

2011-
2012

Directory of Community Services and Agencies
for People with Disabilities

Compiled by:
Information Cambridge and North Dumfries,
A service of



Social Planning Council
of Cambridge and North Dumfries



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Introduction

The Social Planning Council of Cambridge and North Dumfries is pleased to present this Directory of Community Services and Agencies for People with Disabilities. This publication is a comprehensive listing of all disabilities services offered within Cambridge and the surrounding areas, including services for children, recreational services, life skills programs, and respite care. It is hoped that you will find this directory useful for yourself, a loved one, or a client.

The criterion for being included in this directory is that all organizations must be non-profit, with the exception of organizations that provide a unique for-profit service to the community. The listed organizations must provide a direct service to the members of the Cambridge and North Dumfries community. Finally, the organizations listed must have at least one area of the organization that provides a service to differently abled individuals and/or their families.

It is the hope of the Social Planning Council of Cambridge and North Dumfries that you find this directory to be useful and informative. If you know of any organizations that meet the criteria that are not listed in this directory, feel free to give us a call at 519-623-1713 Ext. 225

Sincerely,

The Social Planning Council of Cambridge and North Dumfries

Services for Children

Bartimaeus

23-500 Fairway Rd S, Ste 205, Box 205, Kitchener N2C 1X3
519-519-575-2002

Website: www.bartimaeus.com

Behaviour Programming – develop and implement programs that re-enforce acceptable and productive behaviours. Parental Support – assisting parents in making appropriate care plans and accessing services. Respite Services – planned and supportive breaks for families provided in the family home

Bartimaeus, Education Services

23-500 Fairway Rd S, Ste 205, Box 205, Kitchener N2C 1X3
519-519-575-2002

Website: www.bartimaeus.com

Our service supports students in crisis situations, students moving from specialized programs back into the mainstream, interim behavioural plans and programs, and teachers, school administrators and other stakeholders working with challenging students or situations.

Bluevale Collegiate Institute - Life Skills Program

80 Bluevale St. N Waterloo, ON N2J 3R5
519-885-4620

A program designed to meet the needs of exceptional students at the intermediate and secondary levels. Focus: personal life management, social skills, math skills, practical language and literacy, community access/awareness, vocational training and preparation for work.

Cambridge Association for the Mentally Handicapped- Pre-school Resources

160 Hespeler Rd. Cambridge, ON N1R 6V7
519-623-7490

Email: camh@camh.on.ca

Website: www.golden.net/~camh

A program for children 3-5 years of age who have a developmental delay and are enrolled in a community pre-school. This program offers formal assessments, individual program plans and consultation with parents and professionals involved with the child. Home programming is available for children unable to attend a community program.

Canadian National Institute for the Blind

1-800-265-4127 (Toll Free)
180 King St S, Suite 160 Waterloo, ON N2J 1P8
519-742-3536

Website: www.cnib.ca

Some of the programs offered by CNIB include: Low vision services including professional assessments, and instruction on how to maximize vision; Training to help manage the essentials of daily living; Orientation and mobility instruction, focusing on how to move safely around the home, community, workplace or school; Training and support for accessible computer technology; Counselling and support to help overcome the emotional and practical challenges of vision loss.

Community Living Cambridge

519-623-7490

160 Hespeler Rd Cambridge, ON N1R 6V7

Website: www.communitylivingcambridge.ca

Email: info@communitylivingcambridge.ca

Community Living Cambridge serves Cambridge community members with a developmental disability, and provides events and activities to enrich their lives. Support is offered through a variety of programs such as residential group homes, employment support programs, pre-school services and alternative day programs designed to meet each individual's needs.

The Easter Seal Society

519-888-7679

In partnership with the K-W Rotary Centre runs 3 sibling workshops for children in 3 different age groups (5-8 yr, 9-12 yr & 13-18 yr) at the Rotary Centre. Easter Seals Camps are opened to individuals ages 7-18 yr who have a physical disability. Family Camp offers a one week camp for families whose child, with a physical disability, is under the age of seven.

Elmira District Community Living, Children's Resource Program

118 Barnswallow Dr Elmira, ON N3B 2Y9

519.669.3205

Website: www.elmiracl.com

The Elmira and District Association for Community Living provides Resource Teacher services to children with developmental delays between the ages of 2 and 5 years. Ideally the program is conducted in the child's community preschool or the nearest preschool or Nursery school program with the full support of a Resource Teacher. The length of the program is dependent on the perceived need of the child and availability of space.

Front Door, Access to Child and Youth Services

519-749-2932

1770 King St E Kitchener, ON

Website: www.lutherwood.ca/mentalhealth/services/front-door

Front Door provides a one-stop first contact for families and young people who are looking for assistance and services for a child experiencing a mental health concern.

Galt Rotary Club of Cambridge

750 Coronation Blvd Cambridge, ON N1R 8E3

519-621-0610

They provide services for children with disabilities and other projects in the community.

K-W Habilitation Services, Preschool Outreach

108 Sydney Street South, Kitchener ON N2G 3V2

519-744-6307

Email: generalinquiries@kwhab.ca

Website: www.kwhab.ca

Our team of ECE Resource Consultants and ECE Enhanced Staff work together with any licensed early learning and child care setting in Kitchener, Waterloo or Wilmot Township. The kinesiologist works with any licensed early learning and child care setting in the Region of Waterloo. Our purpose is to facilitate the inclusion of children from 0 to 6 years of age who have developmental concerns. Weekend parent relief is also available.

KidsAbility Centre for Child Development

250 Hespeler Rd Cambridge, ON N1R 3H3

519-621-7580

Email: memcilroy@kidsability.ca

Website: www.kidsability.ca

Pediatric rehabilitation for children with communication, developmental or physical disabilities.

Assessment and therapy services provided include: Physiotherapy, Occupation therapy, Speech language pathology, Social work, Therapeutic recreation, Special clinics: orthopaedic, orthotics, seating and mobility and augmentative communication.

KidsLINK Child and Family Professional Journal

1855 Notre Dame St. Agatha, ON N0B 2L0

519-741-1122 ext. 237

Email: journal@kidslinkcares.com

Website: www.childandfamilyjournal.com

The Child and Family Journal is a Canadian publication that has been developed for practitioners in special education and children's mental health services. The journal is used to distribute knowledge and learning, to improve quality of services, and to promote collaboration and communication between professionals.

KidsLINK, Partners Program

35 Dickson St Cambridge, ON N1R 7A6

519-623-9380

Email: kidslink@ndsa.on.ca

Website: www.kidslink.ndsa.on.ca

KidsLINK helps children, youth, and their families to overcome social, emotional and behavioural challenges. Programs and services assess and treat mental health challenges, including depression, bipolar disorder, schizophrenia, conduct disorder, attention deficit hyperactivity disorder (ADHD), anxiety disorder and eating disorders.

KidsLINK Preschool Support Services, Child Care Special Needs Access Point

1770 King St E, Ste 5 Kitchener, ON N2G 2P1

519-741-0076

Email: snap@ndsa.on.ca

Website: www.ccsnap.com

SNAP is the single point of access for special needs services for children, 0-6, attending or planning to attend licensed child care in the Region of Waterloo.

Kitchener-Waterloo Access-Ability

519-885-6640

105 University Ave E Waterloo, ON N2J 2W1

Website: www.kwa.on.ca

Email: kwa@kwa.on.ca

KW Access-Ability is a non-profit information and resource centre. They are committed to providing an environment that supports self-determination for physically challenged people, based upon the principles of choice, equality, co-operation and mutual respect. Services include: Small Business Support, Employment Support, Mentor Program, Networking, Hockey Program, and Internet Access.

Learning Disabilities Association

519-743-9091

Offers recreational programs, support groups and a lending library for children and parents and adults with learning disabilities.

Lutherwood Mental Health Services, Partners Program

519-623-9380

35 Dickson St. Cambridge, ON N1R 7A6

Website: www.lutherwood.ca

The Partners Program, created through a joint initiative between Lutherwood and KidsLINK, is a high intensity and focused program approach designed to bring all the assistance your family needs into your environment. Partners is based on the belief that the best place to help resolve family difficulties is where the family is experiencing them - whether in the home, school or neighbourhood. Working around family schedules, one dedicated Partners Family Support Worker helps your family regain a state of balance. Through a positive strength-based approach, the Family Support Worker builds on what works for your family and enhances that by helping you make the supportive connections you need within your world.

North Dumfries Family Resource Centre

Calvary Church, 173 Northumberland St Ayr, ON N0B 1E0

519-632-9828

North Dumfries Family Resource Centre provides caregivers and children with: Community resources. Host Outreach Centre for KidsAbility Speech Assessments and therapy held on site each Friday.

Parents of Technologically Dependent Children of Ontario

1-866-233-6966 (Toll Free)

335 Guelph Ave Cambridge, ON N3C 2V3

519-651-2875

Email: cambridge@ptdc.on.ca

Website: www.ptdc.on.ca

Respite care for children from birth to 18 years of age who are described as medically fragile and/or technologically dependent.

Participating Families

519-740-6435

Support and advocacy group for families with children/adolescents with special needs. New members are welcome. Bi-monthly support meetings.

Sunbeam Residential Development Centre, Developmental Services Access Centre- Waterloo Region

1120 Victoria St N, Suite 205

Kitchener, ON N2B 3T2

519-741-1121

Email: dsac1@on.aibn.com

Website: www.dsac-wr.com

There is a satellite Cambridge office located within the Canadian Red Cross building

17 Cambridge Street, Ontario, N1R 3R8

519-622-3699

Developmental Services Access Centre (DSAC) serves as the single point of access for clinical services, service coordination assistance, residential services, respite, and passport/day programs to children and adults in Waterloo Region who have a developmental disability.

Referrals are accepted from clients and families or those acting on their behalf. Referral forms are available on the website or at the office

Waterloo Collegiate Institute - Life Skills Program

300 Hazel St. Waterloo, ON N2L 3P2

519-884-9590

A program designed to meet the needs of exceptional students at the intermediate and secondary levels. Focus: personal life management, social skills, math skills, practical language and literacy, community access/awareness, vocational training and preparation for work.

Waterloo Region Down Syndrome Society

519-743-0297

Invites members and non-member families and their extended family and friends to monthly meetings and social activities and recreational opportunities.

Life Skills Services for Adults

Aldaview Services, Community Participation

205 Peel St. New Hamburg, ON N3A 1E7

519-662-5174

Website: www.tcmhomes.com/Aldaview

Aldaview Services operates a day program in which individuals choose from a number of employment, life skills and recreation and leisure activities.

Cambridge Active Self Help

1-9 Wellington St. Cambridge, ON N1R 3Y4

519-623-6024

Email: Cambridge@self-help.ca

Website: www.self-help-alliance.ca

Kitchener Site:

87 King St. E Kitchener, ON N2G 2K4

519-570-4595

Email: kitchener@self-help.ca

The Self Help Alliance (S.H.A.) is a non-profit organization for individuals who are or have previously experienced mental health issues.

The centres are non-judgmental, inclusive, and safe places that incorporates education, resources, peer support and recovery groups.

Cambridge Committee for Physically Disabled Adults, Cambridge Capables

50 Ainslie St N Cambridge, ON N1R 3J5

519-621-9835

Provides social, educational and recreational activities for adults living with physical disabilities in the community.

Canadian Mental Health Association

3-9 Wellington St. Cambridge, ON N1R 3X4

519-766-4450 Ext. 223

Provides resources to the community at large, individuals with mental health issues and their families, including information, education, referral and support services.

Canadian National Institute for the Blind

1-800-265-4127 (Toll Free)

180 King St S, Suite 160 Waterloo, ON N2J 1P8

519-742-3536

Website: www.cnib.ca

Some of the programs offered by CNIB include: Low vision services including professional assessments, and instruction on how to maximize vision; Training to help manage the essentials of daily living; Orientation and mobility instruction, focusing on how to move safely around the home, community, workplace or school; Training and support for accessible computer technology; Counselling and support to help overcome the emotional and practical challenges of vision loss.

Christian Horizons

1-866-362-6810 (Toll free)

25 Sportsworld Crossing Rd. Kitchener, ON N2P 0A5

519-650-0966

Email: info@christian-horizons.org

Website: www.christian-horizons.org/

Christian Horizons empowers individuals with exceptional needs, enabling them to embrace their God-given potential and enjoy hope and opportunity in everyday living. Services include Individual Support Services, Supported Independent Living, Day Supports/ Community Support Services, Family Home Services, Community Residences

Community Living Cambridge

519-623-7490

160 Hespeler Rd Cambridge, ON N1R 6V7

Website: www.communitylivingcambridge.ca

Email: info@communitylivingcambridge.ca

Community Living Cambridge serves Cambridge community members with a developmental disability, and provides events and activities to enrich their lives. Support is offered through a variety of programs such as residential group homes, employment support programs, pre-school services and alternative day programs designed to meet each individual's needs.

Elmira District Community Living

118 Barnswallow Dr Elmira, ON N3B 2Y9

519.669.3205

Website: www.elmiracl.com

We recognize and support persons with a developmental disability to share in all elements of living in their community. Services offered include sheltered vocational supports, employment supports, volunteer placement, community based recreation, residential supports, residential respite, and children's resource services.

Extend-a-Family Association, Waterloo Region

91 Moore Ave Kitchener, ON N2H 3S4

519-741-0190

Email: kwextend@eafwr.on.ca

Website: www.eafwr.on.ca

Extend-A-Family (EAF) serves families in the Kitchener-Waterloo region who have a son or daughter with a disability living at home.

Extend-A-Family is a non-profit organization committed to enhancing the well-being of individuals with mental and/or physical disabilities and the families of those who care for them.

Forest Heights Long Term Care Centre, Life Skills Program

60 Westheights Dr. Kitchener, ON N2N 2A8

519-576-3320

Day program consisting of community support, life skills, recreation, and scheduled day trips.

K-W Habilitation Services

108 Sydney Street S. Kitchener, ON N2G 3V2

519-744-6307

Email: generalinquiries@kwhab.ca

Website: www.kwhab.ca

K-W Habilitation Services believes that individuals with developmental disabilities have the right to live in the community, to participate therein and have the right to those resources which would realize these goals. K-W Habilitation Services acknowledges that the primary responsibility for achieving these goals rests with individuals and their families. Services offered include linking individuals with their communities.

Kitchener-Waterloo Access-Ability

519-885-6640

105 University Ave E Waterloo, ON N2J 2W1

Website: www.kwa.on.ca

Email: kwaa@kwa.on.ca

KW Access-Ability is a non-profit information and resource centre. They are committed to providing an environment that supports self-determination for physically challenged people, based upon the principles of choice, equality, co-operation and mutual respect. Services include: Small Business Support, Employment Support, Mentor Program, Networking, Hockey Program, and Internet Access.

Lutherwood Mental Health Services, Partners Program

519-623-9380

35 Dickson St. Cambridge, ON N1R 7A6

Website: www.lutherwood.ca

The Partners Program, created through a joint initiative between Lutherwood and KidsLINK, is a high intensity and focused program approach designed to bring all the assistance your family needs into your environment. Partners is based on the belief that the best place to help resolve family difficulties is where the family is experiencing them - whether in the home, school or neighbourhood. Working around family schedules, one dedicated Partners Family Support Worker helps your family regain a state of balance. Through a positive strength-based approach, the Family Support Worker builds on what works for your family and enhances that by helping you make the supportive connections you need within your world.

Participation House Waterloo- Wellington

519-580-3996 (After Hours)

1382 Weber St E, Unit 1 Kitchener, ON N2A 1C4

519-741-5845

Website: 519-741-5845

Participation House provides personal support services to adults with physical disabilities. Participation House also serves clients with Acquired Brain Injury in several ways: ABI Group Home, The Opportunity Centre, ABI Outreach, and ABI Transitional Housing both in Kitchener and Fergus.

Participation House Waterloo- Wellington, Supportive Housing Services, Acquired Brain Injury Services

519-580-3996 (After Hours)
 1382 Weber St E, Unit 1 Kitchener, ON N2A 1C4
 519-741-5845
 Website: 519-741-5845

Participation House provides personal support services to adults with physical disabilities. In the Supportive Housing Program, individuals rent their own apartments and through attendant staff utilize support services to live independently.

Sunbeam Residential Development Centre, Developmental Services Access Centre- Waterloo Region

1120 Victoria St N, Suite 205
 Kitchener, ON N2B 3T2
 519-741-1121
 Email`dsac1@on.aibn.com
 Website: www.dsac-wr.com

There is a satellite Cambridge office located within the Canadian Red Cross building
 17 Cambridge Street, Ontario, N1R 3R8
 519-622-3699

Developmental Services Access Centre (DSAC) serves as the single point of access for clinical services, service coordination assistance, residential services, respite, and passport/day programs to children and adults in Waterloo Region who have a developmental disability.

Referrals are accepted from clients and families or those acting on their behalf. Referral forms are available on the website or at the office. Adult day programs are also available.

Sunbeam Residential Development Centre, Day Program Services

1120 Victoria St N, Suite 205
 Kitchener, ON N2B 3T2
 519-741-1121
 Email`dsac1@on.aibn.com
 Website: www.dsac-wr.com

There is a satellite Cambridge office located within the Canadian Red Cross building
 17 Cambridge Street, Ontario, N1R 3R8
 519-622-3699

While all of Sunbeam residents receive a day program either at their group home or at our Program building on Kingsway Drive; community based adults (living at home) can attend a full time or half time day program at Kingsway Drive. A limited enrollment of 25 clients (at the present time) are involved in activities of daily living (life skills), sensory, leisure, social, and recreational skills training both on site and in the community.

Waterloo Region Down Syndrome Society

519-743-0297
 Invites members and non-member families and their extended family and friends to monthly meetings and social activities and recreational opportunities.

Employment Services for Adults with Disabilities

Aldaview Services, Achieve Program

205 Peel St. New Hamburg, ON N3A 1E7

519-662-5174

Website: www.tcmhomes.com/Aldaview

The Achieve program provides support to people from the community. Individuals must be able to develop goals and plans that will enable them to participate in work or leisure activities. Participants receive support based on their need to transition into community opportunities and the amount of support required or desired. All referrals for the Achieve program must come from the Developmental Services Access Centre – Waterloo Region.

Aldaview Services, Community Participation

205 Peel St. New Hamburg, ON N3A 1E7

519-662-5174

Website: www.tcmhomes.com/Aldaview

Aldaview Services operates a day program in which individuals choose from a number of employment, life skills and recreation and leisure activities. Employment support is coordinated at the Peel St. location and range from in-house contracts to volunteer and paid work placements in various businesses in the community. Individuals who are unable to work, choose not to work or are retired enjoy lifeskills and recreation and leisure activities coordinated at the Riehl Home and 220 Hamilton Road.

Bartimaeus, Workplace Services

23-500 Fairway Rd S, Ste 205, Box 205, Kitchener N2C 1X3

519-519-575-2002

Website: www.bartimaeus.com

For adults with special needs, services are available to assist in skill development, learning appropriate work behaviours, and to provide support and encouragement.

Cambridge Association for the Mentally Handicapped- Supported Employment Services and Community Options

160 Hespeler Rd. Cambridge, ON N1R 6V7

519-623-7490

Email: camh@camh.on.ca

Website: www.golden.net/~camh

The Community Options Programs support individuals in integrating actively in their community through volunteer work by participating in recreation or leisure opportunities available. Participation may be progressively independent or supported by volunteers from the Cambridge Association for the Mentally Handicapped or the source of the activity. Work in the community in training or positions supported by the employment team is available through Supported Employment Services. The program most appropriate is dependent on the individual's particular needs and aspirations.

Cambridge Association for the Mentally Handicapped- Vocational and Adult Day Services

160 Hespeler Rd. Cambridge, ON N1R 6V7
519-623-7490

Email: camh@camh.on.ca

Website: www.golden.net/~camh

Vocational and Adult Day Services provides a variety of activities designed to maximize the potential of individuals that have an employment handicap. These activities may include programs that develop or enhance skill to improve quality of life in the areas of independence, communication, social skills, leisure activities at the Adult Development Program, or working on a variety of sub contracted jobs for companies in the community at ARC industries. Learning to work with machines by building toys is possible with the Cambridge Wooden Toy Company.

Cambridge Connection: Vocational and Alternate Day Programming, ARC Industries

519-623-7490

160 Hespeler Rd. Cambridge, ON N1R 6V7

Website: www.communitylivingcambridge.ca

Email: info@communitylivingcambridge.ca

Community Living Cambridge serves those in the community with mental or intellectual disabilities by providing events, activities and programs to enrich their lives and help them participate meaningfully in the community and achieve their goals. Programs are designed to meet individual needs and to provide access to community resources such as residential group homes, employment support programs, pre-school services and alternative day programs.

Canadian Mental Health Association

519-740-7782

Call 519-749-3700 to make an appointment

9 Wellington St, Unit 3 Cambridge, ON N1R 3Y4

Website: www.cmhawrb.on.ca

Email: admin@cmhagrb.on.ca

Community Employment Services provides you with information about employment services in your community and helps you connect to them. This service identifies your employment goals and assists with the development of a personal life plan that focuses on employment. Bridging Employment Supports is a one-year pilot project helping people between the ages of 16 and 65 with disabilities learn about, and access, employment resources to obtain paid, competitive employment.

Community Living Cambridge

519-623-7490

160 Hespeler Rd Cambridge, ON N1R 6V7

Website: www.communitylivingcambridge.ca

Email: info@communitylivingcambridge.ca

Community Living Cambridge serves Cambridge community members with a developmental disability, and provides events and activities to enrich their lives. Support is offered through a variety of programs such as residential group homes, employment support programs, pre-school services and alternative day programs designed to meet each individuals needs.

Extend-a-Family Association, Waterloo Region, WALES Program

91 Moore Ave Kitchener, ON N2H 3S4

519-741-0190

Email: kwextend@eafwr.on.ca

Website: www.eafwr.on.ca

WALES (Working Adults Learning Empowering Skills) Program: participants work towards goals and dreams and participate in the community in a variety of ways, including volunteer and paid employment.

Elmira District Community Living

118 Barnswallow Dr Elmira, ON N3B 2Y9

519.669.3205

Website: www.elmiracl.com

We recognize and support persons with a developmental disability to share in all elements of living in their community. Services offered include sheltered vocational supports, employment supports, and volunteer placements. Partnered with ARC Industries.

K-W Habilitation Services

108 Sydney Street South, Kitchener ON N2G 3V2

519-744-6307

Email: generalinquiries@kwhab.ca

Website: www.kwhab.ca

K-W Habilitation Services believes that individuals with developmental disabilities have the right to live in the community, to participate therein and have the right to those resources which would realize these goals. K-W Habilitation Services acknowledges that the primary responsibility for achieving these goals rests with individuals and their families. Services offered include skills review and job development. Also offer employment training at the Kinsmen Training Centre.

Kitchener-Waterloo Access-Ability

519-885-6640

105 University Ave E Waterloo, ON N2J 2W1

Website: www.kwa.on.ca

Email: kwa@kwa.on.ca

KW Access-Ability is a non-profit information and resource centre. They are committed to providing an environment that supports self-determination for physically challenged people, based upon the principles of choice, equality, co-operation and mutual respect. Services include: Small Business Support, Employment Support, Mentor Program, Networking, Hockey Program, and Internet Access.

Learning Disabilities Association

519-743-9091

Offers recreational programs, support groups and a lending library for children and parents and adults with learning disabilities.

Ministry of Community and Social Services: Ontario Disability Support Program

519-623-1230

Cambridge Place, 73 Water St N, Ste 605 Cambridge, ON N1R 7L6

Website: www.mcsc.gov.on.ca/en/mcsc/programs/social/index.aspx

The Ontario Disability Support Program (ODSP) provides income support and employment support to people with disabilities in financial need, or who want and are able to work and need support. Ontarians 65 years or older who are not eligible for Old Age Security may qualify for ODSP supports if they are in financial need.

Ontario March of Dimes: West Central Region

519-579-5530

180 King St S, Ste 220 Waterloo, ON N2J 1P8

Website: www.marchofdimes.ca

This non-profit organization offers services for adults with physical disabilities, including the purchase and rental of assistive devices, employment programs, vocational and physical assessments, rehabilitation services and Return to Work program.

Recreational Services

Able Sail Conestoga

256 King Street North, Waterloo, Ontario Canada N2J 4T9

519-741-2228

Website: www.kwsailing.org

This program encourages youth & adults with disabilities to learn how to sail.

Autism Ontario

Website: www.autismontario.com/summercamp

Autism Ontario has a fund to reimburse families for the cost of a one-to-one worker for their child to attend summer camp.

Belwood Lodge and Camp

322 Third St., R.R. # 1 Belwood, ON N0B 1J0

519-843-1211

Email: director@belwoodlodgeandcamp.ca

Website: belwoodlodgeandcamp.ca

A residential camp dedicated to meeting the summer recreational needs of children and adults who are mentally challenged. Our programs are designed to provide campers with exceptional experiences while ensuring their safety and a positive holiday experience. Respite time for families and care givers.

Blue Skies Yoga Studio

519-574-1941

Email: info@blueskiesyoga.com

Website: www.blueskiesyoga.com

Blue Skies Yoga Studio offers inclusive yoga classes for children and youth, and offers private yoga sessions for children with special needs.

Boccia

Blessed Sacrament School, Kitchener ON

Monday evenings, 6:30 – 8:30

519-741-2228

Email: jule.doherty@kitchener.ca

A strategy sport accessible to persons of all physical ability. Participants throw, kick, or use a ramp to propel a soft leather ball towards a target. The KW program is open to participants ages 8 and up with physical and/or developmental disabilities.

Cambridge Association for the Mentally Handicapped- Recreation Program

160 Hespeler Rd. Cambridge, ON N1R 6V7

519-623-7490

Email: camh@camh.on.ca

Website: www.golden.net/~camh

Services include consultation on appropriate activities, leisure education training for community group leaders, leisure assessments, and community activities information. Leisure programs that focus on socialization and skills development through recreational activities are offered. Client participation in existing community programs and events is fostered.

Cambridge Ice Hounds - Special Hockey Program

519-740-4680 ext. 7110

Ice hockey for individuals with developmental disabilities

Cambridge Skating Club

Galt Arena Gardens, 98 Shade St. Cambridge, ON

519-623-8404

The Cambridge Skating Club offers a Special Olympics Ontario Preschool and Learn to Skate program for special needs children. This program will follow guidelines from Skate Canada's Canskate program.

The Carousel Dance Centre

East Campus Hall, University of Waterloo, 200 University Avenue W Waterloo, ON N2L 3G1

519-888-4567 ext. 33147 The Carousel Dance Centre offers dance programs at the University of Waterloo

but also has a partnership with KidsAbility and offers an adapted dance program. Call

519-621-7580 X272 for more details.

City of Cambridge- Integrated Programming

519-740-4628

The City of Cambridge welcomes people with special needs in recreational programs. Information about aquatic programs such as swimming lessons and recreational swims may be obtained by calling the W.G. Johnson Centre (654-9001) or the John Dolson Pool (623-0270).

Cheer Sport Sharks – All Star Cheer Gym, Special Needs Sand Sharks Team

250 Thompson Drive, Unit 5,6,7, Cambridge, ON N1T 2E3

519-622-6052

Excelsior Fencing Club

61 Willow St. Waterloo, ON

Monday or Wednesday from 6:30 to 10:00.

519-745-1381

Club offers both integrated and specialized programs, including wheelchair fencing.

Golf Lessons for Persons with Disabilities

Kitchener, ON

519-741-2228

Email: grace.niezen@kitchener.ca

An Introductory Clinic is offered annually in May, as well as Mini Sessions for keen golfers held in June. Golf camps are also offered.

Kitchener Ice Pirates

519-749-8995

Email: petiteped@rogers.com

A hockey team for children and young adults with developmental disabilities.

K-W Sidewinders

RIM Park, Waterloo ON

Saturdays

519-579-1178

Email: kwsidewinders@sympatico.ca

A Sledge Hockey team and skill development program for youth and adults with physical disabilities. Participants use a sledge, a specially designed sled with skate blades to propel themselves on the ice.

Ontario Special Olympics

160 Hespeler Rd. Cambridge, ON N1R 6V7

1-888-333-5515 Toronto Head Office

Website: www.osoinc.com

Year round sports training program for teens and adults who have a developmental handicap. A non-profit volunteer organization.

Ages: 8 year(s) - 99 year(s)

Pride Stables, Central Ontario Developmental Riding Program

584 Pioneer Tower Rd Kitchener, ON N2P 2H9

519-653-4686

Email: info@pridestables.com

Website: www.pridestables.com

Pride Stables, Central Ontario Developmental Riding Program offers therapeutic horseback riding lessons to people with disabilities. Therapeutic horseback riding utilizes the horse as a medium of therapy. The combination of the horse's movement, which simulates the human walking motion, and its higher body temperature, serves to supply passive heat massage to the riders' muscles, thereby either relaxing spastic muscles or stimulating lax muscles. Riders also participate in exercises improving their muscle strength and flexibility in their upper body.

Spinners Wheelchair Activity Days

Every other Saturday (times and locations vary)

519-894-2110

Email: pj.rose23@sympatico.ca

Offers wheelchair sports (basketball, tennis, curling, bowling, karate, etc.)

Sports for Special Athletes

519-584-2418

Email: liz.costello@rogers.com

Website: www.sportsforspecialathletes.org

Integrated sport participation for athletes ages 6 and up with special needs. Sports include: bowling, curling, basketball, powerlifting, floor hockey, swimming, speed skating, blastball, softball, lawn bowling, mini golf.

SunBlast Summer Playground

KidsAbility, 250 Hespeler Rd Cambridge, ON, N1R 3H3

519-621-7580 X 272

This summer playground is offered by the SunBlast parent committee, KidsAbility, City of Cambridge, and Community Living Cambridge. It is designed for children with disabilities and their siblings and friends.

Sunrise Therapeutic Riding and Learning Centre

6920 Concession 1, RR 2 Puslinch, ON N0B 2J0

519-837-0558

Email: info@sunrise-therapeutic.ca

Website: www.sunrise-therapeutic.ca

A therapeutic riding and equestrian centre that develops the full potential of children and adults with special needs. Sunrise offers therapy, recreation, horse riding, as well as life skills and farm-related activity programs.

YMCA of Cambridge

250 Hespeler Rd. Cambridge, ON, N1R 3H3

519-621-3250

Programs such as: Summer Camps, Weights & More, Just Hangin' Out, Adapted Aquatics *Inclusion Facilitator Support is available for summer camp programs.

Waterloo Regional Track 3 Ski School

396 Morrison Rd. Kitchener, ON N2A 2Z6

519-748-9802

Downhill skiing for children with disabilities.

Wheelchair Basketball

Doon Avenue Public School, Kitchener ON

519-880-8145

Email: hageya187@rogers.com

The TC Speedy Spinners is an integrated wheelchair basketball program.

Woolwich Sledge Hockey

Jim McLeod Ice Pad, Elmira ON

Every second Saturday, 5-7 pm

519-669-5289

Email: kmetzger@teksavvy.com

Sledge hockey program in Elmira.

Home Services

Cambridge Association for the Mentally Handicapped- Pre-school Resources

160 Hespeler Rd. Cambridge, ON N1R 6V7

519-623-7490

Email: camh@camh.on.ca

Website: www.golden.net/~camh

The focus is on the identification of individual and family needs, development of services plans to meet needs and providing information and/or support to to access services required. Programs may include case co-ordination, Special Services at Home, individualized in home support and behaviour management.

City of Cambridge Friendly Visiting Program

Allan Reuter Centre, 507 King St E Cambridge, ON N3H 3N4

519-740-4681 ext 4423

Volunteers are matched with an isolated senior or adult with physical disabilities to provide companionship and to visit once a week for 2-3 hours.

Christian Horizons

1-866-362-6810 (Toll free)

25 Sportsworld Crossing Rd. Kitchener, ON N2P 0A5

519-650-0966

Email: info@christian-horizons.org

Website: www.christian-horizons.org/

Christian Horizons empowers individuals with exceptional needs, enabling them to embrace their God-given potential and enjoy hope and opportunity in everyday living. Services include Individual Support Services, Supported Independent Living, Day Supports/ Community Support Services, Family Home Services, Community Residences

Comfort Keepers

19 Thorne St, Unit 211 Cambridge, ON N1R 1S3

519-267-8222

Email: grandriver@comfortkeepers.ca

Website: www.comfortkeepers.ca/office-3028/

Comfort Keepers is a non-medical, private duty home care agency, providing senior care, elder care, personal care, respite care and companion care to help the elderly and disabled adults through assisted living in the privacy of their own homes.

Community Care Concepts of Woolwich, Wellesley and Wilmot

28 South St W Elmira, ON N3B 1K8

519-669-3023; 519-749-0784

Email: ccc1@golden.net

Website: www.communitycareconcepts.ca

Programs Include: Congregate Dining, Assisted Transportation Program, Friendly Visiting Program, Home Maintenance Service, Homemaking Service and Meals on Wheels

Community Care Concepts of Woolwich, Wellesley and Wilmot, Friendly Visiting Program

28 South St W Elmira, ON N3B 1K8

519-669-3023; 519-749-0784

Email: ccc1@golden.net

Website: www.communitycareconcepts.ca

Volunteers are matched with an isolated senior or an adult with disabilities for companionship.

Community Care Concepts of Woolwich, Wellesley and Wilmot, Home Maintenance and Repair

28 South St W Elmira, ON N3B 1K8

519-669-3023; 519-749-0784

Email: ccc1@golden.net

Website: www.communitycareconcepts.ca

Match clients with screened individuals or businesses that assist with repairs and maintenance to the home of a senior or an adult with a disability.

Community Support Connections, Meals on Wheels and More

519-772-8787

800 Franklin Blvd, Unit 4B, Cambridge, ON N1R 7Z1

Provides services to older adults including Meals on Wheels, Home Help, Home Maintenance, Homemaking, Reassurance and Security Checks, Snow Removal, and a Dine and Dash Club. Also have a Waterloo office.

Extend-a-Family Association, Waterloo Region, Special Supports at Home

91 Moore Ave Kitchener, ON N2H 3S4

519-741-0190

Email: kwextend@eafwr.on.ca

Website: www.eafwr.on.ca

Coordinates individual support services.

Independent Living Centre of Waterloo Region

127 Victoria St S, Ste 201 Kitchener, ON N2G 2B4

519-571-6788

Website: www.ilcwr.org

Provides services to individuals over the age of 16 with physical disabilities including assistance with daily living and financial assistance.

Waterloo Wellington Community Care Access Centre

1-800-883-3313 (Toll Free)

519-883-5500 (After Hours)

519-748-2222 (Office Phone)

Email: information@ww.ccac-ont.ca

Website: www.ww.ccac-ont.ca

The Waterloo Wellington CCAC coordinates health services such as nursing, physical therapy, occupational therapy and personal support for people who are recovering from illness or injury, and for those who are living with chronic illness or disability.

Supportive Living/ Respite Homes

Participation House Waterloo- Wellington, Supportive Housing Services, Acquired Brain Injury Services

519-580-3996 (After Hours)
 1382 Weber St E, Unit 1 Kitchener, ON N2A 1C4
 519-741-5845
 Website: 519-741-5845

Participation House provides personal support services to adults with physical disabilities. In the Supportive Housing Program, individuals rent their own apartments and through attendant staff utilize support services to live independently.

Aldaview Services

205 Peel St. New Hamburg, ON N3A 1E7
 519-662-5174
 Website: www.tcmhomes.com/Aldaview

Services offered include group living and supported independent living, as well as respite care.

Cambridge Association for the Mentally Handicapped- Residential Services

160 Hespeler Rd. Cambridge, ON N1R 6V7
 519-623-7490
 Email: camh@camh.on.ca
 Website: www.golden.net/~camh

A variety of community residential options are available for adults and children. Homes may provide permanent or relief placements depending on availability and need. Each home is staffed and designed to meet needs in areas such as life skills, social skills, and behavioural support. Some homes are accessible and able to support more involved physical or health related needs. Support is also available to those living independently and requiring the services of a councillor only a few hours weekly.

Christian Horizons

1-866-362-6810 (Toll free)
 25 Sportsworld Crossing Rd. Kitchener, ON N2P 0A5
 519-650-0966
 Email: info@christian-horizons.org
 Website: www.christian-horizons.org/

Christian Horizons empowers individuals with exceptional needs, enabling them to embrace their God-given potential and enjoy hope and opportunity in everyday living. Services include Individual Support Services, Supported Independent Living, Day Supports/ Community Support Services, Family Home Services, Community Residences

Community Living Cambridge

519-623-7490

160 Hespeler Rd Cambridge, ON N1R 6V7

Website: www.communitylivingcambridge.ca

Email: info@communitylivingcambridge.ca

Community Living Cambridge serves Cambridge community members with a developmental disability, and provides events and activities to enrich their lives. Support is offered through a variety of programs such as residential group homes, employment support programs, pre-school services and alternative day programs designed to meet each individual's needs.

Elmira District Community Living

118 Barnswallow Dr Elmira, ON N3B 2Y9

519.669.3205

Website: www.elmiracl.com

We recognize and support persons with a developmental disability to share in all elements of living in their community. Services offered include sheltered vocational supports, residential supports, residential respite, and children's resource services.

Extend-a-Family Association, Waterloo Region, Familyhome Program

91 Moore Ave Kitchener, ON N2H 3S4

519-741-0190

Email: kwextend@eafwr.on.ca

Website: www.eafwr.on.ca

Community living alternative for adults with a developmental challenge. A community family brings them in to their home to be a part of their family life.

K-W Habilitation Services, Residential Services

108 Sydney Street South, Kitchener ON N2G 3V2

519-744-6307

Email: generalinquiries@kwhab.ca

Website: www.kwhab.ca

K-WHS Residential Services currently operates three Children's homes and twenty Adult homes assimilated throughout the cities of Kitchener and Waterloo. Homes are designed to meet the individual support needs of the residents providing up to 24 hour – seven days per week support and supervision. Supported Independent Living is another residential support option where a number of people live semi-independently and either share rent or rent their own homes. Services are offered to enhance the independent living abilities of the people receiving support. Assistance is typically requested in the areas of banking, budgeting, grocery shopping and cooking however, support varies and may be provided in any aspect of daily living.

Parents for Community Living

519-742-5624 (Respite Line)

133 Frederick St. Kitchener, ON N2H 2M1

519-742-5849

Parents For Community Living provides respite at two different sites - one for adults and one for children. PCL's Adult Respite home is located on Evelyn Cres. in Kitchener. The home supports 2 adults on a permanent basis and 6 adults each weekend, Friday-Sunday. 7 homes with 4 individuals with 24 hour support

Sunbeam Residential Development Centre, Developmental Services Access Centre- Waterloo Region

1120 Victoria St N, Suite 205

Kitchener, ON N2B 3T2

519-741-1121

Email: dsac1@on.aibn.com

Website: www.dsac-wr.com

There is a satellite Cambridge office located within the Canadian Red Cross building

17 Cambridge Street, Ontario, N1R 3R8

519-622-3699

Services offered include several group homes.

Financial

Autism Ontario

Website: www.autismontario.com/summercamp

Autism Ontario has a fund to reimburse families for the cost of a one-to-one worker for their child to attend summer camp.

Government of Canada

1 800 O-Canada (1-800-622-6232)

Service Canada, Canada Enquiry Centre, Ottawa ON K1A 0J9

www.servicecanada.gc.ca

The Government of Canada offers several different financial benefits to people living with disabilities, including: Assisted Living, Bureau of Pensions Advocates, Canada Pension Plan Children's Benefit, Canada Pension Plan Disability Benefits, Canada Pension Plan Disability Vocational Rehabilitation Program, Canada Student Loans Program - Permanent Disability Benefit, Child Disability Benefit (CDB), Clothing Allowance, Disability Award Program, Disability Pensions, Entrepreneurs with Disabilities Program, Federal Excise Gasoline Tax Refund Program, Grant for Students with Permanent Disabilities, Grant for Services and Equipment for Students with Permanent Disabilities, Literature for the Blind, Opportunities Fund for Persons with Disabilities, Registered Disability Savings Plan, Rehabilitation Program, and Residential Rehabilitation Assistance Program - RRAP for People with Disabilities

Ontario Disability Support Program

1-888-214-0738 (Toll Free)

73 Water St N, Suite 605, Cambridge, ON N1R 7L6

519-623-1230

www.mcass.gov.on.ca/mcass/english/pillars/social/programs/odsp.htm

ODSP Income Support provides financial assistance and other benefits to eligible people with disabilities and their families. This includes accommodation and basic living expenses, as well as prescription drugs and basic dental care.

Ontario Works

519.883.2100 (Intake)

150 Main St. Cambridge, ON N1R 8H6

519 740-5700 8:30 am to 4:30 pm

<http://www.region.waterloo.on.ca/web/social.nsf/DocID/FABD3066B0888FAA85257003006D5018?OpenDocument>

Provides emergency support to eligible families and individuals including shelter costs, basic living expenses, prescription drugs and employment training. An intake screening process is required.

Service Canada- Cambridge Centre

519-621-7150

350 Conestoga Blvd, Unit C2, Cambridge, ON N1R 7L7

Helps people with accessing Disabilities Canada Pension Plan Disability Benefits, Seniors Allowance for the Survivor Program, Canada Pension Plan Retirement Pension or Old Age Security.

Waterloo Region Social Services Department

519-740-5700

150 Main St, Cambridge, ON N1R 8H6

The Waterloo Region Social Services Department (Cambridge Branch) provides resources on the topics of Income Support, Family Support, Employment Services and Special Services

Youth Memorial Fund

519) 745-7821

Email: mfceast@mennofoundation.ca

This fund awards grants annually to youth (ages 14-25) with physical disabilities who are in financial need. (Grant deadline Sept. 30)