

AVAILABLE RESOURCES IN THE COMMUNITY

SERVICE COORDINATION FOR PEOPLE WITH DEVELOPMENTAL DISABILITIES ASSUMES NO LIABILITY OR
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Version March 2025



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

FOR UPCOMING COMMUNITY PROGRAMS VISIT OUR WEBSITE:

<https://scsonline.ca/whats-new/>

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Resource Libraries

- **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.
[RM WebOpac - Home](#)
 - 613-736-1913 ext. 284
 - ciss-sije@afchildrensservices.ca
- **Adaptive Toys and Tech Centre (CHEO)** 395 Smyth Road, Ottawa ON
 - <https://toytech.myturn.com/library/>
 - Monday to Friday 8:30am-2:30pm
- **Autism Speaks:** <https://www.autismspeaks.org/resource-guide>
- **AIDE Canada Library:** <https://library.aidecanada.ca/>

CHEO – Children’s Treatment Centre (CTC)

613-737-0871 www.cheo.on.ca/en/CTC

- **Adaptive Technical Services:** 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 [Adaptive Toys & Tech Resource Centre de ressources technologiques et de jouets adaptés: Inventory \(myturn.com\)](#)
- **Clinic for Augmentative Communication (CAC):** CHEO's CAC may provide communication services to children and youth (0-18 years of age): with limited speech or whose speech is hard to understand to meet daily needs at home and/or who have difficulty producing written work at home
- **Coordinated Service Planning:** Coordinated Service Planning supports children and youth with multiple or complex special needs. We also support families through a service planning coordinator who can quickly connect families to the services they need. The coordinator will help monitor your child's needs and their progress through a coordinated service plan.
- **Diagnostic Services – Psychology and Developmental Pediatricians:** Developmental pediatricians and psychologists provide assessment and diagnosis services for children and youth with physical and developmental concerns.
- **Diagnostic Services – ASD Diagnostic Hub:** Partnership with community pediatricians for diagnostic assessment for Autism Spectrum Disorder, for children aged 5 and under.
- **Enhanced Parenting:** individualized in-home basic parent education program. Parents accessing this program must report learning difficulties and/or a developmental delay, and have a child in the home under the age of 6.
- **CHEO Preschool:** half-day licensed program for children with physical disabilities and accompanying developmental difficulties who require a specialized environment. The team includes Early childhood educators, physiotherapists, occupational therapists, and speech-language pathologists. For ages 2-5 who receive services from CTC and live in Ottawa.
- **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
- **FASD Worker Program:** FASD Workers provide customized FASD education workshops to professionals and agency staff to improve their ability to support people with FASD.
- **Infant and Child Development Program (ICDP):** for families with children who are referred to and/or are receiving service from CHEO Children’s Treatment Centre (CTC). Consultation with CHEO staff, strategies, resources and information will be available.
- **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
- **Medical Clinics:** Includes: developmental pediatricians, neurology, physiatrist, orthopedic surgeons, nurses, dieticians

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- **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>
- **Respite Services:** Out-of-home respite services for children and youth with significant health challenges. To make a referral, contact the CHEO Access Team at 613-737-2757
- **Seating and Mobility:** Our seating and mobility team works with clients up to age 18 with complex medical, neurological or orthopedic needs. We work closely with the client and their family to provide comfortable, functional seating and mobility equipment that meets their needs.
- **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.
- **Therapy Teams:** provide assessment, treatment, consultation, and education to meet your child’s need. Team consists of physiotherapists, occupational therapists, speech-language pathologists, rehabilitation assistants

Community Resource Centres (CRC)

- **Ottawa Police Service – Connect Protect:** <https://www.ottawapolice.ca/en/community-safety-and-crime-prevention/connect-protect.aspx> | [Medical Alert Bracelets, Necklaces and More](#) | [Universal Medical ID Canada](#)
- **Locate your community health centre (CHC):** <https://coalitionottawa.ca/map/>
- **Locations:**
 - [Carlington CHC](#) | 900 Merivale Rd., Ottawa | 613-722-4000
 - [Centretown CHC](#) | 420 Cooper St., Ottawa | 613-233-4443
 - [Eastern Ottawa Resource Centre](#) | 1980 Ogilvie Rd. Unit 215, Gloucester | 613-741-6025
 - [Lowertown CRC](#) | 40 Cobourg St., Ottawa | 613-789-3930
 - [Nepean, Rideau, Osgoode CRC](#) | 1547 Merivale Rd. Unit 240, Nepean | 613-596-5626
 - [Orleans-Cumberland CRC](#) | 240 Centrum Blvd. Unit 105, Orleans | 613-830-4357
 - [Pinecrest-Queensway CHC](#) | 1365 Richmond Rd., 2nd Floor, Ottawa | 613-820-4922
 - [Rideau-Rockcliffe CRC](#) | 815 St. Laurent Blvd. Unit 3, Ottawa | 613-745-0073
 - [Sandy Hill CHC](#) | 221 Nelson St. | 613-789-1500
 - [Somerset West CHC](#) | 55 Eccles St., Ottawa | 613-238-8210
 - [South-East Ottawa CHC](#) | 1355 Bank St. Unit 600, Ottawa | 613-737-5115
 - [Vanier CSC](#) | 290 Dupuis St., Ottawa | 613-744-2892
 - [Western Ottawa CRC](#) | 2 MacNeil Court, Ottawa | 613-591-3686
- Telephone: **211** or visit their website: [Ontario 211](#) | [Community and Social Services Help Line \(211ontario.ca\)](#)

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Preschool/ Day care

- **Children's Inclusion Support Services (CISS):** (Tel: 613-736-5355) <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 admin@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**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.

Financial Programs

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://Childdisabilitybenefit-Canada.ca)
 - The Disability Tax Credit (DTC): Application form T2201: [t2201-fill-22e.pdf](https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/registered-disability-savings-plan-rdsp.html)
 - [Disability tax credit \(DTC\) - Canada.ca](http://Disabilitytaxcredit(DTC)-Canada.ca)
 - 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://AssistanceforChildrenwithSevereDisabilitiesProgram|ontario.ca)
- **Special Services at Home (SSAH):** <https://www.ontario.ca/page/special-services-home>
- **Assistive Devices Program (ADP):** <https://www.ontario.ca/page/assistive-devices-program>
- **Ontario Autism Program (OAP):** Apply to AccessOAP to access supports and Core Clinical Funding <https://accessoap.ca/>
- **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)
- **Access2 Card:** <https://access2card.ca/apply-first-time/>
- **Easter Seals:**
 - Equipment, services and programs: <https://services.easterseals.org/equipment-funding/>
 - Incontinence Supplies Grant (ESISG): <https://igprogram.easterseals.org/>
- **Last resort Children Charities:**
 - Jennifer Ashleigh's Children's Charity (JACC): <https://jenash.org/>
 - A Child's Voice Foundation: <https://www.acvf.ca/>

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Services and Supports for Youth Transitioning to Adult Services

Ages 14 and Up

- **A Guide for Youth and Adults in Transition and their Families:** [Online here](#)
- **Transition Planning Tip Sheets:** <https://scsonline.ca/transition-planning-tips-sheets/>
- **Transition Resource Guide for Students with Disabilities (Transition to Post Secondary):** <http://www.transitionresourceguide.ca/>
- **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:** <https://www.canchild.ca/en/resources/108-transition-to-adulthood-services-and-supports-for-youth-with-disabilities-in-ontario-best-practice-guidelines>
- **P4P Planning Network: Partners for Planning**
 - All action guides: <http://www.planningnetwork.ca/en-ca/Resources/27894/All-Action-Guides>

Ages 16 and Up

- **Developmental Services of Ontario Eastern Region (DSOER):** - Intake and Eligibility can be done as early as age 16 by phone or online at <https://scsonline.ca/services/dsoer/>
- **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):** <https://www.ontario.ca/page/office-public-guardian-and-trustee>
- **Henson Trust:** <http://www.planningnetwork.ca/en-ca/Resources/18556/Henson-Trust>
- **Passport Tip Sheet:** <https://files.ontario.ca/mccss-passport-guidelines-april-2023-en-2023-03-06.pdf>

Behavioural Services (ABA Therapy / Behaviour Consulting)

- **Child Behaviour Solutions:** <http://www.childsolutions.ca/index.html> | 613-222-9573
- **Spectrum Intervention Group:** <https://www.spectrumig.com/clinical-overview> | 613-723-0606 | Info@SpectrumIG.com
- **Portia Learning Center:** <http://portialearning.com/> | info@portialearning.com
- **ASPEN ABA:** <http://www.aspenabaservices.com/> | 613-680-4700
- **Emerging Minds:** <http://emergingminds.ca/> | 613-728-3808 | info@emergingminds.ca
- **ABA Connections** <https://abaconnections.ca/> | 613-224-8476 | info@abaconnections.ca
- **ACT Learning Centre:** <https://actlearningcentre.ca/> | 343-887-2287
- **Spark Life Care:** <https://sparkcares.ca/therapeutic-services/> | 613-290-9709 | hello@sparkcares.ca
- **Horizons Behaviour Consulting:** <https://horizonsbehaviourconsulting.com/services/> | 613-820-1919 | info@horizonsbehaviourconsulting.com
- **Gamache Behaviour Consulting:** <https://www.gamacheaba.com/> | 613-686-5599 | info@gamacheaba.com
- **ABA Services Ottawa:** <https://abaservicesottawa.com/> | 613-218-7225 | anita@abaservicesottawa.com
- **The Core Learning Centre:** <https://www.corelearningcentre.com/> | 613-601-5102 | admin@corelearningcentre.com
- **ACB Learning:** <http://acblearning.ca/services.html> | 613-863-1484 | ashley@acblearning.ca
- **Applied Behaviour Consulting:** <https://www.appliedbehaviourconsulting.com/> | 613-519-7533 | info@appliedbehaviourconsulting.com
- **Empowered Academy:** <https://empowered-academy.com/academy-services> | 613-907-4052 | hello@empowered-academy.com

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Occupational Therapy, Physiotherapy, Speech and Language Services

- **ABC Pediatric Therapies:** <https://www.abcpediatrictherapies.ca/> | 613-834-2229 | info@abcpediatrictherapies.ca
- **Achieve Therapy:** <http://www.achievetherapycentre.com/> | 613-680-1780 | info@achievetherapycentre.com
- **Expanding Horizons Occupational Therapy:** <https://www.expandinghorizonsot.com/> | 613-707-3150 | welcome.expandinghorizonsOT@gmail.com
- **Action Potential Rehabilitation:** <https://actionpotentialrehab.ca/> | 613-680-6400 | info@actionpotentialrehab.ca
- **ACT Learning Centre:** <https://actlearningcentre.ca/> | 343-887-2287
- **Spark Life Care:** <https://sparkcares.ca/therapeutic-services/> | 613-290-9709 | hello@sparkcares.ca
- **A+ Communication:** <https://melissareed87.wixsite.com/slp/services> | 403-618-9986 | melreed.slp@gmail.com
- **Speech Language Ottawa:** <https://www.speech-languageottawa.com/services> | 613-219-6197 | info@speechlanguageottawa.com
- **The Speech Associates:** <https://www.speechassociates.ca/> | 613-800-1047 | hello@speechassociates.ca
- **AAC Literacy Ottawa:** <https://aacliteracyottawa.com/> | 613-316-8752 | info@aacliteracyottawa.com
- **Active Communication Therapy:** <https://www.tanisfriesen.com/> | 613-291-7596 | tjfriesen@rogers.com
- **Active Pediatrics:** <https://activepediatrics.com/> | 613-590-5002 | info@activepediatrics.com
- **Home Run Occupational Therapy:** <https://www.homerunot.ca/> | 613-315-9919 | info@hoemrunot.ca
- **On the Ball Pediatric Physio & Occupational Therapy:** <https://www.ontheball.ca/> | 613-898-9585
- **Dimensions Centre:** <https://centre-dimensions.ca/services> | 613-592-3344 | intake@centre-dimensions.hush.com

Mental Health, Social Work, and Psychological Resources

Private Resources

- **Psychology Today:** Find a therapist tool: <https://www.psychologytoday.com/ca/therapists?search=ottawa>
- **Sensory Integration and Neurodevelopmental Specialist:** <http://www.kathleenrooney.ca/> | 613-789-1212
- **Spark Life Care:** <https://sparkcares.ca/therapeutic-services/> | 613-290-9709 | hello@sparkcares.ca
- **Child Behaviour Solutions:** <http://www.childsolutions.ca/index.html> | 613-222-9573
- **Crazy Emotions:** <https://www.mycrazyemotions.com/> | 613-809-8616 | info@martineroberge.ca
- **CAFCO:** Emotional Regulation – Don't Flip your Lid! <https://www.cafco-ceafo.ca/dont-flip-your-lid-emotion-regulation-group/> | 613-567-0777 | admin@cafco-ceafo.ca
- **Dimensions Centre:** <https://centre-dimensions.ca/services> | 613-592-3344 | intake@centre-dimensions.hush.com
- **Asperger Counselling & Therapy Services (ACTS):** <http://www.aspergerservices.ca/> | 1-800-417-6966 ext. 0 | intake@acts927.ca
- **Success in Steps Parent Consultation Program:** <https://successinsteps.ca/> | sylviacorzato@successinsteps.ca
- **BOLTS 4 Kids:** <https://bolts4kids.ca/> | admin@bolts4kids.ca
- **Child in Mind:** <https://www.childinmind.com/> | 613-702-8994 | info@childinmind.com

Publicly Funded Resources

- **eMental Health:** Finding community services: <https://www.ementalhealth.ca/>
- **1Call1Click:** <https://www.kidscomefirst.ca/en/for-youth-and-families/for-youth-and-families.aspx>
- **CHEO Mental Health:** Resources <http://www.cheo.on.ca/en/cheomentalhealth>
- **Crossroad Children's Mental Health Centre:** <https://www.crossroadschildren.ca/> | 613-723-1623 | reception@crossroadschildren.ca
- **Youth Services Bureau (YSB):** <https://www.yzb.ca/services/ysb-mental-health/> | 613-562-3004
- **Robert Smart Centre:** <https://www.robertssmartcentre.com/> | 613-728-1946 | info@rsc-crs.com
- **Royal Ottawa – Youth:** <http://www.theroyal.ca/mental-health-centre/mental-health-programs/areas-of-care/youth/> | 613-722-6521
- **Family Services Ottawa:** <https://familyservicesottawa.org/children-youth/> | 613-725-3601 | info@familyservicesottawa.org
- **YouthNet / RéseauAdo:** <http://ynra.ca/> | 613-697-7985 | ynra@cheo.on.ca

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- **Parents' Lifeline of Eastern Ontario (PLEO):** <https://www.pleo.on.ca/> | 613-321-3211
- **Children's Mental Health Ontario:** <https://www.family.cmho.org/parent-caregiver-resources/>
- **Mental Health walk in clinics:** <https://walkincounselling.com/>
- **Counselling Connect:** <https://www.counsellingconnect.org/>
- **Wabano Centre For Aboriginal Health:** <http://wabano.com/> | 613-748-0657
- **Canadian Mental Health Association (CMHA):** <https://ottawa.cmha.ca/our-services/> | 613-737-7791 | general@cmhaottawa.ca

Crisis / Distress Lines:

- **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

Social Skills / Life Skills Groups

Contact program or visit website for program criteria

Social Groups

- **City of Ottawa:** <https://ottawa.ca/en/recreation-and-parks/facilities/place-listing/jim-durrell-recreation-centre/browse-and-register-courses-and-camps>
- **Boys and Girls Club Ottawa:** <https://www.bgcottawa.org/>
- **Spectrum Insights:** <https://www.spectruminsights.ca/teen-socials.html> | info@spectruminsights.ca
- **Mainstreet Community Services:** <https://www.mainstreetcommunityservices.com/our-programs/> | 613-831-6606 | admin@mscottawa.com
- **ABA Connections:** *Social Group schedules updated seasonally* <https://abaconnections.ca/socialgroups/> | 613-224-8476 | info@abaconnections.ca
- **CHEO Chill and Chat Groups:** *Virtual* <https://www.cheo.on.ca/en/clinics-services-programs/family-foundational-services.aspx>
- **Gloucester Association for Children with Special Needs:** <https://gacsn.org/> | info@gacsn.org
- **Spark Youth on the Go:** <https://sparkcares.ca/programs/youth-on-the-go/> | 613-290-9709 | hello@sparkcares.ca
- **Mothercraft Ottawa:** <https://mothercraft.com/> | 613-728-1839 | info@mothercraft.com
- **Ottawa EarlyON Child & Family Centre:** <https://ottawa.ca/en/family-and-social-services/childrens-services/earlyon#section-24909235-e8aa-49c0-b4c1-f51b65d1785e>
- **Partners in Parenting:** <https://www.partnersinparenting.ca/respitandrecreation> | 613-824-4200 | info@partnersinparenting.ca
- **Tamir:** *Social group schedules updated seasonally* <https://www.tamir.ca/childrens-services/> | 613-725-3519 | sunbulrai@tamir.ca
- **Walk of Grace:** *After School & Weekend Programs* <https://walkofgrace.ca/our-programs/after-school-weekend-programs/> | info@walkofgrace.org
- **ACT Learning Centre:** *Friendship groups* <https://actlearningcentre.ca/group-programs/> | 343-887-2287 | intake@actlearningcentre.ca
- **ASPEN ABA:** <https://www.aspenabaservices.com/whats-new> | 613-424-0442
- **The Brighter Horizons Program:** <https://www.thebrighterhorizonsprogram.com/services-4> | 819-639-8616 | thebrighterhorizonsprogram@gmail.com
- **Children at Risk:** <https://www.childrenatrisk.ca/> | 613-741-8255 | car@childrenatrisk.ca
- **Portia Learning Centre:** <https://www.portialearning.com/services/respit-and-play-groups/>

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Life Skills / Job Readiness

- **Y's Owl Maclure Co-operative Centre:** <https://ysowlmaclure.org/about-us-2/> | 613-721-1500 | juliedewan@ysowlmaclure.org
- **Spectrum Insights:** <https://www.spectruminsights.ca/teen-socials.html> | info@spectruminsights.ca
- **Recreational Respite:** *Virtual* <https://www.recrepite.com/virtual-services/> | 1-877-855-7070 | groups@recrepite.com
- **Applied Behaviour Consulting:** *Executive Functioning Training* <https://www.appliedbehaviourconsulting.com/executive-functioning> | 613-519-7533 | info@appliedbehaviourconsulting.com
- **Family Harmonies:** *Employability* <https://www.familyharmoniesfamiliales.ca/employability> | 613-302-5943
- **Student Links Mentoring:** <https://communitylivingontario.ca/what-we-do/student-links/> | info@communitylivingontario.ca
- **Autism Ontario:** *Webinar* <https://www.autismontario.com/node/582>
- **Cause Way:** <https://www.causewayworkcentre.org/employment-programs/> | 613-725-3494 | intake@causewayworkcentre.org
- **Employment Works:** <https://www.employmentworksottawa.ca/our-services> | 613-230-4663 | info@employmentworksottawa.ca

Building a Network of Support

- **Down Syndrome Association National Capital Region:** <http://www.dsancr.com/>
- **Autism Ontario:** <https://www.autismontario.com/programs-services/under-18/family-supports>
- **WIMS – Walk in My shoes:** <https://www.walkinmyshoesprogram.org/programs>
- **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/>
- **Parent Lifeline of Eastern Ontario (PLEO):** <https://pleo.on.ca/where-to-find-us/>
- **Angelman Syndrome Foundation of Canada:** <https://www.angelmancanada.org/>
- **Brain Injury Association of the Ottawa Valley:** <https://biaov.org/>
- **Ontario Federation for Cerebral Palsy:** <https://www.ofcp.ca/>
- **ABLE2 Fetal Alcohol Resource Program:** <https://www.able2.org/programs/fetal-alcohol-resource-program/>
- **Kabuki Syndrome Foundation:** <https://www.kabukisynдроmefoundation.org/>
- **Foundation for Prader-Willi Research Canada:** <https://www.fpwr.ca/about-prader-willi-syndrome>

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. [Planning Entry to School - A Resource Guide](#)
- **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 \(ldatschool.ca\)](#)
- **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 \(ocdsb.ca\)](#)

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- **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 \(ocdsb.ca\)](#)
- **OCSB Special Education Resources:** <https://www.ocsb.ca/our-schools/special-education/>

Educational Advocates/ Educational Lawyers

- **Advantage Advocacy INC.:** <http://www.advantageadvocacyinc.com/> | 613-858-4786 | advantageadvocacyinc@icloud.com
- **Tammy Robinson:** 613-523-9173 | tamrobinson@sympatico.ca
- **Phoenix Paralegal:** 613-294-4380 | phoenixparalegal@gmail.com
- **Child Advocacy Project:** 1-416-977-4448 ext. 226

Tutoring Resources

- **Capital Tutor:** <http://capitaltutor.com/> | 1-888-873-0819
- **Kumon:** [Home | Kumon of OTTAWA - BARRHAVEN](#) | 613-440-2480
- **Acadam:** <http://www.acadam.com/>
- **Nepean Oxford Learning Center:** <https://www.oxfordlearning.com/locations/> | 613-706-1861
- **Infinity+One Tutoring:** <http://www.infinityplusonetutoring.com/> | 613-722-3366
- **iTutor Learning Services (online):** <http://www.itutorls.com/>
- **AlivEducation:** <http://www.aliveducation.com/> | 613-882-8498
- **Steps and Strides:** <http://www.stepsandstridesottawa.com/> | 613-297-6656
- **ACB Learning:** <http://acblearning.ca/services.html> | 613-863-1484
- **Tutor Bright Special Education Tutoring:** <https://www.tutorbright.com/special-education-tutoring> | 1-855-853-1200
- **Kanata Learning Centre:** <https://kanatalearningcentre.com/> | 613-240-0086 | office@kanatalearningcentre.com

Respite / Support Workers

In-Home Support

- **Hiring a Support Worker:** [Family support and respite for children and youth with special needs | ontario.ca](#)
- **Developmental Services Worker Co-Operative:** dswcoop@gmail.com
- **Spark Life Care:** <https://sparkcares.ca/> | 613-290-9709 | hello@sparkcares.ca
- **Bartimaeus:** <https://www.bartimaeus.com/family-support/child-family/> | 613-323-4963 | shannon@bartimaeus.com
- **SOS Sitters:** *Mostly French, some bilingual sitters* <http://sossitter.ca/>
- **Care.com:** <https://ca.care.com/?gclid=CJqBuZ6O6cECFWeCMgodvW0AWw>
- **Homewatch Caregivers:** <https://www.homewatchcaregivers.com/home-care-services/care-for-children/>
- **Recreational Respite:** <https://www.recrepite.com/respitesupport/> | 1-877-855-7070 | info@recrepite.com
- **Ottawa Respite Connections:** *Facebook group* <https://www.facebook.com/groups/Ottawarespiteconnection>

Out-of-Home Support

- **Destiny's Way:** <http://www.destinysway.ca/> | 613-226-6222
- **The Ottawa Rotary Home:** <http://rotaryhome.on.ca/> | 613-236-3200 | info@rotaryhome.ca
- **Partners in Parenting:** <http://www.partnersinparenting.ca> | 613-737-4214 | info@partnersinparenting.ca
- **Sonshine Cove:** <http://sonshinefamilies.ca/> | 613-834-8187
- **Expérience Unik:** <http://experienceunik.ca/> | 613-266-5244 | experienceunik14@gmail.com
- **Empowered Academy:** <https://empowered-academy.com/academy-services> | 613-907-4052 | hello@empowered-academy.com

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Specialized Toys / Apps / Educational Material

- **Toys Tools and Treasures:** <https://toystoolsandtreasures.com/>
- **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/>
- **Lemon Lime Adventures:** <https://lemonlimeadventures.com/category/sensory-play/>
- **FDMT educational materials and sensory tools:** <http://www.fdm.ca/en>
- **Sense Toys:** <https://sensetoys.com/>
- **Goally:** <https://getgoally.com/>
- **Boardmaker (create pec boards):** <https://us.tobiidynavox.com/collections/low-tech-aac>
- **Apps for Children with Special Needs:** <https://www.common sense media.org/articles/apps-for-kids-on-the-autism-spectrum>
- **Mud Club:** Online Occupational Therapy <https://www.mudclub.ca/>
- **Moms with Apps:** Best Practices for KIDS APPS <http://blog.momswithapps.com/apps-for-special-needs/>
- **Too Noisy:** <http://toonaisyapp.com/>
- **Faces iMake –Premium!:** <https://itunes.apple.com/us/app/faces-imake-premium/id389101695?mt=8>
- **MyTalkTools Mobile Lite:** <https://itunes.apple.com/us/app/mytalk-mobile-lite/id376401959?mt=8>
- **Speech with Milo:** <https://www.speechwithmilo.com/>
- **Good Karma Applications:** <http://www.goodkarmaapplications.com/>
- **Grace (non-verbal pecs):** <https://apps.apple.com/ca/app/grace-4/id360574688>
- **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>

Recreational / Leisure Community Programs

City of Ottawa Inclusive Recreation Coordinators:

<https://ottawa.ca/en/recreation-and-parks/inclusive-recreation#section-65f9372a-3d2e-44ac-bfee-5dbaca25c33d>

- General Email: InclusiveRecreation-LoisirsInclusifs@ottawa.ca
- East District: 613-580-2424 ext. 29300
- Central District: 613-580-2424 ext. 29292
- South District: 613-580-2424 ext. 29291
- West District: 613-580-2424 ext. 41226
- Health Programs: 613-580-2424 ext. 29320
- Hintonburg Social Recreation programs 613-580-2424 ext. 37411

Music:

- **Lotus Centre:** <http://www.lotuscentre.net/> | 613-801-0031 | info@lotuscentre.net
- **Glee Ceptional:** [Glee Ceptional - Home](#) | [Facebook](#) | gleeceptional@yahoo.ca | Lisa: 613-986-4299
- **Con Brio Music Therapy:** <https://www.conbriomusictherapy.com/children-with-special-needs> | 343-543-9626 | con.brio.piano@gmail.com
- **Allegro:** <https://www.allegromusicschools.com/ottawa> | 613-837-6040 | lessons@allegromusicschools.com

Dance:

- **Propeller dance:** <http://www.propellerdance.com/> | 613-236-5192 ext. 314 | info@propellerdance.com
- **Dragon Fly (Down Syndrome):** <http://www.dragonflydownsyndrome.com/> | 613-238-7838

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Arts/ Theater/ Drama :

- **Ottawa Children's Theatre:** <http://www.ottawachildrenstheatre.net/> | 613-857-6420 | info@ottawachildrenstheatre.net
- **Art in Action:** [A.R.T In Action Ottawa | Facebook](#) | artinactionottawa@gmail.com
- **Art Therapy Group:** <https://www.ottawaarttherapy.ca/> | 613-212-4828 | info@ottawaarttherapy.ca
- **The Space (16 +):** <https://www.thespaceottawa.ca/>
- **Youth Net – Pens and Paint:** <https://ynra.ca/> | 613-697-7985 | ynra@cheo.on.ca

Team Sports:

- **Ottawa City Soccer – Just for kicks:** <https://ottawacitysoccer.com/ourprograms#just-for-kicks>
- **Miracle League of Ottawa:** <http://www.miracleleagueofottawa.com/> | miracleleagueottawa@gmail.com
- **Challenger Baseball:** <http://eastnepeanbaseball.on.ca/challenger> | challenger@eastnepeanbaseball.ca
- **Capital City Condors Hockey:** <https://capitalcitycondors.org/>
- **Ringette for All:** <https://www.ottawaringette.on.ca/rfa/> |

Skiing:

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

Water Sports:

- **Rideau Canoe Club:** <https://www.rideaucanooclub.ca/special-o.html> | paddleall@rideaucanooclub.ca
- **Nepean Sailing Club:** <https://nsc.ca/an/sailtraining/home/able-sail/> | 613-829-6462

Swimming:

- **Swimming with a Mission (SWAM):** <https://www.swamottawa.ca/>
- **Hippo in the Bathtub:** <https://hippointhebathtub.ca/> | info@hippointhebathtub.ca
- **The Aqua Life Swim Academy:** <https://www.theaqualife.ca/kids-lessons/> | 1-833-744-2782
- **Kids Can Swim:** <https://www.kidscanswimcanada.ca/> | 613-714-5892 | contact@kidscanswimcanada.ca
- **City of Ottawa Swimming (outdoor pools):** [Swimming | City of Ottawa](#)
- **Dovercourt:** <https://dovercourt.org/swim/> | 613-798-8950 ext. 0 | info@dovercourt.org
- **YMCA:** <https://www.ymcaottawa.ca/programs-services/health-fitness-aquatics/aquatics-programs/swim-lessons>

Martial Arts:

- **Tae E. Lee Taekwondo:** <https://taelee.ca/programs/specialty-programs/special-needs-taekwondo/> | 613-722-6133 | info@taelee.ca
- **Florin's Martial Arts Centre:** <https://dojos.ca/FlorinMartialArts/> 613-831-0735
- **Douvril Karate:** <https://douvril.com/> | 613-234-5000 | info@douvril.com
- **Zen Mixed Martial Arts:** <https://zenmma.ca/karate-for-children>
- **Crossroads Therapeutic Jiu Jitsu:** <https://crossroadschildren.ca/jiu-jitsu-program> | 613-723-1623 ext. 288 | jiujitsu@crossroadschildren.ca

Gymnastics:

- **Tumblers Gymnastics Center – Tender Timblers:** <https://www.tumblers.ca/special-needs-gymnastics> | 613-834-4334 | frontdesk@tumblers.ca
- **Starr Gymnastics:** <http://www.starrgymnastics.ca/index.php> | 613-721-4868
- **Corona Gymnastics:** <https://www.coronagym.ca/> | 613-224-6524 | corona@coronagym.ca
- **Kanata GymnoSphere:** <https://www.kanatagymnastics.ca/one-on-one-assistance> | 613-518-1128 | info@kanatagymnastics.ca
- **Ottawa Gymnastics Centre:** <https://www.ottawagymnasticscentre.ca/> | 613-722-8698 ext. 1 | info@ottawagymnasticscentre.com
- **TRYumph Gymnastics:** <https://tryumphgymnastics.ca/> | 613-742-5066 | info@tryumphgymnastics.ca

Yoga:

- **Little Lotus Yoga:** <https://littlelotusyoga.ca/> | info@littlelotusyoga.ca
- **Little Yogis Academy:** <https://www.littleyogisacademy.com/programs/> | 647-678-1995 | info@littleyogisacademy.com

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Horseback Riding:

- **Happy Trails:** <http://www.happy-trails.ca/> | 613-822-1482 | recreation@happy-trails.ca
- **TROtt:** <http://trott.ncf.ca/> | 613-821-7877 | volcoord@ottawatherapeuticriding.ca
- **Horses of the Sun:** <http://www.horses-of-the-sun.ca/> | 613-835-9523 | hots@295.ca
- **Brave Hearts:** <http://www.brave-hearts.ca/home/>
- **Stable Foundations Equine Assisted Therapy:** <http://www.stablefoundations.ca/> | 613-684-0021 | patricia.crockford@gmail.com
- **Lanark County Riding:** <http://www.therapeuticriding.ca/> | 613-259-2182 | info@connectwell.ca

Play/Fun Centres in Ottawa area:

- **Fun haven:** <http://www.funhaven.com/>
- **Flying Squirrel:** <https://flyingsquirrelsports.ca/ottawa-ontario/>
- **Xtreme Trampoline Park:** <https://www.xtpark.com/>
- **Kids Kingdom Daycare and Play Centre:** <https://kidskingdom.ca/>
- **Little Monkeys Ottawa:** <https://littlemonkeysottawa.ca/>
- **Cosmic Adventure:** <http://www.cosmicadventures.ca/>
- **Bubble Sea Adventures:** [Bubblesea Adventures](https://www.bubbleseaadventures.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>
- ****FREE MUSEUM PASSES THROUGH YOUR LOCAL LIBRARY**

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/> | info@gacsn.org
- **YMCA: Programs - Ottawa Family YMCA**
- **Prism Options Program:** <http://prismoptions.wixsite.com/special-needs/home>
- **Goodlife Fitness** free summer membership for teens: <https://www.teenfitness.ca/>

Additional Autism Specific Services/Supports

- **Ontario Autism Program (OAP):** <https://www.ontario.ca/page/ontario-autism-program>
 - **Everyone who registered for the OAP through the ministry has been sent an email or letter about creating an AccessOAP account. If you can't find your email or letter, please email or call the ministry's Central Resource Team:**
 - Call: 1-888-444-4530
 - Email: oap@ontario.ca
- **AccessOAP:** <https://www.accessoap.ca/>
- **CHEO- Autism Program:** <https://www.cheo.on.ca/en/clinics-services-programs/autism-services.aspx>
- **Foundational Family Services:** <https://www.ontario.ca/page/ontario-autism-program-foundational-family-services>
- **Autism Ontario:** <https://www.autismontario.com/>
- **Quick Start Early Intervention for Autism (0 -24 months):** <https://www.quickstartautism.ca/>
- **Autism Society of Canada:** <https://autismcanada.org/>
- **Autism Awareness Centre:** <https://autismawarenesscentre.com/resources/>
- **Autism Speaks:** <https://www.autismspeaks.org/>

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