

## **Resource Directory for Children and Youth with Down Syndrome** **Toronto**

### ***Introduction to the Guide***

This guide was designed to be a collection of resources available for children and youth who have Down syndrome and their families. This guide is not meant to be “homework” for you and your family, but is meant to serve as a resource collection since it can be difficult to locate services that are appropriate for your child. We advise you to use this guide as a tool in conjunction with your child’s health care providers in order to receive the most relevant services for you and your family. Resources are separated into categories, and while most organizations and services listed here are free of charge, those followed by a (\$) have a fee associated with them.

After your child is born, it is important to meet with your health care provider and contact the relevant organizations listed under ***Early Intervention Services***. These services can have lengthy waitlist times. In addition, if you are worried about a new or worsening health concern, please contact your health care provider.

The Down Syndrome Program does not specifically endorse any of the following organizations. Our goal is to provide you with a resource guide where all the organizations have been appraised and verified to offer support to children with Down syndrome and their families.

### ***Introduction to the Health Care Team***

**Physicians:** Physicians are health care professionals who diagnose and treat diseases and disorders. They are involved in the promotion and maintenance of health. Your child’s physicians will play an important role in managing your child’s medical and developmental concerns.

**Physiotherapists:** Physiotherapists are health care professionals who help their patients improve their mobility and physical abilities, as well as rehabilitate after an injury or illness. Interventions include physical exercises, specialized equipment, and patient education.

**Occupational Therapists:** Occupational therapists are health care professionals concerned with improving their patients’ ability to live, work, and play well. They can teach their patients new skills, evaluate and adapt environments, and modify tasks in order to help their patients achieve their individual goals

**Speech Language Therapists:** Speech language therapists are health care professionals who specialize in assessing and treating problems with communication and swallowing.

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Our Kids (\$)   
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### ***Family and Caregiver Support***

The following organizations are all free of charge and provide various degrees and forms of family and caregiver support. In addition to general Down syndrome associations, parents have found some other organizations listed to be helpful and supportive. This is not a comprehensive list, however, we list a few of the most popular and positively endorsed by families.

#### **Canadian Down Syndrome Society**

**www.cdss.ca**  
**Suite 103 - 2003 14 Street NW, Calgary, Alberta**  
**1-800-883-5608**  
**info@cdss.ca**

The Canadian Down Syndrome Society has a New Parent Package available for new and expectant parents. This package offers relevant information for parents and the exclusive book 21 Welcomes, which features personal stories from parents, siblings, grandparents, and people with Down syndrome. To receive a copy of the New Parent Package, phone 1-800-883-5608, email info@cdss.ca or visit www.cdss.ca. The organization also connects families to local services, meet-ups, and support groups. They also have their contact information available as a general information line.

#### **Down Syndrome Association of Ontario**

**www.dsao.ca**  
**3163 Winston Churchill Blvd, Mississauga, Ontario**  
**905-439-6644**

The Down Syndrome Association of Ontario provides education on Down Syndrome, is involved in advocacy work, and holds a yearly conference called the Dreams Conference for individuals with Down Syndrome, and their families and supporters.

#### **Down Syndrome Association of Toronto**

**www.dsat.ca**  
**PO Box 40029, Liberty Village PO, Toronto, Ontario**  
**416-966-0990**  
**info@dsat.ca**

The Down Syndrome Association of Ontario has programs for new and expectant parents, as well as pal programs involving peer to peer interactions. They also have support groups and social events for parents, guardians, and adult caregivers in addition for research and education shared with the community through workshops and information sessions.

#### **Ability Online**

**www.abilityonline.org**  
Services: Monitored online community including messaging/chatting with other youth and young adults of all abilities. Parents, siblings, and professionals are also welcome.

#### **Adventure Place**

**www.adventureplace.ca**  
**155 McNicoll Avenue, Toronto, Ontario**  
**416-744-7650**

**contact@adventureplace.ca**

Eligibility Criteria: Children from 0 -12 years of age with difficult in one or more of the following areas: development, learning, communication (speech and language), behaviour, social and/or emotional functioning, and attention and/or regulatory functioning

Referral: Parent/Caregiver, Physician, Other Professionals

Services: Family Support Services offers a continuum of support to children birth to 7 years and their families – including: timely brief consultation, evidence-based treatment groups for children (including Fun Friends and Incredible Years Dina Dinosaur), parenting groups (including Triple P – Positive Parenting Program), counselling, and intensive in-home intervention for children and families with complex needs.

### **CITYKIDS**

**www.mothercraft.ca/index.php?q=ei-citykids**  
**32 Heath Street West, Toronto, Ontario**  
**416-920-6543**

**citykids@mothercraft.org**

Eligibility Criteria: Children from 0 -12 years of age where there is a concern about a child's development (language, motor, cognitive, social and emotional). Referrals may also be made for children with identified special needs who require services or supports within the home and the community.

Referral: Parent/Caregiver, Physician, Other Professionals

Services: CITYKIDS is a network of agencies working together to provide single point access, coordinated intake and service delivery to children with special needs and their families. Children and families supported within CITYKIDS may receive a range of specialized services from partner agencies that includes family counseling.

### **Community Living Toronto**

**www.cltoronto.ca**  
**20 Spadina Road, Toronto, Ontario**  
**416-968-0650**

Eligibility Criteria: Children from 0 -18 years of age with an intellectual disability

Referral: Parent/Caregiver, Physician, Other Professionals

Services: Through Community Living Toronto, ConnectABILITY is a virtual community focused on lifelong learning and support for children, youth, adults and seniors with an intellectual disability, their families, caregivers and support networks. Users are able to connect, support each other, share, research and advocate via easy-to-use web tools. The website is [www.connectability.ca](http://www.connectability.ca). Connected Families is a meeting place for you to connect with others within ConnectABILITY. It is a private area of the site where you can share your story or ideas with the community.

### **Extend-A-Family**

**www.extendafamily.ca**  
**200-3300 Yonge Street, Toronto, Ontario**  
**416-484-1317**

**info@extendafamily.ca**

Eligibility Criteria: To be eligible for membership (no cost), a family must have a child or youth under the age of 19, who has an identified developmental disability.

Referral: Parent/Caregiver

Services: Extend-A-Family provides various services including providing family coordinators (to develop a realistic and individualized plan), host friendship circles for the children, family support groups, sexuality workshops with a focus on health relationships, all with the aim that children and youth with developmental disabilities develop meaningful relationships and participate fully in the community.

### **Family Service Toronto**

[www.familyserVICEToronto.org](http://www.familyserVICEToronto.org)

**128A Sterling Rd, Toronto, Ontario**

**416-595-9618**

Eligibility Criteria: Everyone who lives or works in Toronto

Referral: Parent/Caregiver

Services: Family Service Ontario collaborates with individuals, families and communities to create lasting, measurable improvements in their health and well-being. They provide counselling, education, social action, advocacy, community development and work with partners to advance a vibrant community services sector.

### **Planned Lifetime Advocacy Network (PLAN)**

[www.plan.ca](http://www.plan.ca)

**260- 3665 Kingsway, Vancouver, British Columbia**

**604-439-9566**

Eligibility Criteria: Families of individuals with disabilities

Referral: Parent/Caregiver

Services: PLAN facilitates social networks of support around individuals so that they will not be alone when their parents are gone. They provide families with information, assistance, and help them plan for the future of their loved one, through support, personal advocacy and connections to other families. Through their sister organization Plan Institute, they offer a number workshops, courses and retreats on topics related to disability. Among them are free information sessions on the RDSP (Registered Disability Savings Plan) and online courses on how to build personal support networks. They also put out a monthly e-newsletter with stories, advice and articles relating to disability.

### **Reproductive Life Stages Program**

[www.womenscollegEHospital.ca/programs-and-services/mental-health/RLS/](http://www.womenscollegEHospital.ca/programs-and-services/mental-health/RLS/)

**Women's College Hospital, 76 Grenville Street, 7th floor, Toronto, Ontario**

**416-323-6230**

Eligibility Criteria: Women experiencing new or recurrent mental health problems, including anxiety, depression, mania and psychosis during the reproductive life stages (such as menstrual cycle, pregnancy, postpartum and the menopausal transition).

Referral: Physician or midwife referral required

Services: This program offers a combination of education, brief psychotherapy and medication, along with a multidisciplinary team approach, to assess and treat women, their partners and families. As well, the program has two child psychiatrists on staff who provide care to children of mothers with mental health issues, and one addiction psychiatrist on staff who provides consultation to our program for women who have addictions in addition to their mental health difficulties.

### **Woodgreen Community Services – Parent Outreach Program**

[www.woodgreen.org/Home.aspx](http://www.woodgreen.org/Home.aspx)



**815 Danforth Ave, Suite 202, Toronto, ON  
(416) 645-6000**

This program is a parent-based program aimed to create teaching programs aimed at increasing independence in the home. Home Visitors maintain regular contact with the child's teachers to share strategies and progress. All Home Visitors are parents of children who have a developmental delay.

### ***Early Intervention Services***

The following organizations provide various early intervention services. Most organizations listed here are free of charge, however names followed by a (\$) have a cost associated with them. Surrey Place Centre and Centennial Infant and Child Centre have partnered with the Down Syndrome Program, and the remaining organizations are ones that other families with Down syndrome children have also had success with. This resource guide lists a few. This is not a comprehensive list, and the Down Syndrome Program is not endorsed or sponsored by any of the following facilities.

#### **Surrey Place Centre**

**[www.surreyplace.on.ca](http://www.surreyplace.on.ca)**

**2 Surrey Place, Toronto, Ontario**

**416-925-5141**

**[hr@surreyplace.on.ca](mailto:hr@surreyplace.on.ca)**

Eligibility Criteria: Children 0 - 18 years old and adults, with a developmental disability, autism spectrum disorder, and/or visual impairments

Referral: Parent/Caregiver, Physician, Other Professionals

Services: Surrey Place Centre provides comprehensive services including assessment and access to therapeutic interventions (counselling, occupational therapy, speech language therapy, psychology, behavioural therapy). The Infancy and Early Childhood Program is for infants and children up to the age of six, and uses a family centered, interdisciplinary team approach to establish a unique service plan to meet each child's specific needs, while also placing a special focus on working with parents and caregivers. The Children and Youth Program is for children and youth, ages 6 to 18 years. The goals of the program are to support school-aged children in coping with the challenges of daily living, promoting their independence and enhancing their overall health and well-being. Focus is on active collaboration with parents and caregivers to develop service goals and intervention plans, and working together as a team to address their child's and family's needs.

#### **Centennial Infant and Child Centre**

**[www.ccic.ca](http://www.ccic.ca)**

**1580 Yonge Street, Toronto, Ontario**

**416-935-0200**

Eligibility Criteria: Children 0 - 5 years old with a delay in two or more areas of development

Referral: Parent/Caregiver, Physician, Other Professionals

Services: The Early Intervention (EI) Program at Centennial is primarily an in-home service. The program offers suggestions and activities to support your child's development in all areas: speaking and listening, gross and fine motor skills, social/emotional, thinking and self-help skills. Also, if needed, the program will consult with other professionals for more suggestions. Depending on your family's needs, the staff can also help you plan your child's entry into daycare, school or other programs.



### **Adventure Place**

[www.adventureplace.ca](http://www.adventureplace.ca)

155 McNicoll Avenue, Toronto, Ontario

416-744-7650

[contact@adventureplace.ca](mailto:contact@adventureplace.ca)

Eligibility Criteria: Children from 0 -12 years of age with difficult in one or more of the following areas: development, learning, communication (speech and language), behaviour, social and/or emotional functioning, and attention and/or regulatory functioning

Referral: Parent/Caregiver, Physician, Other Professionals

Services: Prevention Services are available to children from birth to six years of age and their families through the Willowdale Ontario Early Years Centre (OEYC). The OEYC promotes parenting skills aimed at building parenting capacity, healthy development of social, emotional, communication and early literacy skills while emphasizing the importance of early identification and integration. Services range from early learning and literacy programs, parent education, community information, referrals and outreach.

### **Blind Low Vision Early Intervention Program**

[www.toronto.ca/wps/portal/contentonly?vnextoid=80919d7d09c9a410VgnVCM10000071d60f89RCRD](http://www.toronto.ca/wps/portal/contentonly?vnextoid=80919d7d09c9a410VgnVCM10000071d60f89RCRD)

416-338-8255

[earlyabilities@toronto.ca](mailto:earlyabilities@toronto.ca)

Eligibility Criteria: Children 0 years old - grade 1, who are born blind or with low vision

Referral: Parent/Caregiver

Services: The Blind-Low Vision Early Intervention Program provides education and support for parents so they can encourage the healthy development of their children. Parents learn to help their children develop the skills they need for daily activities at home and in early learning and care settings.

### **Centre Francophone de Toronto**

[www.centrefranco.org/en/children-families/](http://www.centrefranco.org/en/children-families/)

20 Lower Spadina Avenue, Toronto, Ontario

416-203-1220

Eligibility Criteria: Children 0 - 5 years old, with established biological and psychosocial risks

Referral: Parent/Caregiver, Physician, Other Professionals

Services: The Toronto Infant and Child Development Program provides assistance to families wishing to access specialized funding and information about additional community resources and support, assistance with individual goal setting and family service planning, Child and family assessments, development of an individual plan of care, early intervention in all developmental domains, home-based, family centered services, interventions to promote secure attachment, service coordination, and supported transition into early childhood programs and school.

### **Holland Bloorview Kids Rehabilitation Hospital**

[www.hollandbloorview.ca/programsandservices/Earlylearninganddevelopment/Infantdevelopment/service](http://www.hollandbloorview.ca/programsandservices/Earlylearninganddevelopment/Infantdevelopment/service)

666 Eglinton Avenue West, Toronto, Ontario

416-782-1105

[smitchell@hollandbloorview.ca](mailto:smitchell@hollandbloorview.ca)

Eligibility Criteria: Children 0 - 5 years old who are identified as having an established risk of developmental delay and disabilities, including physical, neurological and prematurity

Referral: Parent/Caregiver, Physician, Other Professionals

Services: The Infant Development Services at Bloorview provide infant consultants and therapists that provide a home-based, integrated approach to infant development and family-centred intervention. The intervention is parent-led and responsive to parent strengths, competencies and priorities. It includes developmental programming support, parent education, play strategies, and community information and links.

### **Mothercraft**

**[www.mothercraft.ca/index.php?q=ei-pip](http://www.mothercraft.ca/index.php?q=ei-pip)**

**860 Richmond Street W, Suite 100, Toronto, Ontario**

**416-364-7373**

**[btcycle@mothercraft.org](mailto:btcycle@mothercraft.org)**

Eligibility Criteria: Infants and young children at biological risk, specifically infants and young children who have been exposed to alcohol and/or other substances during the prenatal period or infants and young children at psychosocial risk, specifically infants and young children growing up with a parent(s) who is misusing drugs and/or alcohol.

Referral: Parent/Caregiver, Physician, Other Professionals

Services: Mothercraft's Parent-Infant Program is an infant development program that uses home-based and centre-based early intervention services. The program is aimed at providing support to parents who are experiencing problems with substance abuse and related issues, and their young children who may be affected by prenatal substance exposure. As a partner in Breaking the Cycle, the Parent-Infant Program promotes optimal child development through the enhancement of the quality of parent-child interactions and parenting skills.

### **Mukibaum Accessibility Centre (\$)**

**[www.mukibaumfoundation.com](http://www.mukibaumfoundation.com)**

**401 Magnetic Drive, Unit 25, Toronto, Ontario**

**416-661-8222**

**[info@mukibaumfoundation.com](mailto:info@mukibaumfoundation.com)**

Eligibility Criteria: Children 18 months - 5 years old, with complex disabilities

Referral: Parent/Caregiver, Physician, Other Professionals

Services: The Early Intervention Program addresses the following areas for children from 18 months to 5 years of age: language and cognitive growth, gross and fine motor skill development, sensory experiential work, and social skills and interaction. It includes occupational therapy, music therapy, virtual reality, and movement, sports and games.

### **Zareinu Educational Centre (\$)**

**[www.zareinu.org](http://www.zareinu.org)**

**7026 Bathurst St, Thornhill, ON**

**905-738-5542**

Eligibility Criteria: Children 0 – 18 years old, with developmental challenges

Referral: Parent/Caregiver

Services: An educational centre offering an Infant Intervention Program (0-2 years old), Licensed Preschool (2-5 years old), Elementary and Secondary School Program with access to therapeutic services (Physiotherapy, Occupational Therapy, Speech Language Therapy, Behavioural Support, Music Therapy).

Affiliated with the United Jewish Appeal (UJA) Federation of Greater Toronto.

### ***Other Developmental Services***

The following organizations provide various developmental services that are free of charge. In addition to providing general information on CCAC, the remaining organizations are ones that other families with Down syndrome children have also had success with. This resource guide lists a few. This is not a comprehensive list, and the Down Syndrome Program is not endorsed or sponsored by any of the following facilities.

#### **LHIN (Local Health Integration Network)**

[www.torontocentrallhin.on.ca](http://www.torontocentrallhin.on.ca)

**To find your specific LHIN, please follow the HOME AND COMMUNITY CARE link on the main page of the website listed above.**

Eligibility Criteria: LHIN works with seniors, adults, children, and their families. There are no specific requirements with regards to age or diagnosis.

Referral: Parent/Caregiver, Physician, Other Professionals

Services: LHIN delivers home and community health care and connects people to other services in the community. The organization works with hospitals, community-based case coordinators, Long-Term Care Homes and Community Health Centres. They also work with health service provider organizations to deliver a range of in-home and in-school services (e.g. nursing, occupational therapy, physiotherapy, speech language pathology).

#### **Adventure Place**

[www.adventureplace.ca](http://www.adventureplace.ca)

**155 McNicoll Avenue, Toronto, Ontario**

**416-744-7650**

**[contact@adventureplace.ca](mailto:contact@adventureplace.ca)**

Eligibility Criteria: Children from 0 -12 years of age with difficult in one or more of the following areas: development, learning, communication (speech and language), behaviour, social and/or emotional functioning, and attention and/or regulatory functioning

Referral: Parent/Caregiver, Physician, Other Professionals

Services: Adventure Place is a child and family centre that works with families and other care providers to provide access to a wide array of services based on their individual needs. Every Child Belongs offers individual consultation, program consultation and training support to licensed child care settings for children up to the age of 12 years. This service is intended to enhance staff knowledge and build capacity to promote with successful inclusion of children with extra support needs. Better Beginnings Now services are available to children (pre-natal – 6 years) who are experiencing, or may be at risk of experiencing, barriers to healthy development, and their families. It focuses on health promotion by supporting parenting competency and skill building and includes parent/toddler program, early parenting program, pre-natal nutrition program, and home visiting services.

#### **CITYKIDS**

[www.mothercraft.ca/index.php?q=ei-citykids](http://www.mothercraft.ca/index.php?q=ei-citykids)

**32 Heath Street West, Toronto, Ontario**

**416-920-6543**

**[citykids@mothercraft.org](mailto:citykids@mothercraft.org)**

Eligibility Criteria: Children from 0 -12 years of age where there is a concern about a child's development (language, motor, cognitive, social and emotional). Referrals may also be made for children with identified special needs who require services or supports within the home and the community.

Referral: Parent/Caregiver, Physician, Other Professionals

Services: CITYKIDS is a network of agencies working together to provide single point access, coordinated intake and service delivery to children with special needs and their families. Children and families supported within CITYKIDS may receive a range of specialized services from partner agencies that may include any or all of the following: resource and consultative support to child care and early childhood programs, speech and language services, occupational therapy, behaviour consultation, access to infant development programs, referral to specialized programs, family counseling, and information and referral for developmental assessments.

### **Community Living Toronto**

[www.cltoronto.ca](http://www.cltoronto.ca)

20 Spadina Road, Toronto, Ontario

416-968-0650

Eligibility Criteria: Children from 0 -18 years of age with an intellectual disability

Referral: Parent/Caregiver, Physician, Other Professionals

Services: Community Living Toronto provides programs and services to meet each individual's personal requirements, whether your child needs support at home, school or in the community. Early Childhood Services is available to all children from birth to 12 years of age who require additional support to participate in an early childhood setting. Whether you need support registering your child for school, want to find out more about individual education plans or have any other questions about your child's education, assistance is provided. As well, Community Living Toronto's Youth2Work programs offers assistance and support to youth with an intellectual disability who are preparing to leave the educational system. Partnerships with local high schools and other community allies give the individuals we support a chance to find success in the workplace.

### **Holland Bloorview Kids Rehabilitation Hospital**

[www.hollandbloorview.ca](http://www.hollandbloorview.ca)

150 Kilgour Rd, Toronto, Ontario

416-425-6220

[info@hollandbloorview.ca](mailto:info@hollandbloorview.ca)

Eligibility Criteria: Children from 0 -18 years of age with disabilities or special needs

Referral: Varies based on service (Parent/Caregiver, Physician, Other Professionals)

Services: Bloorview is a rehabilitation hospital for children. It offers a variety of services including a Feeding Clinic, Clinical Seating Services, Recreation Programs, Respite, Child and Infant Development Programs, Snoezelen Room, Respite Services, and a Nursery School.

### ***Hearing, Vision, and Speech***

The following organizations provide various services for your child, if they have difficulties with hearing, vision, and/or speech. All services are free of charge. This resource guide lists organizations that families with Down syndrome children have had success with. This is not a comprehensive list, and the Down Syndrome Program is not endorsed or sponsored by any of the following facilities. **If your child has new or worsening concerns with hearing, vision, and/or speech, please contact your physician.**

## **CNIB**

**www.cnib.ca**

**1929 Bayview Ave, Toronto, Ontario**

**416-486-2500**

Eligibility Criteria: Diagnosed eye condition and visual acuity of less than 20/70 in both eyes following correction

Referral: Requires an ophthalmologist/optometrist referral

Services: Low vision services (vision assessment, education, strategies), independent living services (life skills, education), assistive technology services (assessment, recommendations, and instructions), parent education and workshops, access to accessible literature, and a summer camp program at Lake Joseph Centre. More specifically, there are child and family services that give children the support they need, like braille preparation, tactile learning sessions and peer programs, help teens prepare for their futures, explore their career interests and transition to post-secondary school, and empower families to advocate for improved educational opportunities for the welfare of their children.

## **Early Abilities Blind Low Vision Program**

<https://www.toronto.ca/community-people/children-parenting/pregnancy-and-parenting/parenting/speech-language-vision-hearing/vision/>

**416-338-8255**

**earlyabilities@toronto.ca**

Eligibility Criteria: Children 0 years old - grade 1, who are born blind or with low vision

Referral: Parent/Caregiver

Services: The Blind-Low Vision Early Intervention Program provides education and support for parents so they can encourage the healthy development of their children. Parents learn to help their children develop the skills they need for daily activities at home and in early learning and care settings.

## **Early Abilities Infant Hearing Program**

<https://www1.toronto.ca/wps/portal/contentonly?vgnextoid=65768da5cfc7a410VgnVCM10000071d60f89RCRD>

**416-338-8255**

**earlyabilities@toronto.ca**

Eligibility Criteria: Children 0 - 4 months of age (eligible to receive newborn hearing screening), 4 - 24 months of age (eligible if the child's hearing was not screened before and there is a concern that the child may have a hearing loss), and 24 months – 6 years (eligible if a permanent hearing loss has been identified)

Referral: Parent/Caregiver, Physician, Other Professionals

Services: Infant hearing screening clinics for children who did not receive their hearing screening in the hospital and for those who need a follow-up appointment. The program also provides audiology clinics for children identified as deaf or hard of hearing, information and referral to community programs, an assessment and support of the child's communication development, and family support.

## **Early Abilities Preschool Speech and Language Program**

<https://www.toronto.ca/community-people/children-parenting/pregnancy-and-parenting/parenting/speech-language-vision-hearing/speech-and-language/>

**416-338-8255**

**earlyabilities@toronto.ca**

Eligibility Criteria: Children 0 years old - Junior Kindergarten entry with trouble talking or understanding language

Referral: Parent/Caregiver

Services: The Early Abilities Speech and Language Program works with parents and caregivers to improve children's communication skills. The program offers assessment of all communication skills, consultation with parents, caregivers, licensed childcare and other professionals, monitoring emerging skills, home programs for caregivers, parent and caregiver education with training and coaching classes in the community, small group therapy with children and parents, Individual therapy with child and parents, and supported transition to school.

### **Silent Voice**

[www.silentvoice.ca](http://www.silentvoice.ca)

**50 St. Clair Ave E Suite 300, Toronto, Ontario**

**416-463-1104**

[silent.voice@silentvoice.ca](mailto:silent.voice@silentvoice.ca)

Eligibility Criteria: Deaf children, youth, adults and their families

Referral: Parent/Caregiver

Services: The Infant Hearing Program (IHP), through the Ministry of Child and Youth Services, provides early language services to support language development in infants and preschool children who are Deaf or Hard of Hearing. IHP ASL Services is an early American Sign Language (ASL) language and literacy development support provided free of charge for families with Deaf & Hard of Hearing children between the age of 0 to 6 years old who meet IHP referral criteria. Silent Voice also provides families and schools with recreational activities that incorporate personal growth and social skills, through the summer day camp, children and youth programs, and family communication programs.

### **The Bob Rumball**

[www.bobrumball.org](http://www.bobrumball.org)

**2395 Bayview Avenue, Toronto, Ontario**

**416- 449-9651**

[info@bobrumball.org](mailto:info@bobrumball.org)

Eligibility Criteria: Children 0 - 6 years old with identified hearing loss

Referral: Parent/Caregiver

Services: The Ontario Early Years Centre at the Bob Rumball Centre for the Deaf is a free drop-in playgroup which provides a fun and interactive environment where Deaf, hard of hearing, and hearing parents and caregivers connect with one another and learn about new ways to stimulate their child's development. The Parent/Infant Program provides parents with individual support in acquiring information, making critical decisions and implementing goals for their children with regards to communication, behaviour, cognitive and emotional development. Families attending this program also have free access to the McDonald's Family Resource Library which offers information, toys and materials that address their unique needs and experiences. Sign Language Services also provide American Sign Language instruction to the hearing community, including infants, youth and adults. Classes and camps aim to create awareness of the Deaf community, its culture and language while helping to reduce the barriers of communication experienced by Deaf individuals.

### **VOICE for Hearing Impaired Children**

[www.voicefordeafkids.com](http://www.voicefordeafkids.com)

**161 Eglinton Ave E, Suite 608, Toronto, Ontario**

**1-866-779-5144**



**info@voicefordeafkids.com**

Eligibility Criteria: Families of children who are deaf or hard of hearing, must be a VOICE member (free if e-membership only)

Referral: Parent/Caregiver

Services: The VOICE Auditory Verbal Therapy Program provides intervention to families with children who have a hearing loss, are generally wearing hearing technology (hearing aids or cochlear implants) and are learning to listen and speak. The Auditory-Verbal (AV) approach emphasizes hearing as the main channel for developing spoken language. Auditory-Verbal practice is a parent-child centered approach where Listening and Spoken Language Specialists help parents develop techniques to assist their children to listen and speak. VOICE also holds an annual Family Camp that takes place at the Bark Lake Campground in Irondale. In addition, the organization has education and health advocacy committees, and provides connection to various library resources.

***Child Care (Up to Grade School)***

The **City of Toronto** has a website to help guide parents when looking for child care. Child care in the City of Toronto is available in over 900 licensed child care centres and through 19 licensed home child care agencies. Every licensed child care program in the City of Toronto has an assigned Special Needs Resource person, that provides support needed. The age range provided is from infant to school age. The link provides a child care locator and separates centres by ward/location. It also provides information on Aboriginal programs, services in French, Toronto early learning and child care centres, home child care agencies, and schools with full-day kindergarten before-and after-school program.

([www.toronto.ca/wps/portal/contentonly?vgnextoid=ff825e0076113410VgnVCM10000071d60f89RCRD](http://www.toronto.ca/wps/portal/contentonly?vgnextoid=ff825e0076113410VgnVCM10000071d60f89RCRD))

In addition to the resource with general information on child care facilities across the city, parents are often looking for guidance with specific organizations that other families with Down syndrome children have had success with. This resource guide lists a few. This is not a comprehensive list, and the Down Syndrome Program is not endorsed or sponsored by any of the following facilities. Most organizations listed here are free of charge, however names followed by a (\$) have a cost associated with them. **Child care centres that support children on supplemental oxygen are noted.**

**Centennial Infant and Child Centre (Preschool Program)**

**www.cicc.ca**

**580 Yonge St, Toronto, Ontario**

**416-935-0200**

Children entering the program are between the ages of 2 1/2 and 4 years. The program runs weekday mornings and afternoons from September to June and follows the holidays designated by the public school system. About 20% of the children who attend the preschool program are children who do not have special needs. Children with special needs attending the preschool benefit from a one-to-one adult/child ratio. Each child has an individual program plan developed by their primary teacher and their parents in consultation with a physiotherapist, occupational therapist and speech/language pathologist. The program covers the developmental areas of cognition, communication, self help skills, social, and motor skills. Individual programs are updated regularly, and the goals are implemented every day by the classroom teachers and the child's volunteer (an individual that works one-to-one with the child).



**Supports children on supplemental oxygen.**

### **George Brown College**

[www.georgebrown.ca/childcare/](http://www.georgebrown.ca/childcare/)

**Various locations across Toronto**

As part of their early education career training, George Brown operates ten innovative child care centres in a variety of facilities across Toronto. Staffed by fully trained early childhood educators, the child care centres play an important role as lab schools, helping students develop their skills, and as crucial sources of high quality day care.

### **Holland Bloorview Nursery Schools**

[www.hollandbloorview.ca/programsandservices/earlylearninganddevelopment/nurseryschools/PlayandLearnnurseryschool](http://www.hollandbloorview.ca/programsandservices/earlylearninganddevelopment/nurseryschools/PlayandLearnnurseryschool)

**Play and Learn Nursery School Site: 666 Eglinton Avenue W, Toronto, Ontario, 416-782-1105, [mlake@hollandbloorview.ca](mailto:mlake@hollandbloorview.ca)**

**High Park Site: 285 Indian Rd Crescent, Toronto, Ontario, 416-767-2192**

At Bloorview, through experiential play based on multi-sensory activities – each child has the freedom to make the experience his or her own. The program provides structured and non-structured environments. If your child has special needs, the consultative therapy team enhances the group program and includes support service from a physiotherapist, occupational therapist, speech language pathologist, and communicative disorders assistant. This multidisciplinary team supports both teachers and families in the analysis of each child's needs. The team plans, develops, and consults in the implementation of each child's individual and program goals.

**Supports children on supplemental oxygen.**

### **Metro Hall Early Learning and Child Care Centre**

[www.torontocentralhealthline.ca/displayservice.aspx?id=134359](http://www.torontocentralhealthline.ca/displayservice.aspx?id=134359)

**55 John St, Station 1014, Toronto, Ontario  
416-397-5171**

Metro Hall is a licensed child care centre with 10 child care spaces for infants 0 - 18 months, 20 child care spaces for toddlers 18 - 30 months, 32 child care spaces for preschoolers 30 months up until they enter grade one, and 0 child care spaces for children in full-day kindergarten, grade 1 or up.

### **Mothercraft Child Care and Early Years Program**

<http://www.mothercraft.ca/index.php?q=child-care-and-early-years-program>

**Centres for Early Development: 10 Front Street W, Toronto, Ontario (416-367-1758, [debbie@mothercraft.org](mailto:debbie@mothercraft.org)), 14 Trinity Square, Toronto, Ontario (416-340-9651, [kimp@mothercraft.org](mailto:kimp@mothercraft.org)), 32 Heath Street West, Toronto, Ontario (416-920-3515 ext. 115, [shana.greenberg@mothercraft.org](mailto:shana.greenberg@mothercraft.org))**

**Early Years Centre: 32 Heath Street W, Toronto, Ontario (416-920-3515, [office@mothercraft.org](mailto:office@mothercraft.org))**

Mothercraft has three Centres for Early Development (Child Care Centres) including Brookfield Place, Eaton Centre and Robertson House that offer enriched quality, full day learning for children from 3 months to 6 years of age. They also have an Early Years Centre, which is a place for children up to the age of six and their parents and caregivers to take part in programs and activities together. The St. Paul's Ontario Early Years Programs support parents and caregivers with a wide-range of responsive drop-in, pre-registered programs and

information on child health and development.

**Supports children on supplemental oxygen.**

**Woodgreen Child Care Centres**

**[www.woodgreen.org/Home.aspx](http://www.woodgreen.org/Home.aspx)**

**815 Danforth Ave, Suite 202, Toronto, Ontario**

**416-645-6000**

Woodgreen has 7 operating child care centres in East Toronto for children from infancy to 12 years of age with suspected or confirmed developmental disability, and a Parent Outreach Program (parents teach other parents how to teach their child various life skills, also in collaboration with the child's school and teachers).

**Bright Start Academy (\$)**

**[www.brightstartacademy.info](http://www.brightstartacademy.info)**

**2950 Keele St, Suite 102 & 202, Toronto, Ontario**

**647-347-6122**

**[info@brightstartacademy.info](mailto:info@brightstartacademy.info)**

The School Readiness Program focuses on kindergarten level targets, offering students ages 4 - 6 years old the opportunities to gain their independence, and prepare them for the classroom through small ratio groupings. Students requiring additional support in areas such as eye contact, appropriate peer interaction and following simple instructions benefit from the Preschool & School Readiness Programs. Lead and instructed by one of our ABA Behavioral therapists, children receive close and individualized attention to ensure their specific targets and goals are being met through positive reinforcement and differential instruction.

**Silver Creek Preschool (\$)**

**[www.silvercreekpreschool.ca](http://www.silvercreekpreschool.ca)**

**65 Hartsdale Dr, Toronto, Ontario**

**416-249-9770**

Silver Creek Preschool offers integrated preschool with other therapeutic services (physiotherapy, occupational therapy, speech language therapy, music therapy), school transition support, as well as family/caregiver support. The program employs a modified Emergent Curriculum to enhance children's individual inquiry approach to play-based learning.

**Supports children on supplemental oxygen.**

**St. Bernadette's Family Resource Centre (\$)**

**[www.stbernadettesfrc.org](http://www.stbernadettesfrc.org)**

**20 Bansley Ave, Room 138/139, Toronto, Ontario**

**416-654-9810**

St. Bernadette's has a Child Care Program for children 18 months – 5 years old, We Need A Break Nursery for children 2.5 – 4 years old, and After School Club and Breakfast Club for children 4 – 12 years old.

**Yes I Can! Nursery School (\$)**

**[www.yesicannurseryschool.com](http://www.yesicannurseryschool.com)**

**3335 Yonge St, Toronto, Ontario and 25 Old York Mills Rd, Toronto, Ontario**

**416-486-4911**

Yes I can! Can various programs for children from 18 months to 6 years of age. Programs include Teeny Twos, Nursery School (5 Days a week, morning or afternoon), Enriched

Kindergarten (5 days a week, morning or full day), Specialized Classes for children with social communication delays (Junior Communicate, Senior Communicate, Build My Social Skills, Kindergarten Readiness), and Before/After The Bell (before and after school program up to grade 4, including drop off/pick up to/from local schools).

**Supports children on supplemental oxygen.**

### **Zareinu Educational Centre (\$)**

**www.zareinu.org**

**7026 Bathurst St, Thornhill, Ontario**

**905-738-5542**

Zareinu is an educational centre offering an Infant Intervention Program (0-2 years old) and Licensed Preschool (2-5 years old) with access to therapeutic services (Physiotherapy, Occupational Therapy, Speech Language Therapy, Behavioural Support, Music Therapy). Affiliated with the United Jewish Appeal (UJA) Federation of Greater Toronto.

**Supports children on supplemental oxygen.**

### ***Education (From Grade 1 to Grade 12)***

The **Toronto District School Board** has a website to help guide parents when looking for schools. Schools can be found by location for elementary and high schools, as well as information on specialized programs and alternative schools. The Toronto District School Board welcomes and supports all students with special needs in an inclusive environment within well-resourced neighborhood schools. **Parents are heavily encouraged to meet the principle of a school before enrolling their child to ensure the appropriate supports and education plan is put in place.**

**(www.tdsb.on.ca)**

See the **Toronto Catholic District School Board** ([www.tcdsb.org](http://www.tcdsb.org)), the **Conseil Scolaire de District Catholique Centre-Sud** ([www.csdccs.edu.on.ca](http://www.csdccs.edu.on.ca)), or the **Conseil Scolaire Viamonde Sud-Ouest** ([www.csviamonde.ca](http://www.csviamonde.ca)) websites for information on other school boards.

In addition to the resources with general information on school boards across the city, parents are often looking for guidance with specific schools that other families with Down syndrome children have had success with. This resource guide lists a few. This is not a comprehensive list, and the Down Syndrome Program is not endorsed or sponsored by any of the following facilities. Most organizations listed here are free of charge, however names followed by a **(\$)** have a cost associated with them.

### **Adventure Place**

**www.adventureplace.ca**

**155 McNicoll Avenue, Toronto, Ontario**

**416-744-7650**

**contact@adventureplace.ca**

The Day Treatment Section 23 Program is for children 4 to 7 years of age who are experiencing significant social/emotional/behavioural challenges and whose needs cannot be addressed in a community setting. This therapeutic specialized educational classroom provides assessment, diagnosis, treatment, parent education and counselling. In addition, Toronto Partnership for Autism Services (TPAS) provides children diagnosed on the severe

end of the Autism Spectrum with Intensive Behavioural Intervention (IBI) and parent support. TPAS services include assessment, treatment (one-to-one, dyads and/or small groups), and parent education.

### **Aptus Treatment Centre for Complex Disabilities (Children's Day Program)**

[www.mbtc.asicanada.net/APTUS/Home/APTUS/Default.aspx](http://www.mbtc.asicanada.net/APTUS/Home/APTUS/Default.aspx)

**111 Anthony Road, Toronto, Ontario**

**416-633-3971**

The Toronto-based Children's Day Program provides individualized, person-centred treatment plans that are driven by the strengths and needs of the children we support. Each student receives both individual and group therapy, life skills training, healthy living and vocational training appropriate to their personal goals. Educational components are offered through a Memorandum of Understanding with the Toronto District School Board. Within the treatment program, the student may develop and learn new cognitive, communication and behavioural skills, but most importantly, they become capable of coping with their challenging and sometimes overwhelming emotions and psychological stressors.

### **Beverly School**

[www.schools.tdsb.on.ca/beverley/index.html](http://www.schools.tdsb.on.ca/beverley/index.html)

**64 Baldwin St, Toronto, Ontario**

**416-397-2750**

[beverley.ps@tdsb.on.ca](mailto:beverley.ps@tdsb.on.ca)

The philosophy of Beverley School is based on a team approach to support the educational needs of students who have a developmental and/or physical disability. The elementary program is from JK to grade 8, for students who are 4 to 14 years old. The students and staff at Beverley School speak a combination of 15 different languages. The programs at Beverley School provide a rich and experiential learning environment are individualized for each student, based on strengths and abilities, develop each student's communication and social skills, increase skills for independence, and implement best practices in teaching.

### **Bloorview School Authority**

<http://school.hollandbloorview.ca/Aboutus/Theschool>

**150 Kilgour Road, Toronto, Ontario**

**416-424-3831**

[school@hollandbloorview.ca](mailto:school@hollandbloorview.ca)

Bloorview School Authority offers a unique setting for students in Junior Kindergarten to Grade One. The full day program is based on The Ontario Curriculum for Kindergarten and Grade One. The approach is holistic and child-centred and based on the students' individual strengths and needs. Small classes allow for an academic focus on the acquisition of early literacy and numeracy skills to create the foundation for early learning. Library, music, visual arts, adapted physical education and aquatics enrich the weekly school timetable.

### **Community Living Toronto**

[www.cltoronto.ca](http://www.cltoronto.ca)

**20 Spadina Road, Toronto, Ontario**

**416-968-0650**

Through Community Living Toronto, Early Childhood Services is available to all children from birth to 12 years of age who require additional support to participate in an early childhood setting. Whether you need support registering your child for school, want to find

out more about individual education plans or have any other questions about your child's education, assistance is provided.

**Bright Start Academy (\$)**

**[www.brightstartacademy.info](http://www.brightstartacademy.info)**

**2950 Keele St, Suite 102 & 202, Toronto, Ontario**

**647-347-6122**

**[info@brightstartacademy.info](mailto:info@brightstartacademy.info)**

The School Readiness Program focuses on kindergarten level targets, offering students ages 4 - 6 years old the opportunities to gain their independence, and prepare them for the classroom through small ratio groupings. Students requiring additional support in areas such as eye contact, appropriate peer interaction and following simple instructions benefit from the Preschool & School Readiness Programs. Lead and instructed by one of our ABA Behavioral therapists, children receive close and individualized attention to ensure their specific targets and goals are being met through positive reinforcement and differential instruction.

**St. Bernadette's Family Resource Centre (\$)**

**[www.stbernadettesfrc.org](http://www.stbernadettesfrc.org)**

**20 Bansley Ave, Room 138/139, Toronto, Ontario**

**416-654-9810**

St. Bernadette's has a Breakfast Club that provides a nutritious breakfast in a supervised environment where children ages 4 to 12 old can start the day. The children in this program can escape the cold weather and remain safe before school hours. They also have an After School Club, which is a licensed school age program that provides a stimulating supervised environment for children ages 4 to 12 years old. This integrated program allows children with or without intellectual/physical challenges to take part in educational and recreational activities.

**Zareinu Educational Centre (\$)**

**[www.zareinu.org](http://www.zareinu.org)**

**7026 Bathurst St, Thornhill, Ontario**

**905-738-5542**

Zareinu operates satellite classrooms within typical Jewish Day Schools across Toronto for students with moderate disabilities. Currently Zareinu has classrooms at Eitz-Chaim, Netivot Ha'torah, Ner Yisroel and Yisodei Ha'torah with plans to continue expanding into other schools. These classrooms support students who currently cannot otherwise be accommodated within the typical Jewish Day School system. Within these classrooms students continue to receive individualized programs developed to meet their needs, alongside opportunities to be included into typical classroom settings. Zareinu's team are now available to provide one-on-one therapies and interventions to students with specific needs, within their typical everyday school environment. Zareinu's services are available to schools in both the private and public sector as an agency to provide direct and consultative services including occupational, speech and behavioural therapies.

Affiliated with the United Jewish Appeal (UJA) Federation of Greater Toronto.

***Child Mental Health Services***

The following organizations provide various child mental health services. In addition to general mental health associations, parents are often looking for guidance with specific

organizations with supports for children with Down syndrome. This resource guide lists a few. This is not a comprehensive list, and the Down Syndrome Program is not endorsed or sponsored by any of the following facilities. Most organizations listed here are free of charge, however names followed by a (\$) have a cost associated with them. **If your child has new or worsening mental health concerns, please contact your physician.**

### **Children's Mental Health Ontario**

**[www.cmho.org](http://www.cmho.org)**

**2305-180 Dundas Street West**

**416-921-2109**

**[info@cmho.org](mailto:info@cmho.org)**

Eligibility Criteria: children 0 – 18 years old with mental health concerns, and their families

Referral: Parent/Caregiver, Physician, Other Professionals

Services: CMHO represents more than 85 accredited community-based children's mental health centres that provide treatment and support to children, youth and families. This includes targeted prevention, early intervention, short- and long-term counselling and therapy, and intensive services such as residential care.

### **Adventure Place**

**[www.adventureplace.ca](http://www.adventureplace.ca)**

**155 McNicoll Avenue, Toronto, Ontario**

**416-744-7650**

**[contact@adventureplace.ca](mailto:contact@adventureplace.ca)**

Eligibility Criteria: Children from 0 -12 years of age with difficult in one or more of the following areas: development, learning, communication (speech and language), behaviour, social and/or emotional functioning, and attention and/or regulatory functioning

Referral: Parent/Caregiver, Physician, Other Professionals

Services: The Day Treatment Section 23 Program is for children 4 to 7 years of age who are experiencing significant social/emotional/behavioural challenges and whose needs cannot be addressed in a community setting. This therapeutic specialized educational classroom provides assessment, diagnosis, treatment, parent education and counselling. In addition, Toronto Partnership for Autism Services (TPAS) provides children diagnosed on the severe end of the Autism Spectrum with Intensive Behavioural Intervention (IBI) and parent support. TPAS services include assessment, treatment (one-to-one, dyads and/or small groups), and parent education.

### **CAMH Child, Youth, and Family Services**

**[www.camh.ca/en/hospital/care\\_program\\_and\\_services/child\\_youth\\_and\\_family\\_program/Pages/child\\_youth\\_and\\_family\\_program.aspx](http://www.camh.ca/en/hospital/care_program_and_services/child_youth_and_family_program/Pages/child_youth_and_family_program.aspx)**

**250 College Street, Toronto Ontario (24/7 Psychiatric Emergency Department)**

**Various sites across Toronto**

**416-595-6111 (main switch board)**

Eligibility Criteria: children 0 – 18 years old with mental health concerns

Referral: Physician referral required

Services: CAMH Child, Youth, and Family Services provides comprehensive assessments, psychiatric consultation services, mood and anxiety services, individual and family therapy, day treatment and school programs (including for children with disruptive behavior disorders), and parent education and support.

### **CAMH Dual Diagnosis Services**



**www.camh.net/dualdiagnosis**  
**501 Queen Street W, Toronto Ontario**  
**416-535-8501 ext. 7809**

Eligibility Criteria: individuals at least 16 years old with a dual diagnosis (a developmental disability and mental health needs)

Referral: Parent/Caregiver, Physician, Other Professionals

Services: CAMH Dual Diagnosis Services offers assessments, consultations and time-limited treatment, co-ordinated with The Central Ontario Community Network of Specialized Care for individuals with a dual diagnosis and/or challenging behavior.

### **George Hull Centre for Children and Families**

**www.georgehullcentre.on.ca**  
**600 The East Mall, Third Floor, Toronto, Ontario**  
**416-622-8833**

**reachus@georgehullcentre.on.ca**

Eligibility Criteria: children 0 – 18 years old with mental health concerns, and their families

Referral: Parent/Caregiver, Physician, Other Professionals

Services: George Hill Centre provides assessments, individual, group, and family therapy, children, adolescent, and parent support groups, and information workshops for parents and the community.

### **Yorktown Child & Family Centre**

**www.yorktownfamilyservices.com**  
**2010 Eglinton Ave West, Toronto**  
**416-394-2424**

**info@yorktownfamilyservices.com**

Eligibility Criteria: children 0 – 18 years old with mental health concerns, and their families

Referral: Parent/Caregiver, Physician, Other Professionals

Services: Yorktown Child & Family Centre offers walk-in and ongoing counselling services, school based services in select schools with the former City of York, and youth engagement drop in programs and workshops

### ***Respite Services***

The following organizations provide various degrees and forms of child respite services. In addition to a general respite service resource, parents are often looking for guidance with specific organizations other families with Down syndrome children have had success with. This resource guide lists a few. This is not a comprehensive list, and the Down Syndrome Program is not endorsed or sponsored by any of the following facilities. Most organizations listed here are free of charge, however names followed by a **(S)** have a cost associated with them.

### **Respite Services**

**www.respiteservices.com**  
**112 Merton St, Toronto, Ontario**  
**416-322-6317 ext. 1**

**info@respiteservices.com**

Eligibility Criteria: Children 0-18 years old, with a diagnosed developmental disability and/or physical disability, visual or hearing impairment



Referral: Parent/Caregiver

Services: RespiteServices.com aims to provide families with resources, information and options related to respite care available within the City of Toronto. Respite Options Facilitators help your family to explore and connect with respite options by providing Family Orientations, funding workshops, and additional information regarding services. The CHAP program connects your family to independent respite workers using a database of screened, experienced providers. The CHAP program offers you the opportunity to also be connected to families looking for respite support.

### **Community Living Toronto**

**[www.cltoronto.ca](http://www.cltoronto.ca)**

**20 Spadina Road, Toronto, Ontario**

**416-968-0650**

**[respitechoices@cltoronto.ca](mailto:respitechoices@cltoronto.ca)**

Eligibility Criteria: Children from 0 -18 years of age with an intellectual disability

Referral: Parent/Caregiver, Physician, Other Professionals

Services: Whether it's for a few hours, a few days or a week, Community Living Toronto's Respite Choices offers flexible, short-term care and support that meets the needs of your child and family. Respite Choices provides care to children, youth, and adults who live at home with their parent or caregiver. Specialized respite supports are also offered to children with autism, or who are deaf and hard of hearing.

### **Holland Bloorview Kids Rehabilitation Hospital**

**[www.hollandbloorview.ca/programsandservices/respite](http://www.hollandbloorview.ca/programsandservices/respite)**

**150 Kilgour Rd, Toronto, Ontario**

**416-425-6220**

**[info@hollandbloorview.ca](mailto:info@hollandbloorview.ca)**

Eligibility Criteria: Children from 0 -18 years of age with disabilities or special needs

Referral: Parent/Caregiver

Services: Holland Bloorview offers a range of overnight and day respite services for children from birth to the age of 18. The overnight respite service, offered by the inpatient program, supports families by providing short-term, inpatient care for children with disabilities or complex medical needs. Through Holland Bloorview's Centre for the Arts, they also offer a variety of day respite options. These programs include weekend day respite throughout the year, as well as special programming during March Break, and in the summer to coincide with the Spiral Garden camp program.

### **Jessie's, The June Callwood Centre for Young Women**

**[www.jessiescentre.org](http://www.jessiescentre.org)**

**205 Parliament St, Toronto, Ontario**

**416-365-1888 ext. 222**

Eligibility Criteria: If you are pregnant or have a child and are 18 years old or younger (25 years or younger for respite care), you are eligible to receive our services.

Referral: Parent/Caregiver

Services: Jessie's Centre offers a Respite Care Program designed to offer a break for young parents under 25 from the responsibilities of caring for their infants and toddlers. The program offers 24 hour-a-day care for the children of young parents in homes supervised by the Respite Program Coordinator. Most placements are three to five days, however they can occasionally place a child for up to three weeks in an emergency situation. Childcare for young parents while they pursue housing or seek medical care is also provided.

### **Meta Centre Respite Services (\$)**

[www.metacentre.ca](http://www.metacentre.ca)

**401 Champagne Dr, Toronto, Ontario**

**416-736-0199**

Eligibility Criteria: Diagnosed with developmental disability

Referral: Parent/Caregiver

Services: Respite Services are offered through Saturday Services, Sunday Services, Evening Programs, Summer Services, and an Extended Hours Program.

### **Safehaven (\$)**

[www.safehaven.to](http://www.safehaven.to)

**1173 Bloor St W, Toronto, Ontario**

**416-535-8525**

[admin@safehaven.to](mailto:admin@safehaven.to)

Eligibility Criteria: Children with multiple disabilities, complex medical conditions

Referral: Parent/Caregiver

Services: Through the respite services, children are supported in state-of-the-art residences with trained and motivated staff and receive care tailored to suit their specific needs medically, physically and emotionally. If possible, children can go to school during the day, and all children take part in recreation activities. Activities include music therapy, Snoezelen multi-sensory exploration, crafts, readings, outings to local attractions, summer time pool outings and more. Activities are designed to help stimulate all senses to improve mobilization, alertness, attention, concentration, communication skills and mental relaxation. Children are given the opportunity to take part in community and recreational activities so that they can develop to the best of their abilities physically, mentally, socially and emotionally.

### **Reena (\$)**

[www.reena.org](http://www.reena.org)

**927 Clark Ave W, Thornhill, Ontario**

**905-889-6484**

[nlipsey@reena.org](mailto:nlipsey@reena.org)

Eligibility Criteria: Children 7 - 17 years old, diagnosed with a developmental disability

Referral: Parent/Caregiver

Services: Reena provides residential respite to individuals with developmental disabilities living with their families in the community. Respite is available for children and young adults starting at age 7. Our children's location is wheelchair accessible and is available for children between the ages of 7 – 17. Our young adult location provides respite for individuals aged 18+ with moderate to independent needs. This location is a three bedroom, fully furnished and fully accessible apartment at the Reena Community Residence.

### ***Financial Support***

The following list provides information on potential financial supports available to your family. There is information on the type of financial support, the source of support, eligibility criteria, application processes, and maximum amounts. **It is important to remember that not all families are eligible for all of the following, and many supports are income**

**dependent. In addition, not all support options are applicable to children of all ages. Please ask your physician or nurse to help clarify if you have any questions.**

### **Child Disability Benefit (Canada Revenue Agency)**

[www.cra-arc.gc.ca/cdb/](http://www.cra-arc.gc.ca/cdb/)

The Child Disability Benefit (CDB) is a tax-free benefit paid to families or individuals who care for a disabled child. Each family has different circumstances and the calculations vary. The CDB is for a child who is under the age of 18 and has a severe and prolonged impairment in physical or mental function. The CDB is paid out monthly to individuals who are eligible for the Canada Child Benefit, and also as a supplement to Children's Special Allowances.

Referral: There is no specific application for this benefit. To qualify for this benefit, the individual must have submitted and been accepted for the Disability Tax Credit Certificate. This is an income based program, so please be aware that not everyone who receives the Disability Tax Credit will qualify for this additional benefit.

Amount: Maximum of \$270 tax-free per child per month

### **Assistance for Children with Severe Disabilities (Government of Ontario)**

[www.children.gov.on.ca/htdocs/English/topics/specialneeds/disabilities/index.aspx](http://www.children.gov.on.ca/htdocs/English/topics/specialneeds/disabilities/index.aspx)

The Assistance for Children with Severe Disabilities (ACSD) Program helps parents with some of the extra costs of caring for a child who has a severe disability. A parent or a legal guardian whose child is under 18 years of age, lives at home, and has a severe disability is eligible to receive help under this program depending on the family's income. How much a family receives will depend on the family's income, the severity of the disability, and the kind of difficulties the child has.

Referral: Contact your local regional office and ask for an application form (parent referral). Complete the application form and return it to the regional office along with any documentation asked for. A Special Agreements Officer will review your application and will contact you if they need more information.

Amount: \$25 to \$440 per child per month

### **Registered Disability Savings Plan (Government of Ontario)**

[www.cra-arc.gc.ca/rdsp/](http://www.cra-arc.gc.ca/rdsp/)

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 who is eligible for the disability tax credit (DTC). Contributions to an RDSP are not tax deductible and can be made until the end of the year in which the beneficiary turns 59. Contributions that are withdrawn are not included in income for the beneficiary when they are paid out of an RDSP. However, the Canada disability savings grant (grant), the Canada disability savings bond (bond), investment income earned in the plan, and rollover amounts are included in the beneficiary's income for tax purposes when they are paid out of the RDSP. Beneficiaries must be eligible for the disability tax credit (DTC), have a valid social insurance number (SIN), be a Canadian resident, and be under the age of 60.

Referral: Anyone can contribute to the RDSP

Amount: Not Applicable

### **Special Services at Home (Government of Ontario)**

[www.children.gov.on.ca/htdocs/English/topics/specialneeds/specialservices/index.aspx](http://www.children.gov.on.ca/htdocs/English/topics/specialneeds/specialservices/index.aspx)

The Special Services at Home program helps families who are caring for a child with a developmental or physical disability. The program 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. The amount of money a family receives depends on the type and amount of service the child needs, what other help is available in the community, and what kind of support the family is already receiving. Children with a developmental or physical disability (or their families) can apply for this money if they live in Ontario, need more support than most families can provide, are living at home with their family, or if they are not living at home with their family and are not being helped by other residential services.

Referral: Download and complete application form available online (parent referral), with attached medical or psychological assessment describing the disability, necessary services, and cost.

Amount: Maximum of \$3700 per year

### **Child Care Fee Subsidy (City of Toronto)**

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

Child care fee subsidy is financial assistance provided by the City of Toronto to help eligible families with the cost of licensed child care. The website listed above has a link to a child care fee subsidy calculator. Families with children up to 12 years old who meet the following criteria can apply: your family lives in Toronto; is moving to Toronto or you are an employee of the City of Toronto, each parent/guardian is employed, looking for work, in school or planning to go to school, and each parent/guardian has submitted their most recent Income Tax Return. If you are a new immigrant to Canada this year or if you are a teen parent, you may apply without your most recent Tax Return, or if you or your child has a special need.

Referral: Download and complete application form available online (parent referral), with either the income on your most recent Canada Child Tax Benefit statement (CCTB) or your Revenue Canada, Notice of Assessment (NOA) or Notice of Reassessment. The application must also include the names of three child care programs you are interested in. Parents should phone and visit each child care program to make sure it meets your family's needs.

Amount: No set amount

### **Access 2 Card (Easter Seals Ontario)**

<http://easterseals.ca/english/access-2-entertainment-card>

The Access 2 card allows persons with a disability to receive either free admission or a significant discount for their support person at member movie theatres and attractions across Canada. The Access 2 Card is accepted at 95% of all movie theatres across Canada, including Cineplex Entertainment, Empire Theatres, Landmark Cinemas and AMC Theatres. The card is also accepted at select local: museums, science centres, theme parks, recreational facilities and more, across Canada. Persons with a permanent disability who require a support person when attending a movie or other attraction are eligible to apply for the card. There are no age restrictions.

Referral: The Access 2 Card application form available online must be filled out (parent referral), with a portion completed and signed by the child's physician. There is a \$20 (3 year expiry date) or a \$30 (5 years expiry date) fee to acquire the Access 2 Card.

Amount: Various applicable discounts

### **Disability Travel Card (Easter Seals Ontario)**

[www.easterseals.ca/english/disability-travel-card](http://www.easterseals.ca/english/disability-travel-card)

This Disability Travel Card is intended for people with disabilities who require the assistance of a support person when traveling. The Card offers its holder discounts to the support person in attendance with them when traveling with participating partners Via Rail, Greyhound bus lines and Coach Canada. A support person is an individual who accompanies a person with a disability to provide those services that are not provided by transportation industry employees, such as assisting the person with eating, administering medication, communication and use of the facilities.

Referral: The Disability Travel Card application form available online must be filled out (parent referral), with a portion completed and signed by the child's physician.

Amount: Various applicable discounts

### **Incontinence Supplies Grant Program (Easter Seals Ontario)**

[www.easterseals.org/services/incontinence-supplies-grant/](http://www.easterseals.org/services/incontinence-supplies-grant/)

The Incontinence Supplies Grant Program is for children and youth between the ages of 3 to 18 years with chronic disabilities (physical or developmental) that result in irreversible incontinence or retention problems lasting longer than six months and requiring the use of incontinence supplies. The grant is a contribution to the cost of supplies and may not cover all costs. The child must be a resident of Ontario and hold a valid Ontario health card. If you are already receiving the grant and your child is turning six years old you may be eligible to apply for an increase. Grant Level B is available to families whose children are not ready to toilet train and are using large amounts of diapers.

Referral: The Incontinence Supplies Grant application form available online must be filled out (parent referral), with a portion completed and signed by the child's physician.

Amount: Maximum of \$400 per child per year (Grant Level A) or \$900 per child per year (Grant Level B)

### **Jennifer Ashleigh Children's Charity**

<http://jenash.org>

The Jennifer Ashleigh Children's Charity (JACC) aims to help children and families with hospital and treatment costs (i.e. family accommodation, sibling childcare, and transportation), household costs, respite services, medical treatments, and therapeutic services. The child must be 18 years of age or younger, and must be diagnosed with a serious illness or permanent disability by a Canadian physician. The child and parent or guardian must be a Canadian Citizen or Landed Immigrant and be a permanent resident of Ontario. The family's combined gross household income must be \$60,000 or less. Exception to income will only be considered if there is more than one child with special needs in the family.

Referral: The JACC application form available online must be filled out (parent referral), with a copy of a physician's diagnosis, and a supporting letter from the child's therapist, physician, or social worker. Documentation from Canada Revenue Agency regarding income status also must be provided.

Amount: No set amount

### **TTC Support Person Assistance Card**

[https://www.ttc.ca/Fares\\_and\\_passes/Support\\_Person\\_Card/index.jsp](https://www.ttc.ca/Fares_and_passes/Support_Person_Card/index.jsp)

A support person accompanying a person with a disability is not required to pay a fare when travelling on the TTC. Customers with disabilities who travel with a support person on the TTC must apply for a TTC Support Person Assistance Card to be eligible for this fare exemption. A support person is someone who assists the card holder with communication, mobility, personal care/medical needs or with access to goods, services or facilities. Upon

payment of fare by or for the card holder, the Support Person Assistance Card permits one support person to travel with the card holder on the TTC on a single fare. Additional companions must pay a fare. A card holder may travel with different support persons at different times.

Referral: The Support Person Assistance Card application is available online or by phone (parent referral). A physician must certify that the applicant has a temporary or permanent disability and requires a support person.

Amount: Free TTC pass

### ***Recreational Programs***

For general information, the **City of Toronto** has a website that links to recreation programs and registration. There are various recreational centres and programs based on location. The Adapted Programs and Integrated Services departments can provide special needs support staff to individuals with a special need/disability on a first come-first serve basis.

**([www.toronto.ca](http://www.toronto.ca))**

In addition to the resource with general information on recreational programs across the city, parents are often looking for guidance with specific programs that other families with Down syndrome children have had success with. This resource guide lists a few. This is not a comprehensive list, and the Down Syndrome Program is not endorsed or sponsored by any of the following organizations. Some organizations listed here are free of charge, however names followed by a (\$) have a cost associated with them.

#### **Best Buddies**

**[www.bestbuddies.ca](http://www.bestbuddies.ca)**

**907-1243 Islington Ave, Toronto, Ontario**

**1-888-779-0061**

**[info@bestbuddies.ca](mailto:info@bestbuddies.ca)**

Eligibility Criteria: School age children with intellectual disability

Referral: Parent/Caregiver

Services: The program at elementary, middle, and high schools schools, promotes social inclusion from a young age. Participants are paired in one-on-one partnerships, meeting during weekly or bi-weekly group activities, held during the school day. Buddy Pairs build and cementing their friendship, while the entire chapter is developing a bond which will last the entire school year, and into the future. Chapters can also arrange activities outside of the school, with proper permission from the school.

#### **Holland Bloorview Recreation**

**[www.hollandbloorview.ca/programsandservices/Therapeuticrecreationandlifeskills](http://www.hollandbloorview.ca/programsandservices/Therapeuticrecreationandlifeskills)**

**416-425-6220 ext 3530**

**[tismail@hollandbloorview.ca](mailto:tismail@hollandbloorview.ca)**

Eligibility Criteria: Children 7 to 18 years old (up to 21 if still in highschool)

Referral: Parent/Caregiver

Services: Programs offered throughout the year include a variety of recreation and life skills programs. Structured to support clients and families during important transition points, therapeutic recreation and life skills services are guided by developmental milestones, promoting life skills so that clients learn to function optimally within their home and community environments. Experience-based life skills activities teach skills using discussion, role playing, problem-solving, peer teaching and experiential learning techniques. Acquired skills are practiced in a simulated and/or real environment where calculated risk is



encouraged. Some programs include aquatic therapy, swimming lessons, music programs, and arts programs.

### **Recreational Respite**

**[www.recrespite.com](http://www.recrespite.com)**

**Various locations across Ontario**

**1-877-855-7070**

**[info@recrespite.com](mailto:info@recrespite.com)**

Eligibility Criteria: Children 5 to 21 years of age, with special needs

Referral: Parent/Caregiver, Physician

Services: This organization offers one to one recreational therapy. Recreational Therapy or Therapeutic Recreation restores, re-mediates and rehabilitates a person's level of functioning and independence in life activities, to promote health and wellness as well as reduce or eliminate the activity limitations and restrictions to participation in life situations caused by an illness or disabling condition. While standard therapies tend to treat illness, recreation therapy can aid to develop and maintain great well being and quality of life.

### **Special Olympics Ontario**

**[www.specialolympicsontario.com](http://www.specialolympicsontario.com)**

**65 Overlea Blvd, Suite 200, Toronto, ON, M4H 1P1**

**(416) 447-8326**

Eligibility Criteria: Children 8 years of age or older, with an intellectual disability

Referral: Parent/Caregiver

Description of Services: Special Olympics Ontario provides training and athletic competition for individuals with an intellectual disability. Specifically, the Special Olympics Four Corners Provincial School Championships program provides quality sport competition for students with an intellectual disability aged 13 - 21 in basketball, soccer, bocce and athletics (track & field).

### **East End Children's Centre**

**[www.eastendchildrenscentre.org](http://www.eastendchildrenscentre.org)**

**200 Waverleigh Blvd, Toronto, Ontario**

**416-469-0495**

**[eccc@rogers.com](mailto:eccc@rogers.com)**

Eligibility Criteria: Children 0 - 6 years old living in Toronto's East end

Referral: Parent/Caregiver

Services: East End Children's Centre is a group of free drop-in programs where parents, grandparents, guardians and caregivers can spend time with infant, toddler and preschool children. Their toy filled centres offer a free snack, circle time and a daily craft. No registration is required to participate. All East End Children's Centre programs are nut free and baby feeding friendly.

### **Community Association for Riding for the Disabled (\$)**

**[www.card.ca](http://www.card.ca)**

**4777 Dufferin St, Toronto, Ontario**

**416-667-8600**

**[info@card.ca](mailto:info@card.ca)**

Eligibility Criteria: Children 4 years of age or older (must be under 160lbs/73kg), and must not have a contraindicated medical condition (such as atlantoaxial instability)



Referral: Parent/Caregiver and Physician for Medical Referral Form  
Services: Therapeutic horseback riding programs.

### **DramaWay (\$)**

**[www.dramaway.com](http://www.dramaway.com)**

**Various class locations**

**416-614-1078**

**[dramawayoffice@gmail.com](mailto:dramawayoffice@gmail.com)**

Eligibility Criteria: Children 12 years of age and older

Referral: Parent/Caregiver

Services: DramaWay provides process-based arts programs that facilitate social and life-skills development. They are dedicated to providing unique creative programs that help participants expand their artistic skills and grow as individuals in a structured, non-competitive, inspirational atmosphere. DramaWay programs span the realm of the fine arts. Programs offered include theatre, dance, film, music, visual arts and even puppetry. All programs are created, geared and modified to suit individuals of all abilities. They specialize in working with individuals who have special needs.

### **Grandravine Tornadoes Special Program (\$)**

**[www.grandravinetornadoes.org](http://www.grandravinetornadoes.org)**

**Grandravine Arena, 23 Grandravine Dr, Toronto, Ontario**

**416-245-7601**

Eligibility Criteria: Children 6 years of age or older

Referral: Parent/Caregiver

Services: Grandravine Special Hockey is a hockey program for the developmentally challenged for all ages, male or female, regardless of skill level. The program runs 26 weeks, is for all beginners and teaches basic skating and hockey skills, and includes games with nearby regional teams, and other group and social events.

### **Junior Blues (University of Toronto) (\$)**

**[www.physical.utoronto.ca/ChildrenAndYouth/Junior\\_Blues.aspx](http://www.physical.utoronto.ca/ChildrenAndYouth/Junior_Blues.aspx)**

**Various locations across Toronto**

**416-978-3436**

Eligibility Criteria: Age and physical ability restrictions vary based on program

Referral: Parent/Caregiver

Services: Igniting Fitness Possibilities is a program designed to encourage a passion for physical activity in youth of all abilities. Youth will develop new activity skills, lead co-operative games and receive personalized mentorship to help them achieve their goals. This program is for youth in grades 8 to 12 with and without a disability who are not involved in organized sports programs. They also offer the Red Cross Adapted Swim Program where children will learn and follow the Red Cross Preschool and Swim Kids levels with small group classes (maximum 3:1) and with additional volunteer support in water.

### **Karate For Change (\$)**

**[www.karateforchange.com](http://www.karateforchange.com)**

**35 Birchcroft Rd, Toronto, Ontario**

**416-668-6914**

**[karate4change@yahoo.ca](mailto:karate4change@yahoo.ca)**

Eligibility Criteria: Children 6 years of age and older

Referral: Parent/Caregiver

Services: Karate for Change is a martial arts program for children with special needs. The program is a non contact program of Karate, focusing on physical fitness, discipline, and large body motor movement, as well as small body motor movement.

### **Laura Hunter's STEPS Programs (\$)**

**[www.stepsprograms.com](http://www.stepsprograms.com)**

**Various class locations**

**416-723-4745**

**[laura@stepsprograms.com](mailto:laura@stepsprograms.com)**

Eligibility Criteria: No restrictions

Referral: Parent/Caregiver, Physician, Other Professional

Services: STEPS offers a variety of recreational, life skills and leadership programs. These programs are designed to enable clients to participate successfully in activities in their community, their school and their home. STEPS Programs focus on the development of physical skills, critical thinking, independence, decision-making, communication and self-confidence. Programs are customized to the ability levels and unique needs of participants and instruction is broken down into a series of small achievable steps.

### **Meta Centre Respite Services (\$)**

**[www.metacentre.ca](http://www.metacentre.ca)**

**401 Champagne Dr, Toronto, Ontario**

**416-736-0199**

Eligibility Criteria: Diagnosed with developmental disability

Referral: Parent/Caregiver

Services: Recreation and leisure activities include visits to historical sites, theatres, festivals, exhibits and museums. Fitness activities include basketball, bocce, baseball, floor hockey and volleyball tournaments.

### **Spiral Movement Center (\$)**

**[www.movementforkidswithspecialneeds.org](http://www.movementforkidswithspecialneeds.org)**

**20 Leslie St, Unit 206, Toronto, Ontario**

**416-469-3569**

**[info@movementforkidswithspecialneeds.org](mailto:info@movementforkidswithspecialneeds.org)**

Eligibility Criteria: 3 - 25 years old, with special needs

Referral: Parent/Caregiver

Services: Teach Movement is a gross motor program for children with special needs. The Adapted Yoga program for teens/young adults with special needs. Group or private lessons are available.

### **The Balmy Beach Canoe Club (\$)**

**[www.balmybeachcanoe.com](http://www.balmybeachcanoe.com)**

**123 Scadding Ave, Unit 837, Toronto, Ontario**

**[balmybeachctreasurer@yahoo.ca](mailto:balmybeachctreasurer@yahoo.ca)**

Eligibility Criteria: Youth

Referral: Parent/Caregiver

Services: The PaddleALL (Learn to Paddle - Special Needs and Para-athlete Program) is a program in which recreational and sprint canoes and kayaks are used to introduce paddlers to the sport of sprint racing. Adaptive equipment is available. The program includes a safety orientation, technical instruction by experienced coaches and volunteers and on the water practice.

### **Variety Village (\$)**

[www.varietylvillage.ca](http://www.varietylvillage.ca)

**3701 Danforth Ave, Scarborough, Ontario**

**416-699-7167**

[info@varietylvillage.on.ca](mailto:info@varietylvillage.on.ca)

Eligibility Criteria: No restrictions

Referral: Parent/Caregiver

Services: Group Programs include a range of programs from Building Blocks (where participants learn effective communication and interaction skills) to Teen Weekend Club (where participants get to socialize and exercise), Sport and Social (gym, crafts, cooking & group outings for young adults with disabilities) and Wicked Wednesdays (a fun respite program with dinner included). There are also one to one fitness, swimming, and reading if more personalized attention is required.

### **WeeHands (\$)**

[www.weehand.com/index.html](http://www.weehand.com/index.html)

**Various locations across Toronto**

**1-877-566-9246**

Eligibility Criteria: Children 0 - 6 years old, with speech delay

Referral: Parent/Caregiver

Services: WeeHands has been an industry-leading children's sign language and language development program delivered through interactive, fun classes. In 2014, WeeHands became part of Morneau Shepell's Children's Support Solutions. WeeHands Instructors come from a variety of professional backgrounds. For example, some of our our Instructors area American Sign Language Interpreters, Speech-Language Pathologists and Teachers of the Deaf.

### ***Summer Camps***

The following list is a collection of summer camps (some day camps and some overnight camps) that can support children with Down syndrome. This is not a comprehensive list, and the Down Syndrome Program is not endorsed or sponsored by any of the following organizations. All listed summer camps have a cost associated with them, and therefore are followed by a **(\$)**. Costs vary greatly because some camps are community day camps and others are overnight camps at different sites.

### **Adventure Valley (\$)**

**7015 Leslie Street, Thornhill, Ontario**

**(905) 731-2267**

[www.adventurevalleydaycamp.com](http://www.adventurevalleydaycamp.com)

[camp@adventurevalley.ca](mailto:camp@adventurevalley.ca)

Adventure Valley Day camp has Traditional Camps for all ages from nursery to grade 9. There are also sports camps from archery and badminton to track and volleyball. In addition, there are specialty camps such as golf camp, language and literacy campy, and overnight camps.

### **Bright Start Academy (\$)**

**4630 Dufferin Street, Suite 318, Toronto, Ontario**

**(416) 514-1415**

**[www.brightstartacademy.info](http://www.brightstartacademy.info)**

**[registration@brightstartacademy.info](mailto:registration@brightstartacademy.info)**

Bright Start Academy hosts a summer camp packed with loads of fun trips, activities, arts and crafts, cooking, sports and socializing. Please Note, for new participants joining their camps, a "meet and greet" before camp starts is suggested. This allows the staff to determine the type of support your child requires (call for appointment).

### **Camp Kennebec (\$)**

**[www.campkennebec.com](http://www.campkennebec.com)**

**1422 Cox Rd, Arden, Ontario**

**613-335-2114**

**[info@campkennebec.com](mailto:info@campkennebec.com)**

Residential summer camp for children (at least 6 years of age) and young adults with special needs, learning disabilities, and developmental delays.

### **Camp Prospect (\$)**

**[www.campprospect.com](http://www.campprospect.com)**

**8058 8th Line, Utopia, Ontario**

**705-423-1122**

**[info@campprospect.com](mailto:info@campprospect.com)**

Camp Prospect runs three camps every year for children (at least 5 years of age) and adults with special needs. There is a one week camp session over the winter and March Breaks and a 5-6 week summer camp each summer. Each camp week is open to campers of all ages with varying special needs. Campers are split up internally into groups best suited to their support needs, age group and are placed with peers who will enjoy the same types of activities.

### **Crestwood Valley Day Camp (\$)**

**411 Lawrence Ave E, Toronto, Ontario**

**(416) 444-9595**

**[www.crestwoodcamp.com](http://www.crestwoodcamp.com)**

**[crestwood.camp@crestwood.on.ca](mailto:crestwood.camp@crestwood.on.ca)**

Crestwood provides a strong foundation in camping within a nurturing and dynamic environment for children between the ages of 2½ and 15 years old. Parents are encouraged to talk with any member of Crestwood's Team of Directors to discuss the camp program, their child's particular needs and their child's progress throughout the summer. For the eldest campers, Crestwood develops their leadership skills and confidence through the many performances and special events in which they participate. Exciting camp options such as sports, nature, performing arts and aquatic activities enhance the programming and offer greater challenges and choice possibilities.

### **Great Big Theatre Company (\$)**

**3 Toronto locations: 70 St. Clement's Ave, 2723 St. Clair Ave E, 470 Woodbine Ave**

**1-866-864-4282**

**[www.gbtc.com](http://www.gbtc.com)**

**[onstage@gbtc.com](mailto:onstage@gbtc.com)**

The summer camp program at the Great Big Theatre Company includes plays, mime, improvisation, theatre games, musical theatre, work with simple sets and costumes, and an end-of-week public performance. Also included are outdoor activities, swimming (at selected locations), games and sports. Subsidies are provided for low-income families.

**Harbourfront Centre Camps (\$)**

**235 Queens Quay W, Toronto, Ontario**

**(416) 973-4000**

**[www.harbourfrontcentre.com/camps/](http://www.harbourfrontcentre.com/camps/)**

**[info@harbourfrontcentre.com](mailto:info@harbourfrontcentre.com)**

Harbourfront Centre Camps provides opportunities for exploration, creativity and personal growth within a positive camp atmosphere where participants are inspired through meaningful participation and enriched experiences in all facets of arts and contemporary culture. They are committed to creating a safe, inclusive and diverse learning community that allows participants to learn from and interpret the world through dialogue, social interaction and facilitated hands-on activities.

**Shadow Lake Centre (Community Living Toronto) (\$)**

**[www.shadowlakecentre.ca](http://www.shadowlakecentre.ca)**

**15041 9th Line, Stouffville, Ontario**

**905-640-6432**

**[shadowlake.office@cltoronto.ca](mailto:shadowlake.office@cltoronto.ca)**

June through August, Shadow Lake provides a residential camping program for people with an intellectual disability. Guests are as young as 7 years and there is no upper age limit. At Shadow Lake campers will enjoy a wide variety of both indoor and outdoor activities; all based on the interest and ability levels.

**St. Bernadette's Family Resource Centre (\$)**

**[www.stbernadettesfrc.org](http://www.stbernadettesfrc.org)**

**20 Bansley Ave, Room 138/139, Toronto, Ontario**

**416-654-9810**

The camp provides a supervised camp environment for children ages 4 to 12 years of age. Programs offer recreational activities in an inclusive environment for children with intellectual/physical challenges and their "able" peers. Activities include free play, arts and crafts, science and discover, sports, music/drama, group activities and games, group discussion, field trips and swimming (summer only).

**Willowgrove (\$)**

**[www.willowgrove.ca/home](http://www.willowgrove.ca/home)**

**11737 McCowan Road, Stouffville, Ontario**

**905-640-2127**

Willowgrove has various camp programs for children ages 4 to 13 years old, and has experience providing a quality camp experience for children with special needs of the same age range. Campers with special needs are integrated into regular peer camper groups to participate in the entire camp day to the extent possible. An inclusion counselor is assigned to work one to one with the special needs camper. All campers in the Special Needs Program need to be toilet trained, able to communicate, and independently mobile.

**YMCA Summer Day Camps (Integration and Accessibility Program) (\$)**

**2200 Yonge St, Unit 300, Toronto, Ontario**

**(1-877) 303-2267**

**<https://ymcagta.org/camps-and-outdoor-education/day-camps>**

**[camps@ymcagta.org](mailto:camps@ymcagta.org)**

The YMCA Integration and Accessibility Program is available to families with children or youth who require additional support while in camp programming. They try their best to ensure that every child is placed in a camp that best supports their needs, and some sites are not fully accessible. Spaces are first come first serve and the Integration Coordinator works closely with families to review your child's needs.

### ***Private Professional Services***

The following list is a collection of various private services throughout the city that your child may want to use. All listed organizations have a cost associated with them, and therefore are followed by a **(\$)**. **Costs vary greatly because of the variety of services and associations listed; however, prices can reach up to about \$150 per hourly session.**

The following resources are the official registered directories of professional services your child may need to access.

#### **College of Physiotherapists of Ontario (\$)**

**www.collegept.org**  
**375 University Ave, Suite 901, Toronto, Ontario**  
**1-800-583-5885**  
**info@collegept.org**

#### **College of Occupational Therapists of Ontario (\$)**

**www.coto.org**  
**20 Bay Street, Suite 900, Toronto, Ontario**  
**1-800-890-6570**  
**info@coto.org**

#### **College of Audiologists and Speech-Language Pathologists (\$)**

**www.caslpo.com**  
**3080 Yonge St, Suite 5060, Box 71, Toronto, Ontario**  
**1-800-993-9459**  
**caslpo@caslpo.com**

#### **College of Psychologists of Ontario (\$)**

**www.cpo.on.ca**  
**110 Eglinton Ave W, Suite 500, Toronto, Ontario**  
**1-800-489-8388**  
**cpo@cpo.on.ca**

In addition to the resources with general information, parents are often looking for guidance with specific programs that other families with Down syndrome children have had success with. This resource guide lists a few. This is not a comprehensive list, and the Down Syndrome Program is not endorsed or sponsored by any of the following organizations.

#### **1to1 Therapy Services (\$)**

**www.1to1therapy.ca**  
**1881 Yonge St, Suite 404, Toronto, Ontario**  
**416-925-2135**  
**mail@1to1therapy.ca**

Eligibility Criteria: No restrictions

Referral: Parent/Caregiver

Services: Speech therapy, occupational therapy, behavioural support, dietitian services, physiotherapy, social work, and music therapy services are offered.

**AlphaBee (\$)**

[www.alphabee.com](http://www.alphabee.com)

**100 The East Mall, Toronto, Ontario**

**416-622-9979**

[natalia@alphabee.com](mailto:natalia@alphabee.com)

Eligibility Criteria: No restrictions

Referral: Parent/Caregiver

Services: Intensive behavioural intervention and applied behaviour analysis, and parent led therapy and workshops are offered.

**Beyond the Door (\$)**

[www.beyondthedor.ca](http://www.beyondthedor.ca)

**5863 Leslie St, Suite 809, Toronto, Ontario**

**416-554-8716**

[info@beyondthedor.ca](mailto:info@beyondthedor.ca)

Eligibility Criteria: Children living with neuro-developmental disorders

Referral: Parent/Caregiver

Services: Home and community based intensive behavioural intervention and applied behaviour analysis are offered.

**Canadian MEDEK Centre – Ester Fink (\$)**

[www.medek.ca](http://www.medek.ca)

**603 Clark Ave W, Unit 23, Vaughan, Ontario**

**905-886-0272**

[fink@sympatico.ca](mailto:fink@sympatico.ca)

Eligibility Criteria: Infants and children with movement disorders due to neurological dysfunction

Referral: Parent/Caregiver

Services: The centre provides assessments, hand on therapy, structured home programs, information and support to parents, lectures and workshops, and mentorship to therapists.

**Ellen Yack & Associates (\$)**

[www.ellenyack.com](http://www.ellenyack.com)

**2700 Dufferin St, Unit 72, Toronto, Ontario**

**416-481-2446**

[ellen.yack@sympatico.ca](mailto:ellen.yack@sympatico.ca)

Eligibility Criteria: No restrictions

Referral: Parent/Caregiver, Physician (required for insurance coverage), Other Professional

Services: Occupational therapy, speech therapy, and parent education nights are offered.

**Footprints Therapy (\$)**

[www.footprints.ca](http://www.footprints.ca)

**85 Scarsdale Rd, Suite 100, Toronto, Ontario**

**416-444-2125**

[therapy@footprints.ca](mailto:therapy@footprints.ca)



Eligibility Criteria: No restrictions

Referral: Parent/Caregiver

Services: Physiotherapy, occupational therapy, osteopathy, and naturopathy services are offered. Home visits are also available.

**Jasmina Pilasanovic (\$)**

[www.therapytohelp.com](http://www.therapytohelp.com)

1407 Yonge Street, Suite 301, Toronto, Ontario

647-998-5495

[jasminapilak@gmail.com](mailto:jasminapilak@gmail.com)

Eligibility Criteria: No restrictions

Referral: Parent/Caregiver

Services: Parent-child psychotherapy, and developmental and parental counselling are offered.

**Magnificent Minds (\$)**

[www.magnificentminds.ca](http://www.magnificentminds.ca)

47 Glenbrook Ave, Toronto, Ontario

647-404-6349

[magnificentmindstoronto@gmail.com](mailto:magnificentmindstoronto@gmail.com)

Eligibility Criteria: No restrictions

Referral: Parent/Caregiver

Services: Psychology services, occupational therapy, behavioural support, social skills camps, individualized 1:1 therapeutic services, arts-based therapy, play-based therapy, social skills classes, and whole body program (1:1 program focusing on gross and fine motor skills) are offered.

**Morneau Shepell Children's Support Solutions (\$)**

[www.childrensupportolutions.com](http://www.childrensupportolutions.com)

1131 Leslie St Toronto, ON M3C 2J6

1-866-653-2397

[childrensupportolutions@morneaushepell.com](mailto:childrensupportolutions@morneaushepell.com)

Eligibility Criteria: No restrictions

Referral: Parent/Caregiver

Services: Psychology, speech language therapy, physiotherapy, occupational therapy, behaviour therapy, and music therapy are offered. Therapist services can be offered on-site, in-home, or at school.

**Our Kids (\$)**

[www.ourkids.net/down-syndrome-schools.php](http://www.ourkids.net/down-syndrome-schools.php)

This link provides a list of private schools in Toronto that can support children with Down syndrome.

**Paediatric Physiotherapy Associates (\$)**

[www.paediatricphysiotherapy.com](http://www.paediatricphysiotherapy.com)

3701 Danforth Ave, Scarborough, ON, M1N 2G2

(416) 358-1382

[paedphysio@sympatico.ca](mailto:paedphysio@sympatico.ca)

Eligibility Criteria: Children 0-18 years old

Region(s) Served: Toronto, Richmond Hill, Mississauga, Oakville, Markham \$

Referral: Parent/Caregiver

Services: Physiotherapy, Occupational Therapy, In-home and on-site services available.

**Speech Therapy Works (\$)**

**[www.speechtherapyworks.ca](http://www.speechtherapyworks.ca)**

**1030 Sheppard Ave West, Unit 5 Toronto, Ontario**

**416-553-0729**

**[info@speechtherapyworks.ca](mailto:info@speechtherapyworks.ca)**

Eligibility Criteria: No restrictions

Referral: Parent/Caregiver, Physician, Other Professional

Services: Speech-language pathologists at Speech therapy Works will develop treatment plans to target oral-motor co-ordination difficulties, articulation errors, receptive (understanding language) and expressive language skill deficits. Consistent speech-language therapy will help children with Down Syndrome develop language skills to interact with other children and to increase participation at school, social settings etc.

**Toronto Physiotherapy (\$)**

**[www.torontophysiotherapy.ca](http://www.torontophysiotherapy.ca)**

**1246 Yonge Street, Suite 306, Toronto, Ontario**

**416-922-5118**

**741 Broadview Avenue, Suite 206, Toronto, Ontario**

**416-792-5115**

**[info@torontophysiotherapy.ca](mailto:info@torontophysiotherapy.ca)**

Eligibility Criteria: No restrictions

Referral: Parent/Caregiver (no physician referral required)

Services: Registered Physiotherapists provide one-on-one physiotherapy and rehabilitation services in modern and private physio rooms. There is no support staff replacing your physiotherapist, and no “open gym” feel. Their focus is physiotherapy, however they offer traditional orthopedic physiotherapy, as well as specialized services including sports and home physiotherapy.

**Wee Spirits Grow (\$)**

**[www.weespiritsgrow.com](http://www.weespiritsgrow.com)**

**4195 Dundas St West, Suite 327, Toronto, Ontario**

**647-298-4018**

**[diane@weespiritsgrow.com](mailto:diane@weespiritsgrow.com)**

Eligibility Criteria: No restrictions

Referral: Parent/Caregiver

Services: Occupational therapy and family wellness services are offered.

***Contact Log***

