

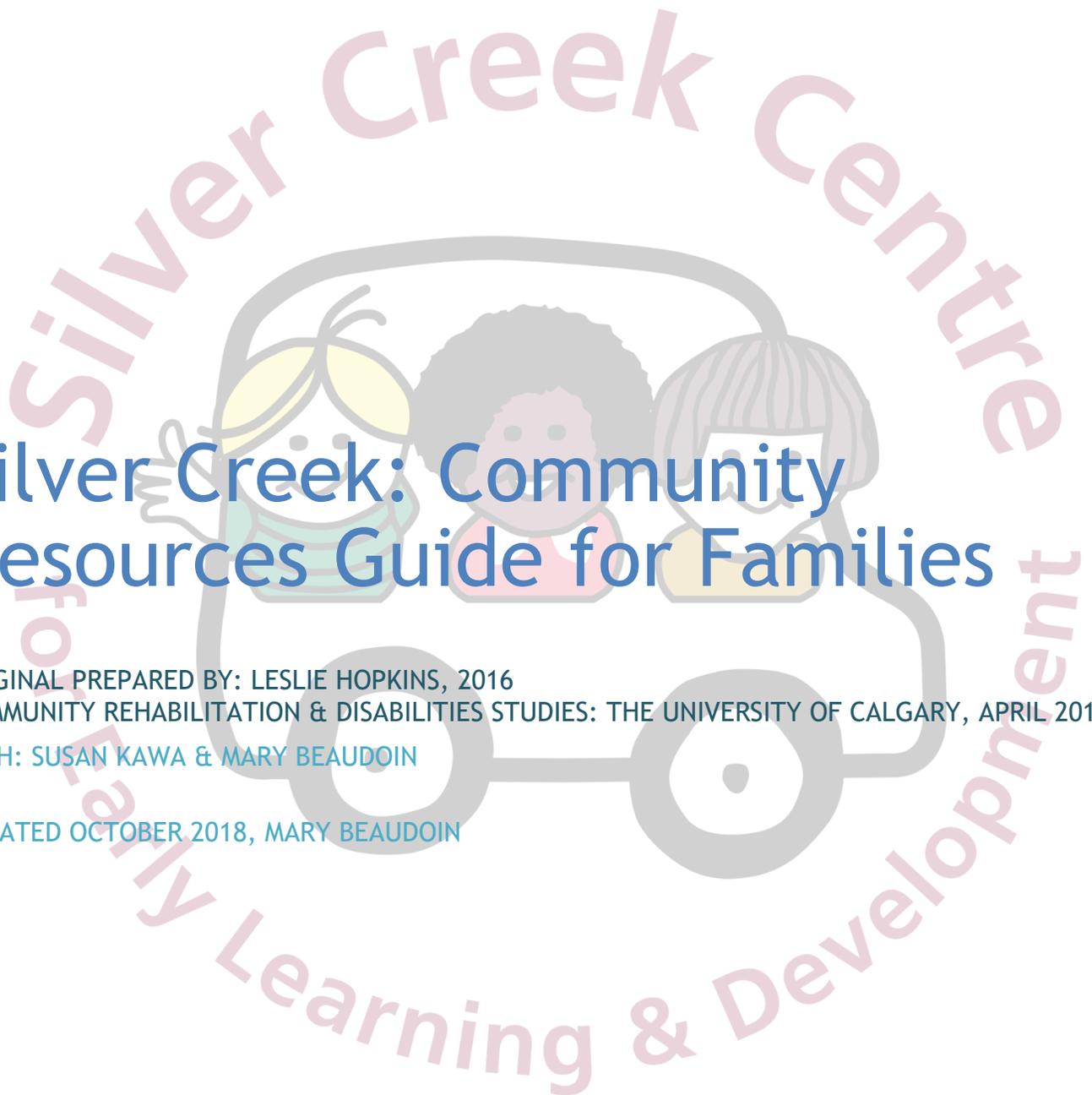
Silver Creek: Community Resources Guide for Families

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COMMUNITY RESOURCES GUIDE

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INTRODUCTION

PURPOSE

This resource package is designed for the families of children attending the Silver Creek Pre-School. It is intended as a guide for accessing services and supports that may enhance your child's development. While not comprehensive, the information is intended as a starting point to help you support your child. Each child has his/her own unique abilities. This resource is designed to help you find supports, beyond the Silver Creek Pre-School that may be useful to your child and family and are within the Greater Toronto Area and more specifically the geographic area served by Silver Creek.

INTRODUCTION

The resource package is based on the ideas expressed in a paper entitled "The 'F-words' in childhood disability: I swear this is how we should think!" (Reference can be found at the end of the "F-words" section). Silver Creek believes these ideas are useful because they focus on a broader concept of children's health that addresses abilities and participation in the environment. The traditional way of thinking focused primarily on fixing a child's problems without a focus on strengths. The six ideas ("F-words") that the authors promote for understanding and supporting child development are **Function, Family, Fitness, Fun, Friends and Future.**

Each section of the guide is based on one of the "F-words" and suggests resources that may help you as a parent to build on your child's abilities.



THE 'F-WORDS'

FUNCTION

Function, as we think about it at Silver Creek, is all about what children “do”. Their primary task as preschoolers is to **play** and Silver Creek works to create an environment where play occurs in such a way that children have the opportunity to experience and develop functional skills to the best of their ability. Specialized therapies, such as OT and PT, support the development of function and are often directed mainly at body structure and physical function. Opportunities to participate in activities provide the experiences for children to practice skills regardless of whether the skills are performed in a manner that could typically be considered to be “normal”.

FAMILY

At Silver Creek, we view the family as **the most significant environment** within which a child develops. We are committed to working with families to promote the unique potential of each child. Every family has its own combination of issues and realities. A child’s special needs can contribute to family stress, which can in turn affect the environment in which the child is developing. The suggested resources may be of assistance to families as they work to support their children.

FITNESS

Fitness is an important aspect of every child’s life. It is important for promoting and providing **opportunities for skill development and participation**. At Silver Creek we like to bring fitness and fun together inside and outside of the classroom. There are many opportunities in your home, neighbourhood and city to bring fitness into your child’s life. This guide will provide some suggestions for finding activities that your child may enjoy.

FUN

Fun is all about doing **things your child likes to do** so that he or she will feel confident to participate. A very important part of making anything fun is finding out what your child enjoys. Fun can be formal or informal... there are no rules with fun! Finding ways



to adapt an activity can help a child participate while building confidence and friendships.

FRIENDS

Friends are an **important part of childhood**. Friends help blend together many of the F-words. Friends of course can come in all different ages and sizes. The quality of a relationship is more important than the quantity of relationships. One great friend can offer a great deal to your child.

FUTURE

Future is all about the **hopes and dreams** you have for your child as he/she grows up, including building independence and community inclusion. All of the “F-words” can contribute to your child’s continual development and future potential.

SPECIAL NOTES TO FAMILIES

- The following information is not exhaustive.
- The listing of a resource in this guide is for information purposes and cannot be assumed to be an endorsement by Silver Creek.
- Always check for updates to information, eligibility criteria and forms on the website of each organization.
- Some resources listed may fit into many different categories. It is important to explore the resource for all that it has to offer you and your child.

References:

Article

Rosenbaum, P., Gorter, J.W. (2012). The ‘F-words’ in childhood disability I swear this is how we should think. *Child Care Health and Development*, 38(4): 457-463. Retrieved from doi: 10.1111/j.1365-2214.2011.01338.x

Website

CanChild

<https://canchild.ca/en/research-in-practice/f-words-in-childhood-disability>



RESOURCE LIST

1. FUNCTION

When looking for resources to develop your child's functional skills, think about what they like to do and what is fun for them. Doing something your child likes will give him or her an opportunity to participate actively and build on their interests and abilities.

Local Health Integration Networks (LHIN) Home and Community Care [formerly Community Care Access Centre (CCAC)]

healthcareathome.ca

To access health care services at home, enter your postal code on the site to find the appropriate service centre for your location. At home therapies such as nursing, occupational therapy, physiotherapy and speech and language therapy can be accessed for those who are eligible.

Kindercare Pediatrics

<https://kindercarepediatrics.ca/>

A full-service multidisciplinary pediatric health center in mid-town Toronto with 30+ Toronto pediatricians and allied health practitioners.

Occupational Therapy (OT)

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

Occupational Therapy helps children fine tune their abilities and allows them to do the activities (occupations) that they enjoy. OT can be accessed through your local LHIN (formerly CCAC) where eligible, physician referrals and privately depending on your individual situation. Note: some private insurance companies cover OT services.



The Canadian Association of Occupational Therapists (CAOT) has a listing of registered Occupational Therapists. There are multiple search categories for location, area of practice etc.

This can be accessed under the “Find an OT” feature on the website.

Physiotherapy (PT)

<http://www.collegept.org>

Physiotherapy helps build on your child’s physical function and plays a significant role in the well-being of your child. For example, a physiotherapist can work with your child’s strength and movement to enhance your child’s overall well-being. PT may be accessed through your local LHIN (formerly CCAC), physician referrals and privately depending on your individual situation. Note: some private insurance companies cover PT.

The College of Physiotherapists of Ontario has a listing of all registered Physiotherapist in Ontario. You can search by location, area of practice, etc.

This can be accessed under the “Find a Physiotherapist” feature on the website.

Private Pediatric Therapy

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

This site is a resource hub for services in Toronto and the GTA. You can find pediatric therapists (OT, PT, SLP) as well as listings for camps, respite services, alternative therapies and more.

Healthy Smiles Program

<https://www.ontario.ca/page/get-dental-care>

Healthy Smiles Ontario is a government-funded dental program that provides free preventative, routine and emergency dental services for children and youth 17 years and under from low-income households. Please review the eligibility criteria on line. You may apply on line or by mail.



Mukismile (2 year program 2016-2018)

<http://www.mukibaumaccessibilitycentre.com/programs/mukismile/>

416-661-8222

This two year program provides free preventative dental care for uninsured and underinsured families and their child/adult family members with disabilities. To book an appointment call the number above.

TeleHealth Ontario

Toll-free: 1-866-797-0000

Toll-free TTY: 1-866-797-0007

TeleHealth is a free confidential phone service for medical advice. This service is run by registered nurses who are able to give advice in many different areas such as: illness or injury that may need medical care, illnesses that don't go away or keep coming back, food and healthy living, teen health and issues, depression, suicide or other mental health concerns, medications and drug interactions, breastfeeding etc. Be prepared that Telehealth may not know a lot about childhood disability.

Dietitian (Eat Right Ontario)

www.eatrightontario.ca

1-877-510-5102

Eat Right Ontario is a free service providing easy to use nutrition information to promote health through healthy eating. To contact a registered dietitian call the number listed above.



Speech and Language Pathologist (SLP)

www.osla.on.ca

The Ontario Association of Speech Language Pathologists & Audiologists (OSLA) website allows you to locate Speech Language Pathologists (SLPs) and Audiologists in your community. You can locate therapists by postal code. The site is not a complete list of SLPs and is not publically funded. You can also receive access to SLPs through CCAC when eligible.

Health Care Connect

<http://www.ontario.ca/page/find-family-doctor-or-nurse-practitioner>

[1-800-445-1822](tel:1-800-445-1822)

This service is funded by the Ontario government and will help families connect with health care providers such as Doctors and Registered Nurses. Once you have filled out the proper forms located on the website you will be put in touch with a “Care Connector” who will find the right health care professional in your community. This site can also provide advice on how to change health care providers.

Zach’s List - Your Pediatric Equipment Exchange Source

www.zachslist.ca

This site is a place where families of children with special needs can find equipment needed to support your child’s functioning and share advice about equipment. Please read the disclaimer on the site carefully.

2. FAMILY

Your family is the most significant constant in your child’s life. Look for resources that help your entire family live their lives to the fullest.



A: RESPITE SERVICES

Respite services are intended to help support your child and your family by giving you a break. Respite care can take many different forms such as in-home care, residential services and more. Many respite services cost money.

REGULAR RESPITE

Respite Services

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

Providing help at your home or in the community. You can locate service providers by city or postal code on this site.

Enhanced Respite

<http://www.children.gov.on.ca/htdocs/English/specialneeds/respite.aspx>

This grant is paid to families who are caring for a child who is medically fragile and/or depends on a technological device, and requires care 24 hours a day, 365 days a year. It is provided in addition to other respite services. Families may be eligible for up to \$3,500 per child, per year.

CARE.COM

<https://ca.care.com/>

This is an online resource that allows parents to search for specialized care givers for their child.

rEcess Kingsway

<http://www.kingswaybaptist.ca/home/connecting/children/recess>

This free respite program runs one Saturday per month (except during the summer) at Kingsway Baptist Church. The program serves families who have a



child with special needs (and the child's siblings) with the goal that parents can go out on a date and reconnect.

Tourism Toronto: Relax, Recharge, Renew

<http://schools.tdsb.on.ca/beverley/documents/RELAX,%20RENEW%20AND%20RECHARGE%20INFORMATION%20LETTER.pdf>

The Relax, Recharge, Renew program provides parents of children with special needs a much-deserved break. Tourism Toronto, with the assistance of members and partners, provides weekend packages that include a limousine pick up, a two-night hotel stay, tickets to museums and other attractions, and meals at local restaurants. Please refer to the information at the above website. A family must be referred by a service provider.

RESIDENTIAL RESPITE

Out-Of-Home Respite

<http://www.children.gov.on.ca/htdocs/English/specialneeds/respite.aspx>

Families of children with multiple special needs can receive up to seven days of out-of-home respite per year. This can be provided in a location other than their own home.

Safehaven Project for Community Living

<http://www.safehaven.to/services/respite-care/>

Safe Haven is an organization that provides residential respite care for children and their families.

The Darling Home for Kids

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

Located in Milton this respite care facility provides paediatric hospice care, residential support and respite services for medically fragile children.



B: FUNDING SUPPORTS

GENERAL FUNDING

Assistance for Children with Severe Disabilities (ACSD)

<http://www.children.gov.on.ca/htdocs/English/specialneeds/disabilities.aspx>

The Assistance for Children with Severe Disabilities Program helps parents with some of the extra costs of caring for a child who has a severe disability. Parents can get between \$25 and \$490 a month, depending on family size and income to help with costs.

Families must apply to see if they are eligible for assistance through their local Ministry of Community and Social Services Office. Toronto office is 416-325-0500.

Special Services At Home (SSAH)

<http://www.children.gov.on.ca/htdocs/English/specialneeds/specialservices.aspx>

SSAH helps families pay for special services in or outside the family home as long as the child is not receiving support from a residential program. Services may include programs that help a child with special needs meet personal growth and development goals and programs that provide relief and support to the child's family. Eligibility is not income based. There is a downloadable application on the Government of Ontario website.

Jennifer Ashleigh Children's Charity

<http://jenash.org/>

The program funds children and their families with special treatment needs, medical expenses and financial assistance in times of need. Eligibility guidelines and the online application form can be found on their website.



Ceridian Cares

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

Ceridian Cares provides financial grants (to a maximum of \$5,000) for basic necessities, medical support/devices and personal development/recreation to low-income families and individuals in local communities who meet the eligibility criteria. Eligibility and application forms can be found on the website.

The Carson Foundation

<http://www.thecarsonfoundation.com/funding>

The Carson Foundation provides funding to help individuals with special needs obtain services and/or equipment to further enhance their quality of life. The application must be done through an email request that addresses the required information as identified on line. Funding usually is approved up to \$500 per request, no more than twice per year.

Labatt Better Together

<https://www.labattbettertogether.ca/apply-for-help>

This program provides funding for basic essentials to relieve poverty and promote health.

Easter Seals

<http://www.easterseals.org/>

Easter Seals Ontario provides assistance to children and youth with long-term physical disabilities, for essential equipment and fully accessible camping and recreation programs. You must first fill out a "Client Registration" form and "Request for Financial Assistance" located on the website.



Easter Seals offers many programs and grant opportunities for your family. Including the following:

Incontinence and Diapers

Top Up Program

Access 2 Entertainment

Holland Bloorview Family Support Fund

<http://hollandbloorview.ca/clientfamilyresources/familyresourcecentre/respite/hollandbloorviewfamilysupportfund>

The Family Support Fund offers financial support to **Holland Bloorview families** during a time of transition or stress. Decisions are based on how the funding will impact the client's physical safety, the emotional well-being of the family and the family's financial need.

Assistive Devices Program (ADP)

<https://www.ontario.ca/page/assistive-devices-program>

Provides funding to people with disabilities for personalized assistive devices (usually 75% of the cost). Initial access is often through a medical specialist or general practitioner who provides a diagnosis. In most device categories, a person authorized to determine need assesses the specific needs of the individual and prescribes the appropriate equipment or supplies. If a child is receiving ACSD funding that funding may be used to cover the remaining 25% of the equipment cost.

TTC Support Assistance Card

https://www.ttc.ca/Fares_and_passes/Support_Person_Card/index.jsp

The Support Person Assistance Card permits one support person to travel with the card holder on the TTC on the card holder's single fare. You must submit an application, which is available on line.



March of Dimes: Home and Vehicle Modification Program

<http://www.marchofdimes.ca/EN/programs/hvmp/Pages/HomeandVehicle.aspx>

March of Dimes Canada's Home & Vehicle Modification Program provides funding for basic home and/or vehicle modifications. Program eligibility and guidelines can be found on the March of Dimes Website.

The Trillium Drug Plan (TDP)

<https://www.ontario.ca/page/get-help-high-prescription-drug-costs>

Funded by the Ontario Ministry of Health and Long-Term Care, this program assists individuals who have high prescription drug costs in comparison to their income. For more information visit the Government of Ontario website.

Developmental Services Ontario

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

A website hub of information to learn about services funded by the Ministry of Community and Social Services for people with developmental disabilities.

Ontario Works

<http://www.mcscs.gov.on.ca/en/mcscs/programs/social/ow/>

A government-funded program to help eligible families with financial assistance and employment assistance. Eligibility criteria and applications can be found on line.



Ontario Disability Support Program (ODSP)

<http://www.mcsc.gov.on.ca/en/mcsc/programs/social/odsp/>

When your child is 18 this program helps pay for living expenses (example: food, housing). It also helps with employment support and preparation. Funded by the Ministry of Community and Social Services.

C: CHILD CARE FUNDING

Child Care Fee Subsidy

<https://www.toronto.ca/community-people/employment-social-support/child-family-support/child-care-support>

Funded by the City of Toronto, the program assists with the cost of child care for children 0-9 years old. This is a first-come, first-served program based on income that usually has a waiting list. You can apply online or by calling 311.

D: EYE CARE FUNDING

Eye See, Eye Learn Program

<https://www.optom.on.ca/OAO/ESEL/AboutESEL.aspx>

This program is for children in Junior Kindergarten who require glasses based on an eye exam (covered by OHIP). It provides a complementary pair of glasses donated by Nikon Lenswear, OGI and your participating optometrist. A list of participating optometrists can be found on the website.

Kids See Free (Loblaw Optical/Real Canadian Superstore)

<https://www.simplyfrugal.ca/loblaw-optical-kids-see-free-program>

Children aged 4-10 years can get one free pair of glasses with a prescription that is less than 90 days old. The program is only available through an optometry location at a participating Loblaws/Real Canadian Super Store. You can find the closest participating store online. This program usually opens in late August, possibly into fall, so that children can start school with glasses if needed.



E: SUBSIDIZED HOUSING

Housing Connections

<https://www.housingconnections.ca>

Most subsidized units in Toronto are offered to those on the centralized waiting list, managed by the Housing Connection unit within the City. The wait can be lengthy so anyone looking for subsidized housing should start by putting in an application through Housing Connections as soon as possible.

Centre for Equality Rights in Accommodation (CERA)

<http://www.equalityrights.org/cera/>

A charitable organization that helps people and families of all abilities gain equal access to housing.

Ontario Electricity Support Program (OESP)

<https://ontarioelectricitysupport.ca/>

Low income families (combined after tax income of less than \$52,000) may be eligible for monthly credits on their bill depending on the location of their residence and the number of people in the home.

Emergency Shelter

If you are in need of emergency shelter or help to prevent eviction, contact 311 or Central Intake 24/7.



F: TAXES & DISABILITY CREDITS

Child Disability Benefit (CDB)

<https://www.canada.ca/en/revenue-agency/services/child-family-benefits/child-disability-benefit.html>

This is a monthly tax benefit paid to eligible families who care for a child under 18 years of age who has a medically confirmed diagnosis of a severe and prolonged impairment in physical and/or mental functions. More information can be found by visiting the Canadian Revenue Agency website.

Disability Tax Credit (DTC)

<https://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit.html>

Tax credits and deductions are available for persons with disabilities, their supporting family members, and their caregivers to provide some relief for disability costs.

Medical Expense Claims

<http://www.cra-arc.gc.ca/medical/>

You can claim eligible medical expenses for the 12-month tax period. There is a long list of what medical expenses are eligible for a tax benefit and how to fill out your tax forms located on the Canadian Revenue Agency website.

Canada Caregiver Credit (CCC)

https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/about-your-tax-return/tax-return/completing-a-tax-return/deductions-credits-expenses/family-caregiver-amount.html?utm_campaign=not-applicable&utm_medium=vanity-url&utm_source=canada-ca_caregiver-credit

If you care for a dependant with an impairment in physical or mental functions, you may be eligible to claim a credit on your taxes. For more detailed



information on how to fill out your tax forms for this credit, visit the Canada Revenue Agency website.

Registered Disability Savings Plan

<https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/registered-disability-savings-plan-rdsp.html>

A registered disability savings plan (RDSP) is a savings plan that is intended to help parents and others save for the long term financial security of a person with a disability.

Greame Treeby: Special Needs Planning Group

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

Mr. Treeby is very experienced in taxes and credits for families having a child with a disability. He can provide individual advice through the Special Needs Planning Group. Each tax year he posts tips and identifies what is new for the tax year on the Special Needs Planning Group website.

G: GENERAL RESOURCES

Asperger's Society of Ontario

www.aspergers.ca

The Asperger's Society of Ontario provides support to individuals with Asperger syndrome (AS) and their families. Services include: referral to community services, workshops, school support, and consultation. In addition, they run social skills support groups for children eight to 14 years of age. Parents meet for support with each other at the same time.



About Kids Health

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

This is an educational resource for families run by The Hospital for Sick Children. The website is arranged to provide easy access information about everyday health issues and complex conditions.

Abilities Canada

<http://abilities.ca/>

Abilities Canada is an online resource and print magazine that connect families with resources for a more accessible and inclusive society. The online portal has a running list of accessible facilities and organizations across Canada.

BLOOM (Parenting Kids with Special Needs)

<http://bloom-parentingkidswithdisabilities.blogspot.ca/>

This site is run by Holland Bloorview Kids Rehabilitation Hospital. In the form of an online Blog, parents are able to learn about other families' lived experiences, as well as share their own.

CanChild

www.canchild.ca

CanChild is a non-profit research and educational centre located within the School of Rehabilitation Science at McMaster University in Hamilton, Ontario. Their research is focused on improving the lives of children with a variety of developmental conditions and their families over the lifecourse.



Three To Be

<http://www.threetobe.org/pal/>

A parent run hub of information about resources and supports for children with neurological disorders and their families. Three To Be is no longer operational but its resources continue to be available under its PAL program. PAL's resources and tools enable families to be the strongest voice and champion for their children living with neurological disorders. The aim is to make all aspects of special needs parenting better, easier and supported.

EarlyON Child and Family Centres

<https://www.ontario.ca/page/find-earlyon-child-and-family-centre>

EarlyON centres provide opportunities for children (0-6 years) to participate in play and inquiry-based programs and support parents and caregivers in their roles.

Extend-A-Family

www.extendafamily.ca

Extend-A-Family helps build meaningful relationships and works to include families in their communities. Extend-A-Family runs "Community Support Groups" for parents of children with special needs. Groups run out of various locations around Toronto. Children from birth to 17 years of age with developmental disabilities including ASD can use this service.

Special Education Advisory Committee (SEAC) Toronto District School Board

[www.tdsb.on.ca](http://www.tdsb.on.ca/Community/HowtoGetInvolved/CommunityAdvisoryCommittees/SpecialEducationAdvisoryCommittee.aspx)
<http://www.tdsb.on.ca/Community/HowtoGetInvolved/CommunityAdvisoryCommittees/SpecialEducationAdvisoryCommittee.aspx>

SEAC is an advisory committee that works to help the Board of Education understand the needs of exceptional children. SEAC typically represents the needs of larger groups rather than individual children. SEAC members however



can be available as a resource for parent(s) or guardian(s) of students with exceptional needs, schools, educators and the community. Many SEAC members are themselves parents of children with special needs.

Woodgreen Community Parent Outreach Program

<http://www.woodgreen.org/>

The Parent Outreach Program (POP) provides in-home parent-to-parent support and teaching for parents of children and youth who have a developmental disability.

H: SIBLING SUPPORT

Extend-A-Family

<http://extendafamily.ca/our-services/family-support-groups/>

Extend-A-Family has a number of support groups across Toronto. Check the website for locations and support groups for siblings.

I: COUNSELLING SERVICES

Etobicoke Children's Center (ECC)

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

The ECC is an accredited Children's Mental Health Centre located in West Toronto. The ECC's staff are trained and skilled in providing effective mental health and autism services for children, youth and their families. The ECC's services include workshops, consultation, training and treatment. They also offer walk-in counselling services.



George Hull Centre for Children and Families (Mental Health Services)

<http://www.georgehullcentre.on.ca/>

416-622-8833

George Hull offers mental health services for children 0-18 years of age. George Hull provides eligible families with a team of service providers to help develop goals and plans for your child and family.

Youthdale Psychiatric Crisis Services

http://youthdale.ca/en/crisis_services/crisis_line.php

Telephone #: 416-363-9990

Youthdale provides phone assessment and a mobile response team.

Kids Help Phone

<http://www.kidshelpphone.ca>

Telephone #: 1-800-668-6868

This phone service provides phone and web counseling for children and youth.

Assaulted Women's Helpline

<http://www.awhl.org>

Telephone #: 1-866-863-0511

Phone counseling is available to women who may find themselves in need of assistance to deal with an abusive relationship or a potentially abusive relationship.



Ontario Independent Facilitation Network (OIFN)

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

The Ontario Independent Facilitation Network (OIFN) is a provincial network of people committed to inclusivity for people with developmental disabilities and to helping them live everyday ordinary lives as full citizens. The OIFN helps provide support to families to find community supports that promote meaningful integration into their community.

3. FITNESS

Think about activities that feel like fun for your child. It is all about your child enjoying and participating in activities in their own way to build on skills and develop a sense of achievement.

Home Game Ideas

<http://www.scope.org.uk/>
<http://www.scope.org.uk/support/families/play/games/index>

Scope is a website that has a listing of fun home games you can play with your child. You can find a game by choosing the body position you would like to play from (e.g. side lying, seated). The games are fun and accessible to all abilities.

Active for Life

<http://activeforlife.com/>

This website has lots of great ideas for fun activities and games to help bring fitness into your child's life. If you're feeling creative it's a great site for learning how to adapt activities to fit the ability of your child. You can sort activity by target skill, or read literature on keeping kids active.



Welcome Program (Toronto Parks and Recreation)

<https://www.toronto.ca/community-people/employment-social-support/child-family-support/subsidy-for-recreation-programs/>

The City of Toronto provides a fee subsidy for low income families to help with the cost of City-operated recreation programs. For more information on eligibility visit the City of Toronto's website.

Integrated Services (Toronto Parks and Recreation)

<https://www.toronto.ca/city-government/accessibility-human-rights/accessibility-at-the-city-of-toronto/accessible-recreation/>

The City provides support to children with special needs so that they may be integrated into general recreational programs/activities with their peers. Special needs support staff is a limited resource and is available in a 1:1 /1:2 or 1:3 ratio, on a first come, first serve basis. Please check the website for how to register.

Adapted Recreation Programs - City of Toronto

<https://www.toronto.ca/city-government/accessibility-human-rights/accessibility-at-the-city-of-toronto/accessible-recreation/>

The City of Toronto offers specialized programs for people with disabilities. Programs are designed with smaller group sizes. Please check the website for what is available.

Making Waves Swim School (MWSS)

<https://mwss.ca/>

MWSS offers a variety of swim programs including Parent and Tot and Preschool Swim for children between the ages of 2 and 5 years. The pools are located in Brampton, Vaughan, Mississauga and Milton.



Aqua-Tots Swim Schools

<https://www.aqua-tots.com/>

Aqua-Tots offers a variety of swim classes including Parents and Tots and beginner level classes. Check the website for locations. Swimming parties are also available.

Jumpstart

<https://jumpstart.canadiantire.ca/content/microsites/jumpstart/en/apply.html>

The Canadian Tire Jumpstart program provides funding for low income families to help them involve their children, aged 4 to 18 years, in sports and active programs. Funding can also be provided for adaptive equipment to facilitate participation. Families need to complete an application. Funding is paid to the service organization.

Challenger Baseball

<http://toronto.bluejays.mlb.com/tor/jays-care/programs/challenger-baseball/>

Challenger Baseball is an adaptive baseball program designed specifically to empower children and youth living with cognitive and/or physical disabilities.

Bee-Nastics: Physical Literacy for Kids

<https://www.myblhwellness.com/programs/bee-nastics-physical-literacy-for-children>

The program provides child-friendly, physically active programs for children aged 24 months to age 5.



MILES Nadal Jewish Community Centre (MNJCC)

<https://mnjcc.org/browse-by-interest/accessibility.html>

MNJCC is an inclusive organization open to all. Located at Bloor and Spadina, it offers numerous fitness and cultural activities for people of all abilities.

4. FUN

Fun for your child can come in many different forms. Fun allows your child an opportunity to participate and enjoy life.

A: ENTERTAINMENT

Access 2 Entertainment (Cineplex)

<http://www.cineplex.com/Theatres/Access2Entertainment>

This program allows a support worker to receive a free movie pass or significant discount at the following places:

Cineplex Entertainment, Empire and Landmark theatres, the Toronto Zoo, the Art Gallery of Ontario, Casa Loma, the CN Tower, Ontario Place, the Ontario Science Centre and the Royal Ontario Museum, just to name a few.

The card is \$20 for 3 years, or \$30 for 5 years. The application form and fee instructions can be found through Cineplex.

EarlyON Child and Family Centres

<https://www.ontario.ca/page/find-earlyon-child-and-family-centre>

EarlyON centres provide opportunities for children (0-6 years) to participate in play and inquiry-based programs and support parents and caregivers in their roles.



Toronto Public Library

<https://kids.tpl.ca/ready-for-reading/programs>

The libraries have many programs for children and families. Check what is available at your local library.

Museum + Arts Pass (MAP program): Toronto Public Library

<http://www.torontopubliclibrary.ca/museum-arts-passes/>

With your valid adult Toronto Public Library card, you can take out a pass for your family at any Toronto Public Library branch. The pass covers two adults and up to 5 children for free admission into many arts and cultural places. For a listing of participating venues and quantity limitations please look on the Toronto Public Library website or visit your local branch.

Special Need Child Canada

<http://www.special-need-child-canada.com>

This website is an information hub for up and coming fun and inclusive events in Toronto.

Make-A-Wish Foundation

<https://makeawish.ca/>

The organization grants wishes to children with life-threatening medical conditions experience one of their dreams.

Sunshine Dreams for Kids

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

The Sunshine Foundation of Canada makes dreams come true for children living with severe physical disabilities or life-threatening illnesses.



Starlight Children's Foundation Canada

<http://www.starlightcanada.org/wp-content/uploads/2012/11/Starlight-Family-Application-Form5.pdf>
<http://www.starlightcanada.org/wp-content/uploads/2012/11/Starlight-Family-Application-Form5.pdf>

The Starlight Children's Foundation is a charitable organization that provides in-hospital programs and out-of-hospital family fun for children with serious illnesses. To access these supports a family needs to apply to become a starlight family.

Million Dollar Smiles

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

The organization provides support for families of children with disabilities by donating toys and gift certificates during the holiday season. At-home playground structures can also be provided to eligible families.

One-Of-A-Kind Birthdays

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

The business creates inclusive birthday parties, for children aged 2 to 12 years, that meet your child's interests and abilities.

Fiddlehead Care Farm

<http://fiddleheadcarefarm.com/>

This farm is a fully accessible, therapeutic care farm for children, youth and young adults with developmental, physical and behavioural needs in a caring, supportive environment. The farm is open to family visits, provides some camping experiences and offers a Halloween party.



B: CAMPS

When thinking about camp for your child, ***start in January*** as many registrations fill up quickly. Be sure to check each camp's website to confirm registration dates.

The GTA Guide to Children's Camp

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

Each winter the Toronto Star publishes a Camp Directory for the calendar year. Watch for it in the paper or check the website.

Autism Ontario

<http://www.autismontario.com/camp>

The Society provides reimbursement to eligible families for one-to-one support workers to help children with an ASD diagnosis enjoy a camp experience. Check the website for submission dates for March break and summer camp. An application is required.

Easter Seals Camps

<http://www.eastersealscamps.org>

These programs are for older children but worth knowing about for the future. Additionally, there is a family camp where the entire family can enjoy a week of wilderness and activities. There is no age limit for the family program. The application is on line.

City of Toronto - Parks and Recreation

<https://www.toronto.ca/explore-enjoy/recreation/camps-after-school-care/>

Review the City's website and FUN Guide for Summer, Winter, March Break camps and After-School recreation (ARC). The City offers Integrated and Adapted programs. (Look under *Accessible Recreation*.) Low income families may be



eligible for subsidy under the Welcome program. (look under *Help with the Cost of Recreation*).

Community Living Toronto - Shadow Lake

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

This is a summer residential program for children with intellectual disabilities aged 7 years and older.

Spiral Garden: Holland Bloorview Kids Rehabilitation Hospital

<http://hollandbloorview.ca/programsandservices/programsservicesaz/spiralgarden>

Spiral Garden is an integrated outdoor art, garden and play program offered by Holland Bloorview for children aged 6 - 18 years. The program is run by professional artists, support and medical staff.

Reach for the Rainbow

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

Reach for the Rainbow works with a variety of partners to facilitate inclusive recreational opportunities and respite time for individuals with disabilities aged 4 - 24. Reach provides specialized training of 1:1 support counsellors, arranges accessible transportation and loans special adaptive equipment.

Variety Village

<http://www.varietylvillage.ca/program-types/camps/?menu=2>

Variety Village offers several camps to children of all abilities, ages 4-20 years, including March Break Camp, Holiday Camps and Kid Development Day Camps (camps that fall on days that are PA/PD days within the Toronto Board). The registration form can be found online.



C: SPORTS

Special Olympics - Active Start and FUNdamentals

<http://www.specialolympics.ca/learn/special-olympics-programs/active-start>

These two initiatives were developed to help children with intellectual disabilities develop basic motor skills and sport skills through fun and positive movement experiences. Active Start serves children aged 2-6 years with FUNdamentals providing the continuation of the program to age 12 years.

Cruisers Sports

<http://www.cruisers-sports.com/>

Founded by parents who want children of all abilities to be able to participate in sports. They provide adapted sports programs for children of all abilities in Halton and Peel.

Achilles Canada

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

This group provides people of various abilities an opportunity to enjoy the physical, psychological and communal benefits of running. A range of program levels and options for each person is available. Check the website for a local chapter.

Canadian Electric Wheelchair Hockey Sports Association (CEWHA)

<http://cewha.ca/>

This organization provides social and recreational opportunities through a quality, well organized hockey program for persons of all abilities and mobility levels to enjoy the fun sport of hockey.



Canadian Therapeutic Riding Association (CanTRA)

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

This charity works with children of all abilities to introduce them to the joys and therapy of horseback riding. Click on the “Find A Centre” section of the website to locate a local centre or a certified instructor.

Community Association for Riders with Disabilities (CARD)

<http://card.ca/>

CARD provides therapeutic riding programs for children and adults with disabilities.

Disabled Sailing Association of Ontario

<http://disabledsailingontario.com/>

The organization provides opportunities for people of all ages and abilities to learn and experience sailing.

Ontario Track 3 Ski Association

<http://www.track3.org/>

Children and youth with special needs can learn to ski or snowboard.

Ontario Cerebral Palsy Sports Association (OCPSA)

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

Features sports development and sport education programs for individuals with Cerebral Palsy.



Kidnastics

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

A movement program for children of all abilities that blends together theories from various therapies and gymnastics.

Koolway Sports

<https://koolwaysports.com/>

This company designs outerwear for people with disabilities to enable them to achieve maximum independence.

Other fun activities for your child that have already been listed:

- Toronto Parks and Recreation: Welcome Program (Located in the “Fitness” section)
- Toronto Parks and Recreation: Integrated Services (Located in the “Fitness” section)
- City of Toronto: Adapted and Specialized Programs (Located in the “Fitness” section)
- Safehaven Project for Community Living (<https://www.safehaven.to/services/recreational-programming/>) has numerous recreational and leisure activities including music and pet therapy

D: MUSIC

Music Therapy of Ontario (MTAO)

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

The website has a “find therapist” to help you locate music therapy in your area.



The Music Therapy Centre

<http://musictherapytrust.ca/the-centre/>

The Centre offers individual and group sessions at an accessible location in Toronto. For fees and location check the website.

E: CREATIVE ARTS

VIVA! Youth Singers of Toronto

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

Viva's choirs provide an inclusive opportunity for children and youth of all abilities to participate.

Creative Village Studio: Community Living

<http://cltoronto.ca/hubs/creative-village-studio/>

Operated by Community Living Toronto, Creative Village Studio offers art and photography classes as well as drop-in studio time for people of all ages and abilities.

DramaWay

www.dramaway.com

647-351-4362

DramaWay has special needs expertise to enable participants of all ages and with a wide range of developmental and/or physical challenges to participate in creative arts programs and life skill programs.



Purple Carrots Drama Studio

www.purplecarrotsdrama.com

The studio provides inclusive drama classes specializing in different learning abilities, designed by a Speech-Language Pathologist

Centre for the Arts at Holland Bloorview

<http://hollandbloorview.ca/programsandservices/Musicandarts>

Holland Bloorview offers a wide range of year-round art and music programs for children and youth with special needs. Check the website for the referral process.

5. FRIENDS

Friends can be found anywhere your child participates in the community. Many of the listings in other “F-word” categories may offer opportunities for your child to interact with new people and make friends along the way. For example:

- Active For Life (See “Fitness” section)
- Welcome Program: Toronto Parks and Recreation (See “Fitness” section)
- Integrated Services: Toronto Parks and Recreation (See “Fitness” section)
- Adapted and Specialized Programs: City of Toronto (See “Fitness” section)
- Camps in and around Toronto (See “Fun” section)
- Sports groups and clubs in and around Toronto (See “Fun” section)
- Creative arts groups and clubs in and around Toronto (See “Fun” section)
- EarlyON Centres (See “Family” General Resources)
- Making Friends: Adapted and Specialized Program (See “Fun” section)
- Down Syndrome Association of Toronto (DSAT) -
<https://www.dsat.ca/programs/activities-description> - has numerous social programs that may be of interest especially the DSAT Pal programs which are designed to encourage social networks
(<https://www.dsat.ca/programs/activities-description#DSATPalPrograms>)
- Best Buddies (<http://bestbuddies.ca/>) provides people with intellectual challenges the opportunity to build social networks and friendships



- Integrated Action for Inclusion in School and Community (<http://www.integration-inclusion.com/>) is a non-profit charitable organization dedicated to educational inclusion and living in the community for ALL people who need extra support. The group provides support to parents and friends seeking to enrich the lives of their children.

GENERAL TIPS:

- Check your local community centre for events in your neighbourhood
- Check what is offered for after school programs and activities at your school
- Check what is offered for parent groups and play dates through your school
- Visit parks and neighbourhood festivals to get to know your community
- Find local groups or clubs in your neighbourhood (e.g. Boy Scouts, Girl Scouts, Boys and Girls Clubs of Canada)
- Be active in the community (e.g. Visiting parks, watching local sports teams)
- Participate in your church or faith community

6. FUTURE

The future is about the hopes and dreams you have for your child as he/she grows, including developing independence and being included in the community. The following resources may be helpful as your child and your family develop together.



UMBRELLA ORGANIZATIONS

These organizations offer many services and resources that may be helpful throughout your child's life. Review the websites of the organizations and visit them if possible to get a sense of how they operate and what would help your child and you in the future.

The Geneva Centre

www.autism.net

The Geneva Centre is Toronto's hub for resources and supports for people with Autism Spectrum Disorder (ASD).

MukiBaum Accessibility Centre

<http://www.mukibaumaccessibilitycentre.com/community-programs/>

The MukiBaum Accessibility Centre offers inclusive community programs to children with autism and other complex disabilities and their families.

Autism Ontario

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

A resource centre and referral hub for individuals with Autism.

The Canadian Down Syndrome Society (CDSS)

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

A nation-wide organization for education and advocacy for families and individuals with Down syndrome.

The Down Syndrome Association of Toronto

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

The Toronto organization supporting the education and participation of persons with Down syndrome in the community.



Corbrook

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

Corbrook is a Toronto-based agency providing a wide range of services that support youths and adults with developmental disabilities.

Circle 21 Initiative for Down Syndrome

<http://circle21.com/>

This organization provides leadership and information to help individuals with Down Syndrome and their families make informed choices.

The Ontario Federation for Cerebral Palsy

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

The organization provides services, resources and programs for persons with cerebral palsy and their families. As a member of the organization families have access to a great deal of information.

Easter Seals Canada

<http://www.easterseals.org/>

The organization provides numerous funding supports as well as camping opportunities for children and youth with physical challenges. Please refer to the listing under "Funding Supports".

Canadian Association for Community Living (CACL)

<http://www.cacl.ca>

The Canadian Association for Community Living is Canada's national association dedicated to assisting people with intellectual disabilities and their families to



advance their inclusion in all aspects of community life. They accomplish their goals through leadership, sharing information and research.

Canadian Hard of Hearing Association (CHHA)

<http://www.chha.ca>

An organization run by and for hard of hearing people.

Canadian Mental Health Association of Canada (CMHA)

<http://www.cmha.ca>

The Canadian Mental Health Association (CMHA) CMHA and its local chapters facilitate access to the services and supports needed by people experiencing mental illness and their families.

Canadian National Institute for the Blind (CNIB)

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

CNIB provides services to individuals across Canada. work with people of all ages in their own homes, communities or local CNIB offices - providing a wide range of programs and services Canadians need to build their independence and lead the lives they want.

Learning Disabilities Association of Toronto District (LDATD)

<https://www.ldatd.on.ca/about-ldatd/who-we-are/>

LDATD is the Toronto chapter of the Learning Disabilities Association of Ontario (LDAO). It provides information, a resource centre and a variety of programs and services for people with learning disabilities and their families.



Partners for Planning (P4P) Planning Network

<http://hub.partnersforplanning.ca/>

The P4P Planning Network is a planning network for families of individuals with disabilities. Their resources support parents and caregivers to navigate the life stages and empower them with all the right tools to plan effectively. Join P4P and be notified of their useful webinars and information sessions.

West Toronto KEYS to Inclusion (KEYS)

<http://westtorontokeys.com/>

Keys is a west Toronto group that supports young adults with intellectual disabilities, who have completed high school and need meaningful opportunities for continued growth and inclusion in our neighbourhoods.