

# Recreation

## **BEING STUDIO**

211 Bronson Avenue, Rm 304  
Ottawa, ON K1R 6H5  
613-234-8497

[studio@beingstudio.ca](mailto:studio@beingstudio.ca)  
<https://beingstudio.ca/join>

BEING studio is open to adults with developmental disabilities who are interested in exploring their creativity. In the studio, artists are supported by our staff, who provide one-on-one mentorship and facilitate workshops with guest artists.

BEING also provides opportunities for artists to exhibit and sell their work. Artists generally work in the studio one day a week, from 10:00 a.m. – 2:30 p.m. The studio currently supports artists working in drawing, painting, and creative writing. Occasionally we offer workshops in other media.

**Accessibility:** The Bronson Centre is an accessible venue. The studio is located on the third floor and can be accessed by elevator. Attendant care workers are always welcome.

*\* Fee for service*

## **Beyond Your Limits**

[beyondyourlimitsprogram@hotmail.com](mailto:beyondyourlimitsprogram@hotmail.com)  
Christina Deslauriers: 613-277-0791

Beyond Your Limits offers a variety of recreation programs both virtually and in person.

Virtual options include: Tuesday Social Skills Group, Chats with Christina (1:1), Individual/Specialized teaching, Wednesday Chat (group), Thursday Night Trivia, Friday FUN night/Movie Night or Karaoke Night once a month, & monthly Baking/Cooking Class.

In person options include: Monthly outings, Thursday Walking/Outing Group, & Individual/Specialized Life Skills.

Please contact Christina Deslauriers at 613-277-0791 or [beyondyourlimits@hotmail.com](mailto:beyondyourlimits@hotmail.com) for pricing, more information, and registration.

*\*Fee for Service*

**CANADIAN ADAPTIVE SNOWSPORTS – NATIONAL CAPITAL  
DIVISION  
(CADS-NCD)**

1216 Bordeau Grove  
Ottawa, Ont. K1C 2M7  
819-827-4378

<http://www.cads-ncd.ca/>

Canadian Adaptive Snow sports is a volunteer based organization whose main objective is assisting individuals with a disability to lead richer and fuller lives through active participation in recreational and competitive snow skiing and snowboarding.

*\* Fee for service (However, may be able to use Jumpstart program if eligible)*

**CAPITAL CITY CONDORS**

613-291-8428

[gm@capitalcitycondors.org](mailto:gm@capitalcitycondors.org)  
[www.capitalcitycondors.org](http://www.capitalcitycondors.org)

Hockey club established in 2008 for individuals ages 6yrs and up with developmental (cognitive or cognitive + physical) disabilities. No hockey skills are needed. Participants don't even need to know how to skate. All that is needed is what they already have - a desire to play a team sport! There are no tryouts and every player gets to play in every game.

*\* Fee for service*

**CITY OF OTTAWA INCLUSIVE RECREATION**

613-580-2424 ext: 29283

[www.ottawa.ca/inclusiverecreation](http://www.ottawa.ca/inclusiverecreation)

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

*\* Fee for service Please note: Individuals can apply for an annual subsidy by visiting your local City of Ottawa Recreation Centre, Client Service Centre or online :*

[https://documents.ottawa.ca/sites/documents.ottawa.ca/files/Hand\\_in\\_Hand\\_Request\\_form\\_en\\_2017.pdf](https://documents.ottawa.ca/sites/documents.ottawa.ca/files/Hand_in_Hand_Request_form_en_2017.pdf)

**CAUSEWAY WORK CENTRE**

22 O'Meara St.  
Ottawa, ON K1Y 4N6  
613-725-3494 ext.115  
613-277-5018

[intake@causewayworkcentre.org](mailto:intake@causewayworkcentre.org)  
<https://www.causewayworkcentre.org/support-services/>

**Homes for Special Care (HSC)** provides recreational and vocational activities to individuals who are part of the Homes for Special Care Program, living in domiciliary hostels in urban and rural Ottawa. This program runs in partnership with the Royal Ottawa Mental Health Care Group (ROMHCG). Please note that participants of HSC are referred through our ROMHCG partner.

*\*Free – Referral required from Royal Ottawa Mental Health Care Group*

**Equi Soul**

10790 Sandy Row,  
South Mountain, Ontario, K0E 1W0  
613-880-9660

[Equi-soul@outlook.com](mailto:Equi-soul@outlook.com)  
<https://www.equi-soul.com/>

When horses are partnered with people, an equine assisted transformation is created. Solutions to conflicts in our lives are achievable. Focusing on ourselves can be difficult so having an equine partner eases the discomfort and creates an experiential learning experience unlike any other.

At Equi-Soul our coaches primarily work with women and young teen girls who struggle with depression, anxiety, and trauma. This is important to us on a personal level having struggled with these and other symptoms on a regular basis.

Our coaches also work with couples, families, men, children, indigenous peoples, first responders and veterans.

With support and encouragement from our team you can develop leadership skills, trust, respect, personal control, build your confidence, self awareness, self esteem, and reach your goals and full potential.

Our program focuses on mental wellness and emotional regulation. We do NOT offer formal riding lessons and do not offer therapeutic riding as we are unfortunately not able to support physical disabilities. Our connections with the horses and ourselves is our priority.

Some individual and group sessions we have available include Resolve Relation & Family Discord, Overcome Depression, Anxiety, Addiction, etc., and Reach your Goals & Personal Development. Please visit our website, call, or email us for more information.

*\*Fee for Service*

## **FAMILY HARMONIES FAMILIALES**

“Nurturing a community of support for life”

330 Kent Street

Ottawa, ON K2P 2A6

Angèle Jodouin: 613-302-5943

[fhf@rogers.com](mailto:fhf@rogers.com)

<https://www.familyharmoniesfamiliales.ca/>

<https://www.facebook.com/familyharmoniesfamiliales/>

<https://www.instagram.com/ottfhf/?hl=en>

<https://www.youtube.com/channel/UCMSgrJz2ukAso0nAbNXIJhA>

Family Harmonies Familiales brings together people from all walks of life - many of whom live with disabilities and mental health challenges - to create a community of love and support. Tailored programming combines skill-building exercises and fun into meaningful daytime activities in a comfortable and positive atmosphere. Each member's contributions are valued, mistakes are seen as learning opportunities, and everyone is encouraged to learn from each other. "Together we are lifting and caring for those in our community who need added support."

For more information, please contact Angèle Jodouin at 613-302-5943 or [fhf@rogers.com](mailto:fhf@rogers.com). You can also check out their Facebook page, Instagram page, and YouTube linked above.

*\* Fee for service*

## **FRIENDS IN SPORTFISHING**

P.O. Box 5124

Ottawa, ON K2C 3H4

1-844-752-3473

[patobrien@sympatico.ca](mailto:patobrien@sympatico.ca)

<http://www.friendsinfishing.net/home>

Friends in Sportfishing is a volunteer run charitable organization dedicated to providing free fishing experiences for any group of people with special needs in our community. We operate a fleet of 5 twenty-eight-foot pontoon boats that have been modified to make them accessible. We provide the boats, crews and all the fishing equipment necessary and we operate out of a variety of venues in Eastern Ontario (Dows Lake, Carleton Place, Manotick).

*\*Free/Donations are greatly appreciated! You must purchase your own fishing license if it is required.*

<p><b>GleeCEPTIONAL</b>  <a href="mailto:gleeexceptional@yahoo.ca">gleeexceptional@yahoo.ca</a>          Lisa: 613-986-4299  <a href="http://www.gleeexceptional.ca/">http://www.gleeexceptional.ca/</a></p>
<p>GleeCeptional is a Glee Club for young adults with exceptionalities where they can sing, socialize and share their love of music. The club is currently practising and socializing virtually and hope to return to in-person at St Thomas the Apostle Church soon. Summer camps are available for Glee members as well.</p> <p>Please visit our Twitter account <b>@Glee Ceptional</b> while our website is under construction for all of the up to date information.</p>
<p><i>* Fee for service</i></p>

<p><b><u>HAPPY TRAILS RIDING STABLES</u></b>          5979 Leitrim Rd.          Carlsbad Springs, ON K0A 1K0          613-822-1482  <a href="mailto:recreation@happy-trails.ca">recreation@happy-trails.ca</a>  <a href="http://www.happy-trails.ca/">http://www.happy-trails.ca/</a></p>
<p>To improve the lives of those who have a physical, developmental &amp; psychological challenges through the benefits of full exposure to farm life which include horseback riding and care of animals. By nurturing the relationship between our participants and the animals, great benefits can be achieved on an emotional, physical and psychological level.</p> <p>Participants are on a one on one ratio with only one client at the farm at a time. Sessions are 2 hours in length, once per week; with the time spent as each participant wishes, so no competing for attention, and can enjoy the facility depending on their wishes each session.</p>
<p><i>* Fee for service</i></p>

**Horses of the Sun**

1944 Forced Rd.  
Vars/ Ottawa, Ontario K0A 3H0  
Sonja Koch: 613-835-9523  
[hots@295.ca](mailto:hots@295.ca)

<https://horsesofthesun.weebly.com/therapeutic-riding.html>

**Special Needs and Equine Assisted Movement Therapy:** Our therapeutic program is conducted in such a way that the physical and mental abilities of the individual are enhanced. This valuable aid for teaching individuals who are developmentally delayed, learning disabled, or emotionally challenged is second to none. By working with horses and also with individuals of various ages, participants will be learning “co-operative team-behaviour”, responsibility, and a wide range of physical education. A safer relationship between people and horses will also result.

Every participant, regardless of age, level of training or expertise can experience enjoyment and a feeling of individual and team achievement. Individuals with a wide range of physical, mental, and emotional conditions, such as visual impairments, mental and social difficulties, learning difficulties, autism, and Down’s syndrome, participate in the therapeutic voltige/riding program.

Please note there is a weight restriction for the safety of our horses and the riders, riders cannot exceed 200lbs. For more information, please visit our website or call Sonja Koch at 613-835-9523 or [hots@295.ca](mailto:hots@295.ca)

\*Fee for Service

**LITTLE ROCK FARM DUNROBIN**

3111 Stonecrest Rd,  
Dunrobin, ON K0A 1T0  
Fran McLachlan 613-832-2981

<https://www.facebook.com/LittleRockFarmDunrobin/>

Therapeutic Equine Assisted Program: Helping riders with special needs to develop relaxation, coordination, muscle tone, confidence and overall well-being. Please call for more information or visit our Facebook page for more information.

\*Fee for service

**LiveWorkPlay**

Suite 402- 2197 Riverside Drive  
Ottawa, ON K1H 7X3  
613-235-9550

[roberta@liveworkplay.ca](mailto:roberta@liveworkplay.ca)  
[www.liveworkplay.ca](http://www.liveworkplay.ca)

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

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

**Events:** Access family and community-focused events throughout the year at subsidized prices

*\* Fee for service*

**LOTUS CENTRE**

West End: 1002 Beaverbrook Road Suite 13, Kanata  
East End: 3735 St. Joseph Blvd, Orleans  
613-801-0031

[info@lotuscentre.net](mailto:info@lotuscentre.net)  
<https://www.lotuscentre.net/>

Lotus Centre is unique in offering music lessons by teachers who specialize in working with individuals with special needs. We are passionate about creating the best learning environment for each individual and adapting as required. Our goal is to work within each individual's abilities to develop their confidence and allow them to feel safe in the learning environment. They offer individuals music lessons as well as an Adult Musical Social.

*\*Fee for service*

## **MIRACLE LEAGUE OF OTTAWA**

2040 Frank Bender Street, Ottawa, Ontario, K1C 1M6

[miracleleagueottawa@gmail.com](mailto:miracleleagueottawa@gmail.com)

<http://www.miracleleagueofottawa.com/all-ages-major-league>

**The All Ages Major League** is a competitive league where games will be played by the rules and focus on using developed skills and developing new ones. The competitive league is available for all ages. Player Buddies will also be available to ensure players safety while on the field if needed and facilitate play as required. Each session consists of eight weeks, with games played on Saturdays during the morning/early-afternoon. Our field is located at 3659 Navan Rd. in Orleans. Registration for a single session is \$40 or both sessions for \$60, and includes a numbered jersey and ball cap.

**The All Ages Minor League** is a non-competitive league available to players of all ages and skill levels. Player Buddies will be available to ensure a player's safety and facilitate play while on the field. Each session consists of eight weeks, with games played on Saturdays during the morning/early-afternoon. Our field is located at 3659 Navan Rd. in Orleans. Registration for a single session is \$40 or both sessions for \$60, and includes a numbered jersey and ball cap.

**The Ottawa Wheelchair Slo-Pitch League** is one of the first of its kind to be offered in Canada. Games will be played on the Miracle League of Ottawa's accessible field. Games will be played at 3659 Navan Rd. in Orleans. Registration for the season is \$50, and includes a numbered jersey. Returning players not requiring a jersey, can join for \$30 for the season.

**Beep Kickball** is an adapted sport for people who are visually impaired or blind. It is played on a flat field with a ball that beeps and two bases that buzz. There is no second base, no throwing the ball and no running around all the bases. There are 5 players on each team and everyone wears a blindfold to equalize the differences in vision. Simply explained, the kicker kicks the ball and runs to tag the buzzing base, either first or third. If they tag the base before a fielder picks up the ball, they are safe and scores a run. If a fielder picks up the ball first, the runner is out. Three outs, six innings, game over!

In 2022, the Miracle League will introduce a non-competitive beep kickball - blind soccer-baseball season for players of all ages and abilities. The game will introduce players to the basics of beep ball - blind baseball.

Registration will include a 10 week season (including a 2 week introduction and 8 games), and a jersey. For personal hygienic reasons, we will ask that participants purchase their own blindfolds.

*\*Fee for Service*

## NATIONAL CAPITAL ABLE SAIL ASSOCIATION

3259 Carling Avenue  
Ottawa, ON K2H 1A6  
Sylvie Binette [sylviebinette@hotmail.com](mailto:sylviebinette@hotmail.com)  
819-665-3440  
[ncasa@ncasa.ca](mailto:ncasa@ncasa.ca)  
<http://www.ncasa.ca/>

Our mission is to promote the participation of people with disabilities in full and active lifestyles through sailing. Our season runs from May to the end of September.

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

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

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

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

Please visit our website for more details.

**Please note: Individual must able to self-manage as there is no room for a support person on the boat.**

\* Free

## OTTAWA CARLETON LIFESKILLS INC

9-1 Brewer Hunt Way  
Ottawa, ON K2K 2B5  
613 254 9400  
[kcaron@ocl.ca](mailto:kcaron@ocl.ca) <http://www.ocl.ca>

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

\* Fee for service

## **OTTAWA INDEPENDENT LIVING RESOURCE CENTRE**

214 Montreal Rd., Suite 401

Ottawa, ON K1L 8L8

613-236-2558

[info@oilrc.com](mailto:info@oilrc.com)

[www.oilrc.com](http://www.oilrc.com)

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

*\*A mixture of free programming and some activities that have a minimal cost*

## **OTTAWA VALLEY AMBASSADORS**

3587 Tyburn Court

Navan, ON K4B 1K7

613-835-9197

[www.ovahockey.ca](http://www.ovahockey.ca)

The Ottawa Valley Ambassadors Hockey Club has been providing people with developmental disabilities in the Ottawa area with quality, organized hockey for more than 25 years. The Ambassadors focus on the heart of hockey – love of the game and the challenge to do your best.

*\*Fee for service*

## **PRISMS OPTIONS PROGRAMS**

Kanata Beaver Brook Community Centre

1002 Beaverbrook Rd.

Kanata, K2K 1L1

613-435-6772

<https://prismoptions.wixsite.com/special-needs>

Prisms Options Programs are "not-for-profit programs" for teens and adults with special needs, including developmental disabilities and autism.

Our mission is to provide teens and adults with special needs and especially those with developmental disabilities and autism, life enhancing experiences.

. Established since 2011, Prisms Options's vision is to see individuals with special needs enjoy recreational, social, educational and fitness programs adapted to suit their skills and abilities. Weekday and weekend classes are taught by highly qualified instructors, specialized in their fields

We offer Adapted Yoga, Friendly Fitness Circuits, and Move to the Beat Drumming/Dancing classes. Please visit our website for more details.

*\*Fee for service*

**PROPELLER DANCE**

**P.O Box 67115 Westboro 421  
Richmond Rd. Ottawa, ON K2A 4E4  
Genevieve Beaulieu: 819-592-2154  
[genevieve@propellerdance.com](mailto:genevieve@propellerdance.com)**

Propeller dance is an independent non-profit arts organization and professional dance company. Their mandate is to provide dance programming to people with or without disabilities, through classes, workshops and other professional development opportunities. They use the DanceAbility teaching methodology which was created specifically for teaching natural movements within structured dance improvisation exercises that emphasize independent choice making. Their professional dance Company performs regularly in Ottawa and other parts of Canada. Digital and in-person programming are both available.

*\*Fee for service*

**SONSHINE FAMILIES**

**3735 Joseph Blvd., Unit 1  
Orleans, Ontario, K4A 0Z7  
Cathy Goddard 613-834-8187 ext. 2228 or [cathygoddard@sonshinefamilies.ca](mailto:cathygoddard@sonshinefamilies.ca)  
<https://sonshinefamilies.ca/>**

SONSHINE FAMILIES offers a variety of recreation programs including art, dance, social, cooking, and more. For more information including prices, dates, and program descriptions, please visit their website <https://sonshinefamilies.ca/> or contact Cathy Goddard at [cathygoddard@sonshinefamilies.ca](mailto:cathygoddard@sonshinefamilies.ca) or call her at 613-834-8187 ext. 2228

*\*Fee for Service*

**SkiABILITY**

**Ross Holden 613-866-1644  
[Info@SkiAbilityOttawa.ca](mailto:Info@SkiAbilityOttawa.ca)  
<http://www.skiabilityottawa.ca/>**

SkiAbility is an approach to providing access to the sports of water skiing and wakeboarding for persons with a disability. Persons with any type or level of disability, any age, and any experience level are welcome. The program uses various types of adaptive equipment and teaching techniques to ensure participant success. The participant may choose, depending on ability, sit-skiing, stand-up skiing, wakeboard, or barefoot.

*\*Fee for Service*

## **OTTAWA SPECIAL HOCKEY STARS**

Jeff Kelly 613-769-5333

[specialhockeystars@gmail.com](mailto:specialhockeystars@gmail.com)

[www.ottawaspecialhockeystars.ca](http://www.ottawaspecialhockeystars.ca)

The Stars have been blessed to have many trusting and supportive community partners, who continue to believe and trust in our program efforts. Because of them, our player's look and feel like their NHL idols. We are 100% Not for Profit, all volunteer based as defined. Without the community partnership, we would just be another hockey team. They are champions.

The Ottawa Special Hockey Stars is much more than just hockey. It is about courage, self-esteem, confidence, but most importantly the fun and friendships that are being formed by all of us. The OSHS is all about growth and inclusion, integrity, honesty and respect, a template we encourage everyone to follow. Ages are from 11-44 and some ability to skate is required. Ice Time is every Saturday at the newly renovated Lois Kemp Arena in Blackburn Hamlet from 2-4pm and the program runs from October to March. Make sure to go check out their committed mascot SHOOTER!

Should you be interested in our program, contact the head coach Jeff Kelly directly, 613-796-5333, and he would be happy to discuss/meet and answer any questions you may have. They can also be found on Facebook and Twitter.

*\*Fee for service*

## **SOCIAL NETWORK FOR YOUTH OF OTTAWA-CARLETON**

152 Freeport Drive

Ottawa, ON K2M 0A8

613-237-0113

[snforyouth@hotmail.com](mailto:snforyouth@hotmail.com)

<http://socialnetwork.cfsites.org/>

The mission of the Social Network for Youth of Ottawa-Carleton is to offer mildly developmentally disabled youth who are experiencing social isolation the opportunity to develop social independence and positive peer relationships through a guided process facilitated by dedicated volunteers. Participants, with the help of volunteers, organize their own leisure activities.

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

The Grad Club is offered to those who are 28 years of age and older. Youth Program to those 13 years of age to 28 years of age.

*\*Fee for service: A nominal fee is charged. Financial assistance is available.*

## **SPECIAL OLYMPICS**

P.O. Box 23119  
Ottawa, ON K2A 4E2  
613-518-1330

<http://ottawa.specialolympicsontario.ca/home>

**Special Olympics Ontario (SOO)** is a volunteer driven organization with over 20,000 athletes and 10,000 volunteers registered across the province. Athletes can participate from 8 years of age and have the opportunity to train in 19 core sports offered in the Greater Ottawa Area. Active start and FUNdamentals programs are available for athletes starting at age 2.

**SOO - Greater Ottawa** has over 1000 registered athletes and volunteers participating in community sport programs. Every facet of our community is dedicated to enriching the lives of people with intellectual disabilities. Please visit our website for more details and list of events to register for.

*\*Fee for service*

## **theSPACE**

391 McArthur Ave  
Vanier, ON K1L 6N5  
613-263-5992

[thespaceottawa@gmail.com](mailto:thespaceottawa@gmail.com)  
<https://www.thespaceottawa.ca/>

theSpace is a creative studio and social hub for adults with Autism and Intellectual disabilities. Our goal is to offer each individual personalized support and mentoring with a focus on identity building and learning through doing.

Daily workshops provide an opportunity for members to expand upon their knowledge of self, while learning new skill sets and creating community. Members work with various media, open-source and accessible software and a variety of platforms-- as suits their interests. Creative workshops run 9:30 to 3:30 pm (with half days available)

Check out our website or call/email to book a tour or stop by for a free Games Night!

*\*Fee for service*

**TROTT**

**6362-1 Bank St. (Highway 31)**

**Greely, ON K4P 1J4**

**613-821-1844**

**[trott@ncf.ca](mailto:trott@ncf.ca)**

**<http://ottawatherapeuticriding.ca/>**

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

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

*\*Fee for service*