources.htm">http://www.engineeringinteract.org/resources.htm</a></td>
<td>Links to other websites with online games. Looks like they are educational games.</td>
<td></td>
<td></td>
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<td></td>
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<td></td>
</tr>
</tbody>
</table>

### 41.3 Communication

<table>
<thead>
<tr>
<th>LINK</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="http://www.speakingofspeech.com/">http://www.speakingofspeech.com/</a></td>
<td>Speaking of Speech.com is the first and largest interactive forum for speech/language pathologists and teachers to improve communication skills in our schools</td>
</tr>
<tr>
<td><a href="http://www.readthewords.com">http://www.readthewords.com</a></td>
<td>Convert anything to speech.</td>
</tr>
<tr>
<td><a href="http://www.widgit.com/symbols">www.widgit.com/symbols</a></td>
<td>Resource for symbols to create visuals.</td>
</tr>
<tr>
<td><a href="http://symbolworld.org/">http://symbolworld.org/</a></td>
<td>Free symbols for creating visuals.</td>
</tr>
<tr>
<td><a href="http://www.lifeprint.com">http://www.lifeprint.com</a></td>
<td>American Sign Language University is a sign language resource site for ASL students and teachers. Here you will find information and resources to help you learn ASL and improve</td>
</tr>
<tr>
<td>LINK</td>
<td>DESCRIPTION</td>
</tr>
<tr>
<td>------</td>
<td>-------------</td>
</tr>
<tr>
<td><a href="http://www.netrover.com/~kingskid/sightword/dolchgames.htm">http://www.netrover.com/~kingskid/sightword/dolchgames.htm</a></td>
<td>Online games to learn language. 50 to 75 percent of all words in text material are common Sight Words which are repeated. These 220 words are called the Dolch Sight Words.</td>
</tr>
<tr>
<td><a href="http://freedigitalphotos.net/">http://freedigitalphotos.net/</a></td>
<td>Mostly real pictures. Many categories.</td>
</tr>
<tr>
<td><a href="http://www.mayer-johnson.com/downloads/trials/">http://www.mayer-johnson.com/downloads/trials/</a></td>
<td>Link to free trial for boardmaker product.</td>
</tr>
</tbody>
</table>

**41.4 Verbal Behaviour Resource**

http://www.vbntraining.com/resources/index.asp  
Training teachers who work with children with autism and other developmental disabilities is all we do!

**41.5 Teens**

http://autism.about.com/od/transitioncollegejobs/Teens_and_Autism.htm  
Autistic adults are scientists, artists, educators, musicians and even public speakers. But making the transition from grade school to college or career is especially complex for young adults on the spectrum. Explore resources, options, ideas, tools and more to make the process easier, pleasanter, and more successful.

**41.6 Bullying**

http://special-needs.families.com/blog/protect-your-special-needs-child-from-bullying  
Article on protecting your special needs child from bullying.

**41.7 Books and other resources online**

www.autismawarenesscentre.org  
By hosting conferences across Canada and in the United Kingdom and by providing autism resource support both in Canada and abroad, the Autism Awareness Centre is committed to ensuring information reaches all communities, leading the way for change.

http://www.autismtoday.com/  
With over 2,500 pages of content which is growing daily, Autism Today is the largest autism resource online and one of the leading autism and Aspergers resource distributor in the world.

**41.8 Sensory-Motor and development items**

www.fdmt.ca  
Recommended by someone on our list for educational and sensory tools. Not much information on the website unless you download the catalogue (DB).

www.pacificpediatricsupply.com  
www.southpawenterprises.com  
www.specialkidszone.com  
www.specialneedstoys.com  
www.theraproducts.com  
www.pfot.com  
www.therapyshoppe.com  
http://www.otplan.com/  
Occupational Therapy Plan - an activity idea
### Website Resources

#### 41.9 Order Catalogues

<table>
<thead>
<tr>
<th>LINK</th>
<th>DESCRIPTION</th>
</tr>
</thead>
</table>
| [www.schoolspecialty.ca](http://www.schoolspecialty.ca) | • Special Learning Needs  
• Sensory Solutions  
• Sportime Physical Education |
| [www.stickids.com](http://www.stickids.com) | Supporting children with sensory processing and sensory motor challenges |
From Evidence to Action February 2007  
Report of the Ministers’ Autism Spectrum Disorders Reference Group to: Minister of Education Ministry of Children and Youth |

#### 41.10 Other

<table>
<thead>
<tr>
<th>LINK</th>
<th>DESCRIPTION</th>
</tr>
</thead>
</table>

#### 41.11 Apps

<table>
<thead>
<tr>
<th>LINK</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="http://itunes.apple.com/WebObjects/MZStore.woa/wa/viewMultiRoom?fcId=399470755">http://itunes.apple.com/WebObjects/MZStore.woa/wa/viewMultiRoom?fcId=399470755</a></td>
<td>Apple has created a &quot;Special Education&quot; category in the iTunes App store. You can find it on the App Store home page (it's a picture halfway down the page) or you can follow this link to go directly there:</td>
</tr>
</tbody>
</table>
| [http://brainparade.com/products/links-to-other-apps/](http://brainparade.com/products/links-to-other-apps/) | Jim McClafferty has posted a link to some great review sites in his blog at: As well there is discussion on Brain Parade fan page in facebook (Brain Parade is his company) and links to resources as well at There’s an App Friday page that holds a one-hour party every Friday where developers announce sales or give away promo codes for free apps.  
The A4cwsn (apps for children with special needs) page has a related page called "free apps" that compiles a daily list freebies. It also has a related website with quite a few video reviews of apps. Look especially at the reviews for TapikeoHD and the Abilipad there.  
The Technology in Education FB page is |
| [http://www.facebook.com/brainparade](http://www.facebook.com/brainparade) | facebook (Brain Parade is his company) and links to resources as well at |

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**SECTION:** Website Resources

**Page 77 of 78**
<table>
<thead>
<tr>
<th>LINK</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>oriented toward special ed, and it has extensive lists of apps - categorized - on its website. It probably has some archived sessions from online educational events that really had some great contributions.</td>
</tr>
<tr>
<td></td>
<td>I also find good leads on FB from Moms with Apps, the iMums, and AT4asd.</td>
</tr>
<tr>
<td></td>
<td>Take a look at the grasshopperapps.com site and sign up for the &quot;free the app&quot; option if anything there looks halfway appropriate - their apps are amazingly customizable (turn photos of the kid’s own stuff into puzzles and spelling games, for example). When an app first comes out, it is free for a very short time - with Free the App you get a notice of those apps.</td>
</tr>
<tr>
<td></td>
<td>The key to success with the &quot;code tosses&quot; is to already have iTunes store open to the &quot;redeem a code&quot; page, refresh the FB page constantly (F5 key on a PC), and copy the code using the CTRL-C key combo and paste it into the iTunes &quot;redeem&quot; box using CTRL-V (normal paste doesn't work). (Information shared from another list—I don’t pretend to know what the technical stuff means but there are some i-Savy parents out there! DB)</td>
</tr>
</tbody>
</table>