

Community Participation **(Day Services)**

ABILITY FIRST OTTAWA

70 Bongard Ave Unit B
Nepean, ON K2E 7Z9
613-291-5422

<http://abilityfirstottawa.org/>

Assist persons with disabilities to reach their goals in employment skills, recreation, social skills and art. Encourages and inspires persons with disabilities to reach their full potential and dreams.

Ability First Ottawa (AFO) currently operates weekly afternoon/evening programs where people with developmental disabilities have the opportunity to participate in creative and productive activities within safe and friendly environment. This non-profit organization offers flexible programs devoted to the development and promotion of creativity, well-being, and community among persons with varies disabilities. Ages 10- 70.

Please note information is subject to change, please visit their Facebook page at Ability First Ottawa for information on virtual events as well as their waitlist intake form at

<https://docs.google.com/forms/d/e/1FAIpQLSfe92loU59e55ahbk1sc2btXMWjEbLYZWugpuLEMANxHyx10A/viewform> .

**Fee for Service*

BAIRN CROFT

1344 Youville Drive Unit 3
Ottawa, ON K1C 7L1
613-841-6844 ext. 226

<http://bairncroft.com/>

Branches is a therapeutic day leisure program open to adults with Intellectual disability and Dual Diagnosis. Participants take part in activities to enhance their life skills, social/leisure, or vocational learning. Individuals can also participate in music/media options, regular physical movement activities, community integration creative expression activities, and a variety of adaptive skills options. Certified Behavior Analyst services may be provided if these supports are identified as part of the support plan.

**Fee for Service*

BEING STUDIO

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

studio@beingstudio.ca

<http://beingstudio.ca>

At BEING, artists have access to the space, the tools, and the representation to create and commercialize their visual art and creative writing. Each artist is encouraged and supported in achieving their unique creative and professional goals, whether to become more prolific, profitable, or simply to find focus for their creative practice. Monday-Friday 10-2pm. Online programming is available.

**Fee for Service*

CITY OF OTTAWA

The City of Ottawa is a therapeutic recreation program for adults with developmental disabilities 21-55 years. Program criteria include ability to be in a group in a 1:5 ratio, interest in recreation activities, self-managed minor behaviors and stable medical conditions. Referral for the program is through Developmental Services Ontario (DSO), not through the City of Ottawa.

There are six Variety programs across the City of Ottawa:

- Ray Friel Recreation Complex(francophone),
- Bob MacQuarrie Recreation Complex - Orléans,
- Routhier Community Centre,
- Walter Baker Sport Centre,
- Carleton Heights Community Centre and
- Richcraft Recreation Centre-Kanata.

**DSOER Registry Required*

CHRISTIAN HORIZONS

1335 Carling Ave.
Nepean, Ontario, K1Z 8N8
Corrine

<https://christianhorizons.org/services/>

Learn skills, give back, and get involved! Christian Horizons Community Participation Supports offer opportunities for adults over 18 to engage in a community support recreation program.

**DSOER Registry Required *Fee for Service*

DESTINY'S WAY

Barrhaven area
613-226-6222

info@destinysway.ca
<https://www.destinysway.ca/adult-day-program.html>

We invite adults in our special needs community to participate in a wide variety of innovative, creative and skill-building activities. They include exercises, meditation yoga, life skills program, awareness and being program, and our arts program. The purpose of this program is to enhance the day program experience for our clients by creating an atmosphere of freedom, empowerment, and collaboration within both spontaneous and intentional moments of each day. We are open Monday – Friday from 9:30am-3:30pm. For more information, please call 613-266-6222, email us at info@destinysway.ca, or check out our website.

**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

<https://www.familyharmoniesfamiliales.ca/daytime-program>

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

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

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

We offer a variety of flexible supports for disabled and neurodivergent youth and adults. We believe that families ultimately know what is best for them, and that given the right tools they can bring harmony to their own situations. With this premise in mind, we offer effective and innovative supports to families and individuals, in both English and French.

Our team of experienced Developmental Services Workers and Apprentices provide Respite and Special Services in your home and out in the community. For more information, please contact Angèle Jodouin at 613-302-5943 or fhf@rogers.com. You can also check out their Facebook page, Instagram page, and YouTube linked above.

**Fee for Service*

HAND IN HAND STEEPLE HILL GROUP HOME

140 Talos Circle

Richmond ON, K0A 2Z0

Victoria Romano 613-513-9696

https://twitter.com/hand_hill

Handinhand.steeplehill.grouphome@gmail.com

We focus on quality care filled with fun activities, homemade meals, and arts and crafts, all in a family-oriented environment. Our goal is to offer parents and legal guardians of adults with special needs a respite relief program. Some of the leisure and life skills activities include: art & crafts, walking in the park, swimming, field trips, cooking, and clean. Address and information subject to change.

**Fee for Service*

HAZELWOOD HOUSE

Barrhaven, Ottawa, ON

613-799-1148

info@HazelwoodHouse.ca

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

The Day Program operates Monday through Friday from 9am – 4pm, providing support for individuals with developmental disabilities age 18+ with a 3:1. The 3:1 participant to staff ratio is for participants that can travel safely in small supervised groups throughout the community, who are generally independent in the washroom, and who do not have running away behaviours.

Our programming is developed around the interests and needs of registered participants, providing both a socially and community active day program that has participants looking forward to their day! Our services include life and social skills activities such as transportation training, gardening, learning essential social skills, cooking/baking classes, personal hygiene, and more. We also offer community involvement activities such as volunteer placements, attending/volunteering at events, community giving, and more. Please visit our website or call for more information.

**Fee for Service*

INNOVATIVE COMMUNITY SUPPORT SERVICES

2025 Lanthier Dr., Suite A
Orleans, ON K4A 3V3
613-824-9424 ext. 230

Rebecca@icss.ca or Kelly@icss.ca
<http://www.icss.ca/>

ICSS Community Participation programs provide person-centred and flexible supports to individuals with a developmental disability, physical disability, challenging behaviours and/or a dual diagnosis in helping set goals and making healthy life choices in community programming. The Community Participation Worker will work directly with individuals to lead, observe, plan and implement programs and activities that promote learning and development in daily living, recreational, social and life skills. Individuals will choose activities and be supported to fully participate within their community.

ICSS has three community-based sites throughout East Ottawa. The goal of each site is to provide individuals with opportunities to participate in meaningful social, recreational and leisure activities throughout the day. To ensure person-centered and flexible supports the individual works in a one to one support model with a trained, qualified and caring professional.

**Fee for Service*

MAIN STREET COMMUNITY SERVICE

1002 Beaverbrook Road
Kanata, ON K2K 1L1
613-831-6606

INFO@mainstreetcommunityservices.com
<https://www.mainstreetcommunityservices.com/programs--services.html>

We pride ourselves in a variety of services and programs that include developmental respite, mentoring, social skills training, behavior management, parent support programs, individual and family counselling, developmental play groups, developmental respite and a social skills day camp known as Discovered Treasures. The team at Main Street Community Services remains dedicated to broadening horizons, developing talents, promoting self-esteem and instilling life-preparation skills by extending a hand of hope to children youth and their families.

Programs include: Social Learning Program, Adult Day Program, Developmental Day Program, Respite, After School Social Skills Program, Summer and March Break Camps.

**Fee for Service*

OTTAWA-CARLETON ASSOCIATION FOR PERSONS WITH DEVELOPMENTAL DISABILITIES (OCAPDD)

<https://www.ocapdd.on.ca/>

Loeb Centre
161 Donald Street
Ottawa ON K1N 1N1

Arc Industries
229 Colonnade Rd. South
Ottawa, Ontario K2E 7K3

613-569-8993 ext 620 or 613-301-3638

613-569-8993 ext. 521

Loeb Centre offers is a center-based leisure program with activities such as fitness, pet therapy, etc. Please call Diane Probert at 613-569-8993 ext. 620 for more information.

Arc Industries – a community inclusion program who offers activities within the community based on their needs, goals, and desires. Some of these activities include trail walks, bowling, swimming, gaming days, massage, art classes, volunteering, and more on a half-day basis. Services can be provided in both French and English. For more information, please contact Laura Mulligan at 613-569-8993 ext. 521

**DSOER Registry Required or Fee for Service*

OTTAWA CARLETON LIFE SKILLS

9-1 Brewer Hunt Way

Kanata, ON K2K 2B5

613 254-9400

info@ocl.ca

<http://www.ocl.ca/>

Life skills Program: This program is based in a traditional classroom model and give participants instruction on a wide variety of topics including socialization, anger management, and cooking. Life skills participants are often treated to presentations from special guests who speak about their lives, their jobs or their interests. Recent favorites include dentists, police officers and musicians.

Participants in this program have the opportunity to learn skills required for employment through our pre-vocational program. We currently work closely with Tim Horton's, The Christmas Exchange, The Glebe Centre, OC Transpo, Meals on Wheels and Value Village to provide fulfilling job opportunities.

Leisure Program: This program is for individuals who are looking for a more relaxed pace and atmosphere can participate in sensory activities, such as music, arts and crafts, cooking, games and chair exercises. This program has a quiet, low-demand environment.

The programs listed run Monday to Friday. OCL also provides a leisure program 3 Saturdays per month.

Virtual Day Program : The goal of the Virtual Day program is to promote and provide Meaningful educational activities from the comforts of one's home. Providing opportunity to meet new friends, learn new skills and expand their social circles in the community. Visit <https://www.ocl.ca/zoom-meeting/zoom-1/> to see the Zoom schedules and to join.

**DSOER Registry Required or Fee for Service*

OTTAWA FOYERS PARTAGE- COMPUTER WISE

764 Belfast Rd.
Ottawa, ON K1G 0Z4
613-744-3562 ext. 307
computerwise@ofp.ca

<https://ottawafoyerspartage.org/what-we-do/>

Our program is dedicated to ensuring those with complex care needs are provided with opportunities to engage with new technologies in environments that are fully accessible, offering personal care, adaptive/assistive software and hardware and compassionate support staff.

ComputerWise is a community. We provide participants with a positive and empowering space to socialize and connect with their peers, encouraging personal and professional development opportunities whenever possible. Our program's strength is in its commitment to community partnership that seeks to increase disability awareness by supporting social inclusion and celebrating diversity. We are dedicated to ensuring that each day at ComputerWise is safe, stimulating and rewarding.

**DSOER Registry Required or Fee for Service*

OTTAWA ROTARY HOME

823 Rotary Way
Ottawa, ON K1T 3W6
613-236-3200

<http://rotaryhome.on.ca/>

The adult day program runs Monday-Friday from 9am-3pm for a total of 42 weeks a year. The program's focus is to help young adults realize their potential while enjoying a stimulating environment with peers. Adults ages 21-35 with a physical disability. Our adult program is also able to respond to individuals and families with Passport funding who wish to purchase our services. For more information, please contact Jessica Thompson at JessicaT@rotaryhome.on.ca

**DSOER Registry Required or Fee for Service*

PARTNERS IN PARENTING

2405 St. Laurent, Unit S

Ottawa ON K1G 5B4

613-824-4200

<http://www.partnersinparenting.ca/day-services/>

ACE (Abilities, Challenges and Exceptionalities) day service program runs Monday to Friday 8:30 am to 3:00 pm; participants are assigned to a group of peers, staff, and volunteer members. Our program places equal emphasis on educational, social, and recreational sessions for adults with a variety of developmental and physical disabilities. We know the importance of inclusion and belonging; there are planned outings providing participants an opportunity to interact with old friends and to make new ones. Every day, we make it our goal to provide all of our participants with a safe and fun environment to learn, work, grow, play, and enjoy. Please contact Amy Wolfe Gust for more information at amywolfe@partnersinparenting.ca or 613-298-7738.

ESP (Enhance Support program) is individually tailored programs for youth and adult to ensure safety, supervision, and engagement. This support supports individuals with exceptionalities and has high staff to participant ratio. It emphasizes on client care, alternative skills for maladaptive behavior, life skills and community based programs. Please contact Kayla Dunn for more information at kayladunn@partnersinparenting.ca or at 613-818-6842.

LIFE (Learning in a Fun Environment) focuses on academic skills and employability for adults with physical, developmental and dual diagnosis abilities. Participants will work at their own level and pace independently or in group settings. We work on literacy and numeracy concepts that are important to real life scenarios. It provides weekly life skills, employability, self-regulation and academic workshops. LIFE also offers a 7-week long Summer Camp. Please contact Kayla Dunn for more information at kayladunn@partnersinparenting.ca or at 613-818-6842.

**Fee for Service*

SONSHINE FAMILIES

3735 St. Joseph Blvd. Unit 1

Orleans, ON K4A 0Z7

613-834-8187

margobabe@sonshinefamilies.ca

<https://sonshinefamilies.ca/services/our-day-programs/>

R.A.Y.S. (Reaching All Your Stars) Day Program is a recreational day program designed for adults who have complex medical needs and require total care.

RAYS' services include:

- Calendar & Weather with Morning Circles
- Group Programming
- Individual Program
- Community outings
- Swimming
- Range of Motions Exercises
- Make a Lunch
- Story Time
- Sing Along
- Sensory Crafts & Activities
- Adapted Sports Days
- Seated Yoga

RAYS provides an opportunity for our clients to get out in the community and participate to their full potential. Sonshine's RAYS program is open Monday to Friday from 9:00 a.m. to 3:00 p.m. For more information including schedules, please visit <https://sonshinefamilies.ca/services/r-a-y-s-day-program/>

B.E.A.M. (Behavioural Energy Activity Management) is a recreational day program which provides services to adults with developmental challenges.

BEAM's services include:

- Calendar and Weather
- Individual Programming
- Group Programming
- Crafts
- Community Outings
- Swimming
- Life skills (i.e. financial and personal management)
- Make-a-Lunch
- Story Time, and
- Sing-along.

BEAM offers a relaxed yet structured environment where attendees are encouraged to work at their own pace while adhering to the day's schedule. Sonshine's BEAM day program is open Monday to Friday from 8 am – 3 pm. For more information including schedules, please visit

<https://sonshinefamilies.ca/services/beam/>

**Fee for Service*

TAMIR DAY SERVICES

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

Soloway Jewish Community Centre
21 Nadolny Sachs
Ottawa ON, K2A 1R9
Estelle Allen 613-851-7476

Tamir Foundations
235 Donald Street
Ottawa ON, K1K 1N1
Estelle Allen 613-851-7476

Tamir's Original Day Program is located on the Soloway Jewish Community Campus. The program emphasizes recreational and leisure activities as well as life skills development. Tamir has a second day program located at Donald St.

Tamir's Passages Program helps individuals gain work experience, educational and recreational options that are best suited to their skills, interests and needs. The focus of this program is community based work/volunteer and leisure activities.

**DSOER Registry Required or Fee for Service*

theSPACE

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

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*

Walk of Grace
Passageways Community Resource Centre

3713 Navan Rd.
Navan, Ontario, K4B 1H9
613-612-1263

Elias Houkayem ehoukayem@walkofgrace.org
<https://www.walkofgrace.ca/day-program>

We believe in promoting and enhancing the social inclusion and the quality of life of participants. Through the efforts of a comprehensive care team, we shall provide an approach that takes into account the physical, intellectual, emotional, social and spiritual needs of each individual. Passageways Community Resource Center also addresses quality assurance measures. The Resource Center will promote social inclusion, individual choice, and independence, in order to foster any new learning and skills developed for each participant. PCRC admits participants from the ages of 18+ both male and female who are diagnosed with developmental disabilities such as, fetal alcohol syndrome, autism, down syndrome, cerebral palsy, global developmental delay, visually impaired, and Angelman syndrome and other exceptionality.

****Expected to open September 2022 but is subject to change.****

For more information and/or to register, please visit <https://www.walkofgrace.ca/day-program> or contact Elias Houkayem at ehoukayem@walkofgrace.org .

**Fee for Service*

Work and Volunteer Experience (WAVE) PROGRAM

Dovercourt Recreation Centre
411 Dovercourt Ave.
Ottawa, ON K2A 0S9

Caitlin Booth cbooth@dovercourt.org
<https://www.dovercourt.org/wave/>

WAVE (Work and Volunteer Experience) Ottawa is a work and recreation program for adults with special needs open to participants of all levels of ability. Founded by Dovercourt Recreation Association in April 2013, WAVE operates out of the Bluesfest School of Musical Arts (or BSOMA). Through a combination of skills training, volunteer experience, and recreational activities WAVE staff help participants (referred to as apprentices) increase their independence at home, work, and in the community. The program also gives apprentices a chance to develop their social skills and build meaningful relationships with staff and peers. The WAVE program runs Monday to Friday, 9:00 AM-3:00 PM. A typical day consists of work placements or skills training in the morning, followed by a recreational activity (usually swimming at Dovercourt or a walk through the community) in the afternoon. Throughout the day staff and apprentices work together to develop a wide range of different skills, including:

- Fine and Gross Motor Skills
- Communication and Social Skills
- Travel on Public Transit
- Goal Setting and Completion
- Job Application and Interview Skills

Staff work closely with apprentices to tailor activities to each individual apprentice's abilities, needs and goals. This ensures that the skills being taught are relevant and sets the apprentices up for success. If you or someone you know is interested in joining WAVE, know of a potential volunteer placement opportunity, or simply want more information about the program, please contact Caitlin Booth at cbooth@dovercourt.org

**Fee for Service*

Y'S OWL MACLURE COOPERATIVE CENTRE

100 -1140 Morrison Drive, Suite 100

Ottawa, ON K2H 8S9

613-721-1500

www.ysowlmaclure.org/

Owl Learning Centre The Owl Learning Centre (OLC) focuses on fostering growth, skills development, and empowerment to make decisions related to independent living in individuals with Autism and/or Developmental Disabilities in the Ottawa area. The OLC is a training program designed to provide participants with a well-rounded set of skills for transitioning into adulthood and independent living. Individuals 18 and up who have left school will benefit from the use of person directed planning to develop the best program for both the individual and their families, based on assessment of the individual's current skill level in various areas and goals for independence. Individuals involved in OLC will have the opportunity to build skills in the areas of basic living, independence, community participation, and employment through workshops, hands-on training, community outings, and employment training opportunities in one of our social enterprises. Y's Owl also offers **outreach and employment supports** (see employment section or their website for more information).

Please call 613-721-1500 ext. 215 or email juliedewan@ysowlmaclure.org

**DSOER Registry Required or Fee for Service*