

AVAILABLE RESOURCES IN THE COMMUNITY

SERVICE COORDINATION FOR PEOPLE WITH DEVELOPMENTAL DISABILITIES ASSUMES NO LIABILITY OR
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Version September 2022



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FOR PEOPLE WITH DEVELOPMENTAL DISABILITIES
POUR LES PERSONNES AYANT UNE DÉFICIENCE INTELLECTUELLE

FOR UPCOMING COMMUNITY PROGRAMS VISIT OUR WEBSITE:

<https://www.sconline.ca/en/whats-new/>

Information/Links

- **Police Registry** (all vulnerable persons eligible): TEL: 800.616.3400 [Medical Alert Bracelets, Necklaces and More | Universal Medical ID Canada](#)
- **Special Needs- Ministry of Children, Community and Social Services:**
<http://www.children.gov.on.ca/htdocs/English/topics/specialneeds/index.aspx>
- **Andrew Fleck Family Resources Library (Tel: 613-736-5355)** Suite 600, 700 Industrial Ave. Ottawa: 613-736-1913 ext. [RM WebOpac - Home](#)
- Kim Legault
- 613-736-1913 ext. 284
- ciss-sije@afchildrensservices.ca

CHEO-CTC Children's Treatment Centre (formerly OCTC) 613-737-0871 www.cheo.on.ca/en/CTC

- **Early Childhood Program:** a team of physiotherapists (PT), occupational therapists (OT), speech and language pathologists (SLP), early childhood consultants, social workers and psychologists that offer assessments and treatments to children with developmental/physical disabilities. To confirm your child is on the wait-list for PT, OT or SLP, please contact either the Development and Rehabilitation program Kanata site at 613-831-5098, or the Smyth site at 613-737-0871 extension 4311.
- **Learn and Play – Playgroups:** is a partnership between OCTC and the Ontario Early Years Centres (OEYCs), consultation available with an OCTC staff, strategies, resources, information on developmental delays and activities. For more information: www.ontario.ca/page/find-earlyon-child-and-family-centre
- **Toy & Tech Resource Center:** Promotes and facilitates the use of computers, adaptive equipment and adapted toys. Located at 395 Smyth Rd. (613-737-0871 ext: 2943) and at 2 MacNeil Court in Kanata (613-831-5127). Clients, families, and professionals can also borrow items in person or on-line by using the Adaptive Toys & Tech Centre online tool https://toytech.cheo.on.ca/4dcgi/gen_2002/Lang=Def
- **Preschool Respite Program:** Saturday program for children 3 to 5 years old. To register, parent(s) can contact the Access Team at 613-737-2757
- **School Aged Respite Program:** 4 week sessions on Sundays for children between the ages of 6-18. To register, parent(s) can contact the Access Team at 613-737-2757
- **OCTC Recreation Therapy:** Services for children 6 years old and up, to request services or for further information on OCTC or community recreational programs please contact the Access Team at 613-737-2757 <https://www.cheo.on.ca/en/resources-and-support/recreation-therapy.aspx>
- **Social Work Services**
 - **On –Call service:** Monday to Friday 9am-3pm; please call 613-737-0871 (press “0”)
 - **Drop-in service:** Wednesday 9am-3pm in the Max Keeping Wing of CHEO’s main campus at 410 Smyth rd.

Preschool/ Day care

- **Children's Inclusion Support Services (CISS): (Tel: 613-736-1913)** <http://afchildrensservices.ca/en/supports-and-services/childrens-inclusion-support-services/> Provides assistance to licensed preschool and daycare programs in order to facilitate the child's integration into the program. ciss@afchildrensservices.ca
- **City of Ottawa Child Care Registry and waitlist:** <https://onehsn.com/Ottawa> If you don't have access to the internet, computers are available at any of the four Community and Social Support Centres:
 - Central: 370 Catherine Street, Ottawa ON, K1R 5T5
 - East: 2339 Ogilvie Road, Ottawa ON, K1J 8M6
 - South: 2020 Walkley Road, Ottawa ON, K1G 6S6
 - West: 100 Constellation, 2nd floor East, Ottawa ON, K2G 6J8

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Hours of Operation: Monday to Friday between 8:30 AM and 4:30 PM

- DIAL 311 - SELECT OPTION 4 to speak to someone directly from Social Services about your daycare options, applying for a subsidy (help with day care costs), or applying to the Child Care Registry and Waitlist for a daycare spot.

Community Resources

- Looking for services in your neighbourhood: <https://parentresource.ca/go-family-interactive-map/>
- Locate your community centre: <http://www.coalitionottawa.ca/en/find-your-chrc.aspx>
- The Community Information Centre of Ottawa is a non-profit, bilingual organization that helps to connect people through multilingual mediated access to community, social, health and government services in their community.
- Telephone: **211** or visit their website: [Ontario 211 | Community and Social Services Help Line \(211ontario.ca\)](https://www.211ontario.ca/)

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

- **Developmental Services of Ontario Eastern Region (DSOER):** - Intake and Eligibility can be done as early as age 16 by phone or online at <http://www.dsontario.ca/agencies/dso-eastern>
- **Ontario Disability Support Program (ODSP):** * Application can be completed as early as 6 months prior to the 18th birthday or if individual is deemed DSOER eligible (letter required) it can be done 1 month prior to turning 18*
http://www.mcscs.gov.on.ca/en/mcscs/programs/social/odsp/income_support/index.aspx
- **Office of Public Guardian and Trustees (OPG & T):** <http://www.attorneygeneral.jus.gov.on.ca/english/family/pgt/>
- **P4P Planning Network:** [Partners for Planning](https://www.planningnetwork.ca/en-ca/Partners-for-Planning)
 - All action guides: <http://www.planningnetwork.ca/en-ca/Resources/27894/All-Action-Guides>
- **Reach Canada:** <http://www.reach.ca/>
- **Henson Trust:** <http://www.planningnetwork.ca/en-ca/Resources/18556/Henson-Trust>
- **Passport Tip Sheet:** <https://scsottawa.on.ca/wp-content/uploads/2017/07/Passport-Tips-Sheet-English.pdf>
- **SCS and ME booklet:** https://scsottawa.on.ca/wp-content/uploads/2017/07/SCS-Me-booklet_flipbook_2016.pdf
- **Student Links:** <https://communitylivingontario.ca/en/student-links/>
 - Siobhan Costelloe, Ottawa – scostelloe@communitylivingontario.ca
 - info@communitylivingontario.ca

Transition Planning Tools (14 & up)

- **Transition Planning in High school:** <http://www.oafccd.com/documents/transitionguide.pdf>
- **A Guide for Youth and Adults in Transition and their Families:** https://scsottawa.on.ca/wp-content/uploads/2017/07/transition_booklet_EN_201503_FINAL.pdf
- **Real Life After School:** <https://pdf4pro.com/view/real-life-after-school-what-teachers-and-parents-say-59cec4.html>
- **Transition Resource Guide for Students with Disabilities (Transition to Post Secondary):**
<http://www.transitionresourceguide.ca/>
- **Creating a Good Life; A Guide on Person Directed Planning:**
- [Ministry of Children, Community and Social Services | ontario.ca](https://www.ontario.ca/ministry-of-children-community-and-social-services)
- [Microsoft Word - Guide on Person-directed Planning Final \(webps.ca\)](https://www.microsoft.com/word/guide-on-person-directed-planning)
- **Connections - a guide to transition planning for parents of children with a developmental disability:**
<http://www2.gnb.ca/content/dam/gnb/Departments/pcsdpcpmcph/pdf/publications/CONNECTIONSGuideTransitionPlanning.pdf>
- **"The Best Journey to Adult Life" For Youth with Disabilities:** [CanChild](https://www.canchild.ca/en)

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

- **Revenue Canada/Service Canada:** * deductions are updated on a yearly basis
 - The Child Disability Benefit (CDB): [Child disability benefit - Canada.ca](http://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/child-disability-benefit.html)
 - The Disability Tax Credit (DTC): Application form T2201: [t2201-fill-22e.pdf](https://www.cra-arc.gc.ca/tdcr/t2201-eng.html)
 - [Disability tax credit \(DTC\) - Canada.ca](http://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/disability-tax-credit.html)
 - Registered Disability Savings Plan (RDSP): ** Your child needs to be eligible for the DTC to have access to the RDSP**
<https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/registered-disability-savings-plan-rdsp.html>
- **Assistance for Children with Severe Disabilities (ACSD):*** income based*: [Assistance for Children with Severe Disabilities Program | ontario.ca](http://www.ontario.ca/page/assistance-for-children-with-severe-disabilities-program)
- **Special Services at Home (SSAH):** <http://www.children.gov.on.ca/htdocs/English/specialneeds/specialservices.aspx>
- **Assistive Devices Program (ADP):** <https://www.ontario.ca/page/assistive-devices-program>
- **Autism Ontario:** <http://www.autismontario.com/> *register to receive Autism Ontario's newsletter
 - March Break (for 1:1 support worker or camp/program)
 - One-to-One Summer Support (for 1:1 support worker or camp/program)
- **Easter Seals:**
 - Equipment, services and programs: <https://services.easterseals.org/equipment-funding/>
 - Incontinence Supplies Grant (ESISG): <https://services.easterseals.org/incontinence-supplies-grant/>

Last resort Children Charities: (Income Based)

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

Behavioural Services/ Sensory integration

- **Fundamentals- Child Behaviour Solutions** (18 months to 16 years): <http://www.childsolutions.ca/index.html>
- **TIPES** (any diagnosis, age 18 months to young adulthood, **Applied Behavior Analysis (ABA) and mental health services**)
[Autism | Tipes | Ottawa](http://www.tipes.com/)
- **Spectrum Intervention Group:** (ASD population age 2-24 years → ABA/IBI): <https://www.spectrumig.com/our-team>
- **Portia Learning Center:** (ASD population all ages → Comprehensive ABA, Focused ABA, Core Clinical Services, Consultative ABA services, Tutoring, School Readiness Programs, School Transition and Support, Social and Play Groups, Parent Training, Psychological Services, Speech and Language and Occupational Therapy Services):
<http://portialearning.com/>
- **ASPEN** (any diagnosis, ages 1-25 years ABA/IBI, PARENT TRAINING, SOCIAL GROUPS):
<http://www.aspenbaservices.com/>
- **Terrace Autism Therapy** (any diagnosis and any age, in-house psychological assessments, ABA therapy, family counselling, respite care, social groups, and school integration.): <https://www.terracewellness.com/pages/autism-therapy>
- **Emerging Minds** (contact for specifics on age and diagnosis): <http://emergingminds.ca/>
 - **Assessment** - we currently have a waitlist for assessment and are only accepting children 24 months and under for that list. There is limited availability for individuals between the ages of 18 and 21 (Please contact Debbie Ladisa at 613-728-3808 for more information). Otherwise the waitlist is closed.
 - **CIP (Comprehensive Intervention Program)/Behaviour Intervention** - our program is currently full and our waitlist is closed.
 - **Behaviour Consultation** - we currently have a waitlist and are accepting new clients for the waitlist.
 - **Occupational Therapy** - Our OT services at Emerging Minds East have closed their waitlist.
 - **Parent Coaching** - we currently have a waitlist and are accepting new clients for the waitlist.

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Version September 2022

- **Services for Adults and Teens** - We have limited availability for assessments for individuals between the ages of 18 and 21 (please contact Debbie Ladisa at 613-728-3808 for more information). Otherwise, our services are currently full and our waitlist is closed.
- **Speech Therapy** - please contact Robin Gaines (613-402-6656) for updated information
- **Special Education Assistance** - we currently have a waitlist but are accepting new clients for the waitlist
- **ABA Connections (any diagnosis, ABA, parent training, social skills, school skills, assessments):**
<https://www.abaconnections.ca/> info@abaconnections.ca 613-224-8476
- **Sensory Integration and Neurodevelopmental Specialist** (all diagnosis and all ages, Therapeutic Education):
<http://www.kathleenrooney.ca/>
- **Success in Steps Parent Consultation Program** (all diagnosis and all ages, parent consulting & behaviour coaching services) : <http://www.successinsteps.ca/>
- [Success in Steps - Intake Form \(google.com\)](#)
- **ABC Pediatric Therapies:** speech therapy, psychology and holistic nutrition services.
<https://www.abcpediatrictherapies.ca/> 613-834-2229
 - **ACT Learning Centre: Applied Behaviour Analysis (less than 20 hours of ABA per week)**
 - **Intensive Behaviour Analysis (more than 20 hours of ABA per week)**
 - **Early Start Denver Model (a play based ABA program)**
 - **The Play Project**
 - **Parent Coaching and Training (DIR/Floortime, Play Project)**
 - **Speech Language Pathology**
 - **Occupational Therapy**
 - **Physiotherapy (on request)**
- <http://actlearningcentre.ca/services/>

Social Skills Groups / Networking/ Life Skills

Y's Owl Maclure (High functioning ASD age 14+): <http://www.ysowmaclure.org/>

The Owl Learning Centre is designed to help young adults explore their interests and gain skills for potential careers. They will also learn necessary life skills that will enhance day to day.

The Owl Employment Program – OEP provides employment services and supports adults with a developmental disability. Owl Employment is a comprehensive Supported Employment Program that supports people with disabilities find and maintain paid employment, internships and/or work experience in their community.

Building Blocks: <http://www.ebbuildingblocks.com/groups.html> -

- **Early Learner Playgroups:** These groups are designed for young girls and boys ages **5 to 6** years old
- **Young Social Skills Groups:** focus on social skills for girls and boys, aged **6 to 7**, with high functioning autism or Asperger's who experience difficulties with communication, self-awareness and social reciprocity.
- **Pre-teen Social Skills Groups:** These groups are for girls and boys, aged **8 to 10 and 10 to 12**, with high functioning Autism or Asperger's
- **Group for Teen Girls:** This group will be for **teenage girls** diagnosed with HFA or Asperger's, aged **12 to 14 or 14 to 16**
- You may contact Elaine Bissonnette at ebissonn@magma.ca or call 613 722-4374

Common Table: (Youth with ASD): <http://www.spurottawa.com/common-table-helps-youth-with-autism-overcome-lifes-barriers/>

TIPES (any diagnosis, age 18 months to young adulthood): [Autism | Tipés | Ottawa](#)

Spectrum Insights Social Groups (any diagnosis age 12+): <http://www.spectruminsights.ca/>

- Summer Program, Just for Girls, Teen Socials

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Steps and Strides: (High Functioning ASD, ADHD, ADD, NLD, Dyslexia → Steps and Strides proudly offers tutoring, homework support, organizational skill support, 1:1 social skills and French classes:

<http://www.stepsandstridesottawa.com/> CALL TO REGISTER 613-297-6656

ASPEN (any diagnosis, ages 1-25 years): Social Groups* <http://www.aspenabaservices.com/>

Share Community Program: Skill Development Program is to enhance our student's communication, social, adaptive, and pre-vocational skills. Individuals 18+ diagnosed with a developmental disability (e.g., Autism, Down Syndrome, intellectual disability, etc.) who will benefit from learning and/or improving new skills.

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

○ [Share Community Program - SDP Application](#)

ABC Pediatric Therapies: speech therapy, psychology and holistic nutrition services <https://www.abcpediatrictherapies.ca/>

Children at Risk (Provide services and programs to families of children diagnosed within the Autism Spectrum Disorders, Social Events, Trips, Activities, etc): <http://www.childrenatrisk.ca/>

Occupational, Physiotherapy, Speech and Languages Services

- **ABC Pediatric Therapies:** <https://www.abcpediatrictherapies.ca/>
- **Achieve Therapy:** <http://www.achievetherapycentre.com/>
- **CommuniCare Therapy:** <http://communicare.ca/services/>
- **Expanding Horizons Occupational Therapy: Under Construction check Facebook Page for updates*** [Expanding Horizons Occupational Therapy - Home | Facebook](#)
- **Action Potential Rehabilitation:** <https://actionpotentialrehab.ca/>

Support Groups/ Building a Network of Support

- **Children at Risk** (ASD population): sibling support group <http://www.childrenatrisk.ca/>
- **Down Syndrome Association** - <http://cdss.ca/family-support/>
 - (National Capital Region) <http://www.dsancr.com/>
- **Autism Ontario:** <https://www.autismontario.com/programs-services/under-18/family-supports>
- **Citizen Advocacy** (sibling support group): <https://www.able2.org/programs/sibling-groups/>
- **WIMS – Walking in My shoes:** <https://walkinmyshoes.net/>
- **Family Matters Coop:** <http://www.familiesmattercoop.ca/>
- **Family Alliance:** <https://family-alliance.com/>
- **Learning Disabilities Association of Ottawa:** <http://www.ldaottawa.com/>
- **Rare Disease Foundation support group for parents:** <https://rarediseasefoundation.org/>
- **Autism Speaks:** [Support Groups | Autism Speaks](#)
- **Corner Pieces** (newly diagnosed ASD): <http://www.jennifermackintosh.com/>
- **Program Navigator** (children with complex medical needs): <http://www.cheo.on.ca/en/Program-Navigator>
[Navigator Upcoming EN | Piktochart Visual Editor](#)

School Board/ Ministry of Ed. Related Resources

- **Planning Entry to School: A Resource Guide** (2005) Good for transitions to new schools with all ages not just entry to kindergarten. Includes tools. [untitled \(22qfamilies.org\)](#)

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- **Shared Solutions: A guide to Preventing and Resolving Conflicts Regarding Programs and Services for Students with Special Education Needs (2007)** [Shared Solutions: A Guide to Preventing and Resolving Conflicts Regarding Programs and Services for Students with Special Education Needs 2007 \(ontario.ca\)](#)
- **Policy / Program Memorandum No. 140** <http://www.edu.gov.on.ca/extra/eng/ppm/140.html>
- **Policy/Program Memorandum No. 156** [Education in Ontario: policy and program direction: Policy/Program Memorandum 156 | Ontario.ca](#)
- **Introduction to Transition Planning** [Introduction to Transition Planning for Students with LDs - LD@school \(ldatschool.ca\)](#)
- **Making a Difference from Evidence to Action: Effective Educational Practices for Students with ASD (2007)** <http://www.edugains.ca/resourcesSpecEd/SystemLeader/ASD/autismFeb07.pdf>
- **Negotiating the maze- Strategies for effective advocacy in school:** [Negotiating The Maze EN.pdf \(autismontario.com\)](#)
- **OCDSB Autism Webinars for Parents** [Autism Awareness - Ottawa-Carleton District School Board \(ocdsb.ca\)](#)
- **OCDSB Secondary Special Education Programs-** [Secondary Special Education Programs - Ottawa-Carleton District School Board \(ocdsb.ca\)](#)
- **OCDSB AUTISM PROGRAM** [Autism Program \(AUT\) - Ottawa-Carleton District School Board \(ocdsb.ca\)](#)
- **OCDSB: To speak with our Special Education/Learning Support Services Department, please call 613-596-8713.**
- **OCDSB IPRC** [IPRC - Ottawa-Carleton District School Board \(ocdsb.ca\)](#)

Educational Advocates/ Educational Lawyers

- **Advantage Advocacy INC.:** <http://www.advantageadvocacyinc.com/>
- **Phoenix Paralegal & Advocacy Services:** <http://www.phoenixparalegal.ca/>
- **Horizon –Educational Consulting:** <https://www.horized.ca/>

Tutoring Resources

- **Capital Tutor (1.888.873.0819):** <http://capitaltutor.com/>
- **Kumon (613.440.2480):** [Home | Kumon of OTTAWA - BARRHAVEN](#)
- **Acadam:** <http://www.acadam.com/>
- **Nepean Oxford Learning Center (613.706.1861)** <https://www.oxfordlearning.com/locations/>
- **Infinity+One Tutoring (613.722.3366):** <http://www.infinityplusonetutoring.com/>
- **iTutor Learning Services (online):** <http://www.itutorls.com/>
- **AlivEducation (613.882.8498):** <http://www.aliveducation.com/>
- **TIPES:** [Direct Instruction Tutoring | TIPES](#)
- **Steps and Strides:** (High Functioning ASD, ADHD, ADD, NLD, Dyslexia → Steps and Strides proudly offers tutoring, homework support, organizational skill support, 1:1 social skills and French classes: <http://www.stepsandstridesottawa.com/> **CALL TO REGISTER 613-297-6656**
- **Portia Learning Centre:** Integration Support, Academic Support and School Readiness Programs
- Our transition, integration and support programs are unique to your child. We believe learning should be fun and teaching through motivation is the foundation of all our programs. [Home - The Portia Learning Centre](#)
- **Tutor Bright Special Education Tutoring :** [Special Education \(tutorbright.com\)](#)

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SUPPORT
SERVICE
COORDINATION
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IN and OUT of home respite

Hiring a worker

- Hiring a Support Worker: [Family support and respite for children and youth with special needs | ontario.ca](#)
- Respite Services.com (worker bank managed through service coordination for the Ottawa area):
<https://www.respiteservices.com/Ottawa/respiteservices>
- **Family registration:** <https://www.respiteservices.com/Ottawa/index.aspx?CategoryID=822&lang=en-CA>
- **Family Harmonies Families:** [Family Harmonies Familiales – Nurturing a community of support for life](#) email:
fhf@rogers.com
- Angèle Jodouin, DSW 613-302-5943 and Melodie Grealy-Fredette, DSW 613-315-5943
- Developmental Services Worker Co-Operative: dswcoop@gmail.com
- Spark Life care: <https://sparkcares.ca/>
- Home Watch Caregivers: <https://www.homewatchcaregivers.ca/about-home-care/>
- Success in Steps: <http://www.successinsteps.ca/>
- Seniors On Site: <http://www.sosonsite.com/>
- SOS Sitters: <http://sossitter.ca/>
- Care.com: <https://ca.care.com/?gclid=CJqBuZ6O6cECFWeCMgodvW0AWw>
- Qualicare Family HomeCare: <http://qualicareottawa.com/>
- KidsKare: [KidsKare Agency](#)
- Famille SKY Family- in-home support and social intervention services: 613-864-4535
Contact Renée Marcel familleskrfamily@rogers.com

Community respite providers

- Mainstreet Community Services: <http://www.mainstreetcommunityservices.com/programs--services.html>
- Share Community Program: <https://sharecommunityprogram.com/home>
- Destiny's way: <http://www.destinysway.ca/>
- ABC Learning: <http://acblearning.ca/services.html>
- Bairn Croft Residential Services Inc. : [Bairn Croft \(bcrossottawa.com\)](#)
- Greenland Country Haven Inc. (for teens 13 to 18): 613-806-0690 greenlandcountryhaven@gmail.com
- Ottawa West Community Support: <http://owcs.ca/services/respice-care/>
- Waupoos Family Farm: <http://www.waupoos.com/>
- The Ottawa Rotary Home: <http://rotaryhome.on.ca/>
- Partners in Parenting: <http://www.partnersinparenting.ca>
- OCAPDD – Lavonne Court: Christine Connelly - cconnelly@ocapdd.on.ca 613-569-8993 ext. 302
- Sonshine Families: <http://sonshinefamilies.ca/>
- Saint Elizabeth: Sandra McCormick 613-738-9661 sandramccormick@saintelizabeth.com
<https://www.saintelizabeth.com/Services-and-Programs/Homecare-And-Other-Services/Pediatrics.aspx>
- Terrace Youth: <https://www.terracewellness.com/>
- Tamir (16year old and up): <http://www.tamir.ca/>
- The Portia Learning Centre Inc.: <https://www.portialearning.com/services/respice-and-play-groups/>
- Association pour l'intégration sociale d'Ottawa: <http://www.aiso.org> - 613-744-2241 (francophone)
- Expérience Unik (répit, camp, zoothérapie) : <http://experienceunik.ca/> (francophone)

Specialized Toys/ Apps/ Educational Material

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Version September 2022



- Toys Tools and Treasures: <http://www.toystoolsandtreasures.com/shopping/shopaddtocart.asp>
- Flag House: <http://www.flaghouse.ca/Special-Needs/>
- Brault & Bouthillier: <https://www.bb.ca>
- Special Needs Toys: <http://www.specialneedstoys.com/can/>
- OTs with Apps: <https://otswithapps.com/>
- Kidspiration: Visual learning tools software <http://www.inspiration.com/Kidspiration>
- Mind Mapping: <https://www.mindmup.com/>
- Sensory Hacks to Focus a Fidgety Child: <http://lemonlimeadventures.com/sensory-hacks-focus-fidgety-child>
- FDMT educational materials and sensory tools: <http://www.fdm.ca/en>
- ASD Visual Aids: <http://www.asdvisualaids.com/>
- School Specialties:
https://store.schoolspecialty.com/OA_HTML/xxssi_ibeCategoryPage.jsp?docName=V700858&minisite=10224
- Boardmaker (create pec boards): <https://goboardmaker.com/>
- 40 amazing iPad apps for the learning disabled: <http://www.accessibilitynewsinternational.com/40-amazing-ipad-apps-for-the-learning-disabled/>
- Educators Technology: <http://www.educatorstechnology.com/search/label/ipad%20special%20education%20apps>
- Apps for Children with Special Needs: <https://www.common sense media.org/guide/special-needs>
- Autism Discovery Tool – sensory from within: <https://www.prnewswire.com/news-releases/spectrum-idea-lab-inc-launches-new-autism-discovery-tool-ios-app-300175580.html>
- Mom’s with Apps – Best Practices for KIDS APPS: <http://blog.momswithapps.com/apps-for-special-needs/>
- Too Noisy: <http://toonoisyapp.com/>
- Faces iMake –Premium!: <https://itunes.apple.com/us/app/faces-imake-premium/id389101695?mt=8>
- Morning Routines for Preschool Kids: <https://itunes.apple.com/us/app/itouchilearn-morning-school/id409137843?mt=8>
- MyTalkTools Mobile Lite: <https://itunes.apple.com/us/app/mytalk-mobile-lite/id376401959?mt=8>
- Speech with Milo: [Speech with Milo: Sequencing | Reading Rockets](#)
- StoryPals: [StoryPals | Reading Rockets](#)
- Appy Therapy: <http://appytherapy.com/>
- Brain Parade – A Learning Celebration : [Brain Parade Apps on the App Store \(apple.com\)](#)
- Good Karma Applications: <http://www.goodkarmaapplications.com/>
- Grace (non-verbal pecs): <https://apps.apple.com/ca/app/grace-4/id360574688>
- Grembe Apps – Building Apps that Make a Difference: <http://www.grembe.com/>
- See.Touch.Learn: <https://itunes.apple.com/us/app/see-touch-learn/id406826506?mt=8&ls=>
- Mobile Education Store: <http://mobile-educationstore.com/category/apps>
- iEarnedThat: <https://sites.google.com/site/musicandspecialeducation/home/resources/related-website/behavior-modification/iearnedthat>
- Technology to Support Independence DSO Presentation (teens/adults) [Tech Presentation PP Slides.pdf](#)
- [DSO Technology for Independence Follow-up Links and Videos .pdf](#)

Recreational/ Leisure Community Programs

City of Ottawa- Recreational Guide – updated every season: <https://ottawa.ca/en/residents/recreation-and-parks/recreation-programs>

- **City of Ottawa Inclusive Recreation Coordinators:**
 - Donna.Quiggin@ottawa.ca – Portfolio Manager – 613-580-2424 ext. 29289
 - Diane.Cyr@ottawa.ca – 613-580-2424 ext. 29300: East District

AVAILABLE RESOURCES IN THE COMMUNITY



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Version September 2022

FOR PEOPLE WITH DEVELOPMENTAL DISABILITIES
POUR LES PERSONNES AYANT UNE DÉFICIENCE INTELLECTUELLE

- Katie.jacobsonlang@ottawa.ca – 613-798-3394: Coordinator Therapeutic Programs
- Jean.Doyle@ottawa.ca - 613-580-2424 ext. 41226: West District
- Jodie.Gilvear@ottawa.ca – 580-2424 ext. 29292: Central District
- Christina.McCormick@ottawa.ca– 613-580-2424 ext. 29291: South District
- City Wide Inclusive Recreation – 613-580-2424 ext. 29283 or specialneedsocitywide@ottawa.ca
- Hintonburg Community Centre (program information) – 613-798-8874
- Jack Purcell Community Centre (program information) – 613-564-1050

Music:

- o Lotus Centre: <http://www.lotuscentre.net/>
- o Glee Ceptional: [Glee Ceptional - Home | Facebook](#) Please visit our Twitter account @Glee Ceptional while our website is under construction for all of the up to date information. gleeceptional@yahoo.ca Lisa: 613-986-4299 <http://www.gleeceptional.ca/>
- o Musicability Ensemble (Choir): <https://www.familyharmoniesfamiliales.ca/activities-programs/musicability>

Arts/ Theater/ Drama :

- o Ottawa Children's Theatre (ages 3-17 years): <http://www.ottawachildrenstheatre.net/>
- o Art in Action (ages 14-29 years): <http://www.artinactionottawa.ca/>
- o Art Therapy Group: <https://www.ottawaarttherapy.ca/>
- o The Space (16 +): [theSpace - Home \(thespaceottawa.ca\)](http://www.thespaceottawa.ca/)

Dance:

- o Propeller dance: <http://www.propellerdance.com/>
- o Dragon Fly (Down Syndrome): <http://www.dragonflydownsyndrome.com/>

Soccer/Baseball/Hockey:

- o Nepean City Soccer Club – Just for kicks (age 5-18years): [Just for Kicks - Ottawa City Soccer](#)
- o Miracle League of Ottawa: <http://www.miracleleagueofottawa.com/>
- o East Nepean Little League baseball: <http://eastnepeanbaseball.on.ca/challenger>
- o Challenger Baseball: <http://www.challengerbaseball.ca/>
- o Capital City Condors Hockey: <https://capitalcitycondors.org/>
- o Special Hockey Heroes: [Special Hockey Heroes - Sport Ottawa](#) [Special Hockey Heroes - Home | Facebook](#)

Skiing:

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

Kayaking/Canoeing:

- o Rideau Canoe Club: [Home \(rideaucanoecub.ca\)](http://www.rideaucanoecub.ca/)

Martial Arts:

- o Tae E. Lee Taekwondo: [Tae E. Lee Taekwondo – since 1977 \(taelee.ca\)](http://www.taelee.ca/)
- o Florin's Martial Arts Centre-Kanata: <http://www.kidsafterschool.ca/>

Swimming:

- o Swimming with a Mission (SWAM): <http://www.swamcanada.ca/>
- o The Aqua Life Swim Academy (Orleans & Kanata): <http://theaqualife.ca/our-programs/>
- o Hippo in the Bathtub: <https://hippointhebathtub.ca/>
- o City of Ottawa Swimming (outdoor pools)- [Swimming | City of Ottawa](#)

Gymnastics:

- o Tumblers Gymnastics Center: <http://tumblers.ca/index.php/programs/>
- o Starr Gymnastics: <http://www.starrgymnastics.ca/index.php>
- o Corona Gymnastics: <https://www.coronagym.ca/>

AVAILABLE RESOURCES IN THE COMMUNITY



SERVICE
COORDINATION
SUPPORT
SERVICE
COORDINATION
SOUTIEN

SERVICE COORDINATION FOR PEOPLE WITH DEVELOPMENTAL DISABILITIES ASSUMES NO LIABILITY OR RESPONSIBILITY FOR ANY ERRORS OR OMISSIONS IN THE CONTENT CONTAINED IN THIS DOCUMENT
Version September 2022

FOR PEOPLE WITH DEVELOPMENTAL DISABILITIES
POUR LES PERSONNES AYANT UNE DÉFICIENCE INTELLECTUELLE

- Kanata GymnoSphere: <https://www.kanatagymnastics.ca/one-on-one-assistance>
- Ottawa Gymnastics Centre: <https://www.ottawagymnasticscentre.ca/>

Yoga:

- Heart Sounds Yoga: <http://heartsoundsyoga.ca/>
- Little Lotus Yoga: <https://littlotusyoga.ca/>

Horse Back-Ridding:

- Happy Trails: <http://www.happy-trails.ca/>
- TROTT: <http://trott.ncf.ca/>
- Horses of the sun: <http://www.horses-of-the-sun.ca/>
- Brave Hearts: <http://www.brave-hearts.ca/home/>
- Stable Foundations Equine Assisted Therapy : <http://www.stablefoundations.ca/>
- Lanark County Riding: <http://www.therapeuticriding.ca/>

Other:

- The Special Olympics: <http://www.specialolympics.ca/participate/how-do-i-register-athlete>
- GACSN: Gloucester Association for Children with Special Needs: <https://gacsn.org/>
- YMCA: [Youth Sports & Activities | The Ottawa YMCA](#)
- Prism Options Program: <http://prismoptions.wixsite.com/special-needs/home>
- AUSOME Ottawa (ASD population): <http://www.ausomeottawa.com/programs/>
- Goodlife Fitness free summer membership for teens: <https://www.teenfitness.ca/>
- **Access 2 Entertainment card:** <http://access2card.ca/>

**FREE MUSEUM PASSES THROUGH YOUR LOCAL LIBRARY

Play/Fun Centres in Ottawa area:

- Fun haven: <http://www.funhaven.com/>
- Sky Zone- indoor trampoline park: <http://www.skyzone.com/ottawa>
- Flying Squirrel: <https://flyingsquirrelsports.ca/ottawa-ontario/>
- Sky Zone: <https://www.skyzone.com/ca-ottawa>
- Xtreme Trampoline Park: <https://www.xtpark.com/>
- Kids Kingdom Daycare and Play Centre: <https://kidskingdom.ca/>
- Monkey Around Play & Learn: <http://monkeyaroundottawa.com/>
- Cosmic Adventure: <http://www.cosmicadventures.ca/>
- Bubble Sea Adventures: <https://indoorplayground.bubbleseadventures.com/>

Museums in Ottawa Area:

- Canadian Museum of History: <https://www.historymuseum.ca/>
- Canadian Museum of Nature: <https://nature.ca/>
- Canada Science and Technology Museum: <https://ingeniumcanada.org/cstm>
- Canada Aviation and Space Museum: <https://ingeniumcanada.org/casm>
- Canada Agriculture and Food Museum: <https://ingeniumcanada.org/agriculture/index.php>

Additional Autism Specific Services/Supports

- **Ontario Autism Program (OAP):** <http://www.children.gov.on.ca/htdocs/English/specialneeds/autism/ontario-autism-program.aspx#oap>
 - **Central Intake and Registration for individuals not on the previous CHEO OAP wait list:**
 - Call: 1-888-444-4530
 - Email: oap@ontario.ca

AVAILABLE RESOURCES IN THE COMMUNITY

SERVICE COORDINATION FOR PEOPLE WITH DEVELOPMENTAL DISABILITIES ASSUMES NO LIABILITY OR RESPONSIBILITY FOR ANY ERRORS OR OMISSIONS IN THE CONTENT CONTAINED IN THIS DOCUMENT
Version September 2022



SERVICE
COORDINATION
SUPPORT
SERVICE
COORDINATION
SOUTIEN

FOR PEOPLE WITH DEVELOPMENTAL DISABILITIES
POUR LES PERSONNES AYANT UNE DÉFICIENCE INTELLECTUELLE

Registration Form- to be submitted online:

<http://www.forms.ssb.gov.on.ca/mbs/ssb/forms/ssbforms.nsf/FormDetail?OpenForm&ACT=RDR&TAB=PROFILE&SRC=H=&ENV=WWE&TIT=autism&NO=3259E>

- **CHEO- Autism Program:** (fee for services) <http://www.cheo.on.ca/en/autism>
- **Autism Ontario- Ottawa chapter:** <http://www.autismontario.com/ottawa>
 - Service Navigator: <https://www.autismontario.com/programs-services/under-18/service-navigation>
 - Knowledge Base : <http://autismontario.novosolutions.net/default.asp?id=103&Lang=1&SID>
 - Autism Ontario – Autism Directory
 - SPIRALE – Finding professional services for children with autism: <https://www.autismontario.com/spirale>
- **Société franco-ontarienne de l'autisme :** <http://sfoautisme.org/>
- **Ontario's Autism Parent Resource Kit:**
<http://www.children.gov.on.ca/htdocs/English/topics/specialneeds/autism/aprk/index.aspx>
- **Quick Start Early Intervention for Autism (0 -24 months):** <https://www.quickstartautism.ca/>
- **SERVICE DOGS for Autism:**
 - Autism Canada Fondation: <https://www.autismdogservices.ca/>
 - Mira: http://www.mira.ca/en/programs/7/service-assistance-dog-for-child-presenting-asd_142.html
 - Thames Centre Service Dogs : <https://www.thamescentreservicedogs.com/>
 - Ottawa Therapy Dogs : [Ottawa Therapy Dogs | Ontario | Therapy Dogs](http://OttawaTherapyDogs.com)
 - The Canadian Foundation for Animal Assisted Support and Services: <http://www.cf4aass.org/?q=node/23>
- **Geneva Centre for Autism, Ontario:** <http://www.autism.net/>
- **Autism Society of Canada:** <https://autismcanada.org/>
- **Autism Awareness Centre:** <https://autismawarenesscentre.com/resources/>
- **Autism Speaks:** <http://www.autismspeaks.ca/>

Mental Health Services/Supports

- eMental Health – Finding community services: <https://www.ementalhealth.ca/>
- CHEO Mental Health: <http://www.cheo.on.ca/en/cheoamentalhealth>
- Crossroad Children's Mental Health Centre: <https://www.crossroadschildren.ca/>
- Centre Psychosocial: <https://centropsychosocial.ca/>
- Youth Services Jeunesse (YSB): <https://www.ysb.ca/services/ysb-mental-health/>
- Robert Smart Centre: <https://www.robertsmartcentre.com/>
- Royal Ottawa – Youth: <http://www.theroyal.ca/mental-health-centre/mental-health-programs/areas-of-care/youth/>
- Family Services Ottawa: <http://familyservicesottawa.org/children-youth-and-families/>
- YouthNet / RéseauAdo: <http://ynra.ca/>
- Parents' Lifelines (PLEO): <https://www.pleo.on.ca/>
- Maison Fraternité: <http://www.maisonfraternite.ca/>
- Children's Mental Health Ontario: <https://www.cmho.org/education-resources/parent-resources/>
- Mental Health walk in clinics : <https://walkincounselling.com/>
- Kids Help Phone call, chat or txt: <https://kidshelpphone.ca/> or 1-800-668-6868
- 24-hour Crisis line for Children, Youth and Families in Eastern Ontario 613-260-2360 or 1-877-377-7775
- The Mental Health Crisis line (first point of access / crisis team): 613-722-6914 or 1-866-996-0991
- The Distress Centre (crisis intervention, information and referral): 613-238-3311
- ABLE2 (FORMERLY CITIZEN ADVOCACY) Sibling Groups [Sibling Groups | ABLE2](http://SiblingGroups.com)
- COUNSELLING CONNECT <https://www.counsellingconnect.org/>

AVAILABLE RESOURCES IN THE COMMUNITY

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CONTAINED IN THIS DOCUMENT
Version September 2022



SERVICE
COORDINATION
SUPPORT

SERVICE
COORDINATION
SOUTIEN

FOR PEOPLE WITH DEVELOPMENTAL DISABILITIES
POUR LES PERSONNES AYANT UNE DÉFICIENCE INTELLECTUELLE

- PARENTS LIFELINE OF EASTERN ONTARIO (PLEO) <https://www.pleo.on.ca> info@pleo.on.ca
- WABANO CENTRE FOR ABORIGINAL HEALTH 613-748-0657 <http://wabano.com/>