

RESOURCE DIRECTORY FOR CHILDREN AND YOUTH WITH DOWN SYNDROME: DURHAM REGION

Introduction to the Resource Directory

This guide was designed to be a comprehensive list of the resources available for children who have Down Syndrome and their families. Your child's individual needs will determine which resources will be beneficial. We advise you to use this guide as a tool in conjunction with your child's health care provider in order to receive the most relevant services for your family.

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 waitlists at times.

Introduction to 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. Physiotherapist 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. Occupational therapists 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 pathologists are health care professionals who specialize in assessing and treating problems with communication and swallowing.

Audiologists – Audiologists are health care professionals who specialize in assessing, preventing, and treating hearing and balance disorders. Audiologists can prescribe a variety of assistive devices, and can counsel their patients on ways to improve communication.

Table of Contents

Early Intervention Services

Grandview Children’s Centre
Durham Infant and Child Development
Surrey Place Centre
LHIN-Central East
Tri-Regional Infant Hearing Program
Durham Preschool Speech and Language Program
Tri-Regional Blind-Low Vision Program
CNIB

Child Care and Education

Ontario Ministry of Education – Special Education
Durham Public School Board
Morneau Shepell

Respite Services

The Durham Association for Family Respite Services
Community Living Durham North
Community Living Oshawa/Clarington
Precious Minds Support Services

Family and Caregiver Support

Canadian Down Syndrome Society
Down Syndrome Association of Ontario
Durham Down Syndrome Association
Down Syndrome Education USA
Down’s Syndrome Association
Boston Children’s Hospital, Down Syndrome Program – Patient Resources
Massachusetts Down Syndrome Congress
Ability Online
Canadian Association for Community Living
Ontario Shores Centre – Outpatient Women’s Consultation Service
Planned Lifetime Advocacy Network

Recreational and Summer Programs

Camp Kennebec
Community Living Durham North
Community Living Oshawa/Clarington
Durham Rowing
Grandview Kids – Therapeutic Recreation
Inspirational Steps
Morneau Shepell

LEGEND

Reach for the Rainbow
Recreational Respite
Shadow Lake Centre (Community Living Toronto)
Special Olympics Ontario – Greater Durham
YMCA – Y Knot Abilities Program

Financial Support

Special Services at Home – Government of Ontario
Assistance for Children with Severe Disabilities – Government of Ontario
Child Disability Benefit – Canada Revenue Agency
Assistive Devices Program – Government of Ontario
Incontinence Supplies Grant Program – Easter Seals
Jennifer Ashleigh Children’s Charity
For The Love of a Child
Registered Disability Savings Plan (RDSP) – Government of Canada

Private Professional Services

College of Physiotherapists of Ontario
College of Occupational Therapists of Ontario
College of Psychologists of Ontario
College of Audiologists and Speech-Language Pathologists
The Hanen Centre
Morneau Shepell

§	There is a fee associated with this service.
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Early Intervention Services

Grandview Children's Centre

600 Townline Rd S, Oshawa, ON, L1H 7K6

1-800-304-6180

www.grandviewkids.ca

info@grandviewkids.ca

Eligibility Criteria: Children birth-18 years old, with special needs.

Region(s) Served: Durham

Referral: Requirements depend on program.

Services: Treatment Centre supporting children with special needs. Offering Occupational Therapy, Physiotherapy, Speech Language Therapy, Family Support, Therapeutic Recreation. Preschool Outreach Program (0-6 years old) offers therapeutic services (Occupational Therapy, Speech Language Therapy, Physiotherapy, Audiology) to children in child care programs.

Durham Infant and Child Development

Durham Region Health Department

1-800-841-2729

Eligibility Criteria: Children birth – 6 years old, with delayed development.

Region(s) Served: Must live in Durham

Referral: Parent/Caregiver, Physician, Other Professional (Physician will be required to provide medical information)

Services: Development consultations, Home visits, Developmental Assessments, Resource Library, Child care consultations, Service Coordination, Family Support and Education.

Surrey Place Centre

2 Surrey Place, Toronto, ON, M5S 2C2

(416) 925-5141

www.surreyplace.on.ca

Eligibility Criteria: Children 0-18 years old, with a developmental or intellectual disability

Region(s) Served: Toronto (*Some programs are open to children living in other regions)

Referral: Parent/Caregiver, Physician, Other Professionals

Services: The Early Childhood Program (0-6 years old) and the Children and Youth Program (6-18 years old) provide comprehensive services to children with developmental disabilities, including assessment and access to therapeutic interventions (Counselling, Occupational Therapy, Speech Language Therapy, Psychology, Behaviour Therapy). Also offered: Parent Education Workshops, Prenatal Parent Counselling Service.

LHIN– Central East

920 Champlain Ct, Whitby, ON, L1N 6K9

1-800-263-3877

www.healthcareathome.ca/centraleast/en

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).

Tri-Regional Infant Hearing Program

York: 1-888-703-5437

Durham: (905) 446-0278

www.beyond-words.org

Eligibility Criteria: Infants (birth – 4 months old) who did not have their hearing screened as a newborn, Children (0-2 years old) who have a risk factor for a hearing impairment, Children (2-Kindergarten) with a permanent hearing loss.

Region(s) Served: York, Durham, Peterborough, Haliburton, Kawartha, Northumberland

Referral: Parent/Caregiver, Physician

Services: Parent Education, Family Support Services, Audiology Services, Communication Development Services.

Durham Preschool Speech and Language Program

1-800-304-6180

<http://grandviewkids.ca/programs/speech-language-pathology>

Eligibility Criteria: Children birth – Dec. 15th of the year they enter Junior Kindergarten, with speech or language concerns.

Region(s) Served: Durham

Referral: Parent/Caregiver

Services: Parent Orientation, Speech and Language Assessment, Parent Education, Home Programming, Individual/Group Speech and Language Therapy,

Tri-Regional Blind-Low Vision Program

Central Intake: 1-888-703-KIDS

www.beyond-words.org

Eligibility Criteria: Children (birth- Grade 1) who are blind or have low vision

Region(s) Served: York, Durham, Peterborough, Haliburton, Kawartha, Northumberland

Referral: Parent/Caregiver, Physician, Other Professional. Report from Ophthalmologist is required.

Services: Family Support Services, Child Care Consultations, Family Education

CNIB

Oshawa Office: 1 Mary St N, Unit D, Oshawa, ON, L1G 7W8

(905) 436-7732

www.cnib.ca

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

Region(s) Served: All

Referral: Requires an Ophthalmologist/Optomtrist 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, Summer camp program at Lake Joseph Centre.

Education/Child Care

Ontario Ministry of Education – Special Education

<http://edu.gov.on.ca/eng/parents/speced.html>

Planning Entry to School - <http://edu.gov.on.ca/eng/parents/planningentry.html>

The Individual Education Plan - www.edu.gov.on.ca/eng/general/elemsec/speced/individu.html

Services: Information on Special Education in Ontario schools.

Durham Public School Board

400 Taunton Rd E, Whitby, ON, L1R 2K6

(905) 666-5500

www.ddsbc.ca

Special Education: www.ddsbc.ca/Programs/SpecialEducation/Pages/default.aspx

Region(s) Served: Durham

Referral: Parent/Caregiver

Services: Durham public elementary schools. Offering support for children with special needs.

Morneau Shepell

52 Victoria St, Aurora, ON, L4G 1R2

(905) 751-0970

aurora.familyrelations@blue-balloon.com

10 Disera Drive, Suite 240, Thornhill, ON, L4J 0A7

(905) 751-0970 or 1-866-653-2397

childrensupportolutions@morneaushepell.com

www.childrensupportolutions.com

Eligibility Criteria: N/A

Region(s) Served: Toronto, York, Peel, Durham

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Referral: Parent/Caregiver, Physician, Other

Services: For over 15 years, Morneau Shepell's Children's Support Solutions has worked in collaboration with parents, schools and caregivers to identify and help children and teens with special needs. Their experienced and talented therapists and educators offer screening, assessment, intervention and support services to help children reach their potential and celebrate their difference. They use an inter-professional approach to supporting clients and their families with services including Psychology, Neuropsychology, Special Education, Psychoeducation, Speech-Language Pathology, Physiotherapy, Occupational Therapy, Guidance Counselling, and Preschool/JK/SK, Social Group, and Camp programs.

Respite Services

The Durham Association for Family Respite Services

850 King St W, Unit 20, Oshawa, ON, L1J 8N5

(905) 436-2500

www.dafrs.com

info@dafrs.com

Eligibility Criteria: Diagnosis of developmental disability

Region(s) Served: Durham

Referral: Parent/Caregiver

Services: Respite registry connecting families with respite workers.

Community Living Durham North

60 Vanedward Dr, Unit 2, Port Perry, ON, L9L 1G3

(905) 985-8511

www.communitylivingdurhamnorth.ca

Eligibility Criteria: Children/youth, with an intellectual disability.

Region(s) Served: Durham

Referral: Parent/Caregiver

Services: Family Support, "Rec for Youth" recreational programs (13-24 years old), Overnight Respite Services.

Community Living Oshawa/Clarington

39 Wellington Ave E, Oshawa, ON, L1H 3Y1

(905) 576-3011

www.communitylivingoc.ca

Eligibility Criteria: Children birth – 18 years old, with a developmental disability

Region(s) Served: Must live in Durham Region

Referral: Parent/Caregiver

Services: Residential Community Homes, Respite Services, Summer Camps for children and teens.

Precious Minds Support Services

21980 Highway 12, Sunderland, ON, L0C 1H0

(905) 982-0882

www.preciousminds.com

admin@preciousminds.com

Eligibility Criteria: Age 5-18 years old, best suited for individuals with developmental disabilities

Region(s) Served: Durham, York

\$

Referral: Parent/Caregiver

Services: Camp, "Break Away" Saturday respite program, Parent Support, Sibling Support Group, Parent Workshops, Family Recreational Events

Family and Caregiver Support

Canadian Down Syndrome Society

2003 14th St NW, Suite 103, Calgary, AB, T2M 3N4

1-800-883-5608

www.cdss.ca

Services: Educates the public about Down Syndrome, delivers New Parent Packages to families of a child with Down Syndrome (containing information, resources)

Down Syndrome Association of Ontario

300 Earl Grey Drive, Suite 304, Ottawa, ON, K2T 1C1

(905) 439-6644

www.dsao.ca

Services: Educates the public about Down Syndrome, Advocacy work, Holds a yearly conference for individuals with Down Syndrome, their families, and supporters.

Durham Down Syndrome Association

PO Box 231, Whitby, ON, L1N 5S1

(289) 275-3201

www.ddsa.ca

mastermail@ddsa.ca

Eligibility Criteria: N/A

Region(s) Served: Durham

Referral: Parent/Caregiver

Services: Social and Support Organization, Information for Families about Down Syndrome.

Down Syndrome Education USA

www.dseusa.org

hello@dseusa.org

Services: Provides information about education for individuals with Down Syndrome

Down's Syndrome Association

www.downs-syndrome.org.uk

info@downs-syndrome.org.uk

Services: Provides information about Down Syndrome, Family/Caregiver Support

Boston Children's Hospital, Down Syndrome Program – Patient Resources

www.childrenshospital.org/centers-and-services/programs/a-_e/down-syndrome-program/patient-resources

hello@dseusa.org

Services: Provides information about Down Syndrome, Educational Resources

Massachusetts Down Syndrome Congress

(781) 221-0024

www.mdsc.org

mdsc@mdsc.org

Services: Provides information about Down Syndrome, Advocacy Work, Family/Caregiver Support

Ability Online

www.abilityonline.org

information@abilityonline.org

Region(s) Served: N/A

Services: Monitored online community offering support and community to individuals with a disability and their families.

Canadian Association for Community Living

Kinsmen Building, York University, 4700 Keele St, Toronto, ON, M3J 1P3

(416) 661-9611

www.cacl.ca

inform@cacl.ca

Services: Advocating for inclusion of individuals with intellectual disabilities. Law Reform. Conferences and Workshops for Families on supporting individuals with an intellectual disability. Raising awareness in the community.

Ontario Shores Centre – Outpatient Women’s Consultation Service

700 Gordon St, Whitby, ON, L1N 5S9

1-800-341-6323

www.ontarioshores.ca

Eligibility Criteria: Women 18-65 years old, with mental health concerns while pregnant, postpartum or perimenopausal

Region(s) Served: Durham

Referral: Referral from physician or healthcare professional required

Services: Assessment, Consultation, Behavioural Support

Planned Lifetime Advocacy Network

www.plan.ca

Eligibility Criteria: Families of individuals with disabilities.

Referral: Parent/Caregiver

Services: Information and support for families on future and financial planning.

Recreational and Summer Programs

Camp Kennebec

1422 Cox Rd, Arden, ON, K0H 1B0

(613) 335-2114

www.campkennebec.com

info@campkennebec.com

Eligibility Criteria: 6+ years old

Region(s) Served: N/A

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Referral: Parent/Caregiver

Services: Residential summer camp for children and young adults with special needs.

Community Living Durham North

60 Vanedward Dr, Unit 2, Port Perry, ON, L9L 1G3

(905) 985-8511

www.communitylivingdurhamnorth.ca

Eligibility Criteria: Children/youth, with an intellectual disability.

Region(s) Served: Durham

Referral: Parent/Caregiver

Services: "Rec for Youth" recreational programs (13-24 years old). Also offered: Family Support, Overnight Respite Services.

Community Living Oshawa/Clarington

39 Wellington Ave E, Oshawa, ON, L1H 3Y1

(905) 576-3011

www.communitylivingoc.ca

Eligibility Criteria: Children birth – 18 years old, with a developmental disability

Region(s) Served: Must live in Durham Region

Referral: Parent/Caregiver

Services: Summer Camps for children and teens. Also offered: Residential Community Homes, Respite Services.

Durham Rowing

The Boat House, 8 Old Rail Lane, Port Perry, ON

www.durhamrowing.com

Eligibility Criteria: Young adults, with a physical or intellectual disability.

Region(s) Served: Durham

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Referral: Parent/Caregiver

Services: Adaptive rowing program.

Grandview Kids – Therapeutic Recreation

Registration Hotline: 1-800-304-6180 ext 2247

<http://grandviewkids.ca/programs/therapeutic-recreation>

Eligibility Criteria: Children/youth 4-19 years old, with special needs

Region(s) Served: Must live in Durham

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Referral: Parent/Caregiver

Services: Recreational Programs, Swimming Lessons, Summer Camps

Inspirational Steps

10 Meadowglen Dr, Unit 5, Whitby, ON

(905) 556-0226

www.inspirationalsteps.wordpress.com

Eligibility Criteria: Children preschool age and older, with special needs.

Region(s) Served: Durham

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Referral: Parent/Caregiver

Services: Dance studio offering special needs dance classes.

Morneau Shepell

52 Victoria St, Aurora, ON, L4G 1R2

(905) 751-0970

aurora.familyrelations@blue-balloon.com

10 Disera Drive, Suite 240, Thornhill, ON, L4J 0A7

(905) 751-0970 or 1-866-653-2397
childrensupportolutions@morneaushepell.com

www.childrensupportolutions.com

Eligibility Criteria: N/A

Region(s) Served: Toronto, York, Peel, Durham

\$

Referral: Parent/Caregiver, Physician, Other

Services: For over 15 years, Morneau Shepell's Children's Support Solutions has worked in collaboration with parents, schools and caregivers to identify and help children and teens with special needs. Their experienced and talented therapists and educators offer screening, assessment, intervention and support services to help children reach their potential and celebrate their difference. They use an inter-professional approach to supporting clients and their families with services including Psychology, Neuropsychology, Special Education, Psychoeducation, Speech-Language Pathology, Physiotherapy, Occupational Therapy, Guidance Counselling, and Preschool/JK/SK, Social Group, and Camp programs.

Reach for the Rainbow

20 Torlake Cres, Toronto, ON, M8Z 1B3

(416) 503-0088

www.reachfortherainbow.ca

info@reachfortherainbow.ca

Eligibility Criteria: 6+ years old, with a developmental or physical disability

Region(s) Served: Ontario

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Referral: Parent/Caregiver

Services: Provides a support worker to attend a summer camp or recreational program with an eligible child.

Recreational Respite

PO Box 716, Thornbury, ON, N0H 2P0

1-877-855-7070

www.recrepite.com

Eligibility Criteria: Children/youth 5+ years old, with special needs

Region(s) Served: Greater Toronto Area, Durham, Halton, Peel, Simcoe, York

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Referral: Parent/Caregiver, Physician

Services: Individual and group recreational programs.

Shadow Lake Centre (Community Living Toronto)

15041 9th Line, Stouffville, ON, L4A 7X3

(905) 640-6432

www.shadowlakecentre.ca

shadowlake.office@cltoronto.ca

Eligibility Criteria: Children/youth 7+ years old, with an intellectual disability.

Region(s) Served: All, preference given to Toronto residents before early registration deadline.

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Referral: Parent/Caregiver

Services: Summer residential camping program.

Special Olympics Ontario – Greater Durham

1-888-333-5515 ext 256

www.greaterdurham.specialolympicsontario.ca

greaterdurham.info@specialolympicsontario.ca

Eligibility Criteria: Children/youth 2+ years old, with an intellectual disability.

Region(s) Served: Durham

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Referral: Parent/Caregiver

Services: Recreational and competitive programs for 18 different sports.

YMCA – Y Knot Abilities Program

Oshawa Site: 99 Mary St, Oshawa, ON, L1G 8C1

(905) 438-9622

www.ymcagta.org

Eligibility Criteria: Children with a physical disability.

Region(s) Served: Durham

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Referral: Parent/Caregiver

Services: Swimming program for children with disabilities and their siblings.

Financial Support

Special Services at Home – Government of Ontario

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

Eligibility Criteria: Child with developmental or physical disability, must live in Ontario, must live at home.

Region(s) Served: Ontario

Referral: Parent, requires documentation of a medical assessment

Description: Funding can be used for therapeutic services in/outside the home, respite, etc.

Assistance for Children with Severe Disabilities – Government of Ontario

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

Eligibility Criteria: Child under 18 years old, lives at home, has severe disability

Region(s) Served: Ontario

Referral: Parent

Description: Parents can receive \$25-\$440/month of financial support. Amount is relative to family income and disability severity.

Child Disability Benefit – Canada Revenue Agency

www.cra-arc.gc.ca/bnfts/dsblty-eng.html

Eligibility Criteria: Child under 18 years old, with a severe and prolonged impairment in physical or mental function

Referral: Parent, requires Form T2201 signed by a medical practitioner

Description: Tax-free benefit up to \$270/month for families.

Assistive Devices Program – Government of Ontario

www.health.gov.on.ca/en/public/programs/adp/default.aspx

Eligibility Criteria: Physical disability, valid Ontario Health card, must live in Ontario, must live at home
Region(s) Served: Ontario

Referral: Must be referred by the health practitioner who assessed the need for an assistive device

Description: Funding for assistive devices.

Incontinence Supplies Grant Program – Easter Seals

www.easterseals.org/services/incontinence-supplies-grant

Eligibility Criteria: Child 3-18 years old with chronic physical or developmental disability resulting in irreversible incontinence and requiring incontinence supplies (diapers, catheters, etc). Valid Ontario health card required.

Region(s) Served: Ontario

Referral: Parent, part of application must be filled out by child's physician.

Description: Funding to cover the costs of incontinence supplies.

Jennifer Ashleigh Children's Charity

(905) 852-1799 ext 32

www.jenash.org

Eligibility Criteria: Child under 21 years old, with physical disability or developmental disorder. Family must have extraordinary costs related to the disability. Child and parent must be residents of Ontario. Household income of \$60,000 or less.

Region(s) Served: Ontario

Referral: Parent, requires documentation of a medical assessment.

Description: Funding can be used for household costs, medical treatments, respite, therapeutic services.

For The Love of A Child

PO Box 78039, Oshawa, ON, L1H 7K5

(905) 725 -7411

www.fortheloveofachild.com

fortheloveofachild@durham.net

Eligibility Criteria: Children with special needs

Referral: Parent/Caregiver, requires documentation of diagnosis from a physician

Description: Financial assistance for assistive devices, equipment, recreation, camps, education.

Registered Disability Savings Plan (RDSP) – Government of Canada

<http://www.cra-arc.gc.ca/tx/ndvdl/tpcs/rdsp-reei/menu-eng.html>

Eligibility Criteria: Child named as the beneficiary must be eligible for the disability tax credit, must have a valid SIN number and be a Canadian resident.

Description: Savings plan to help parents save for the future financial security of a dependent eligible for the disability tax credit. Anyone can contribute to the RDSP.

Private Professional Services

College of Physiotherapists of Ontario

375 University Ave, Suite 901, Toronto, ON, M5G 2J5

1-800-583-5885

www.collegept.org

info@collegept.org

Directory of registered Physiotherapists in Ontario.

College of Occupational Therapists of Ontario

20 Bay Street, Suite 900, Toronto, ON, M5J 2N8

1-800-890-6570

www.coto.org

info@coto.org

Directory of registered Occupational Therapists in Ontario.

College of Psychologists of Ontario

110 Eglinton Ave W, Suite 500, Toronto, ON, M4R 1A3

1-800-489-8388

www.cpo.on.ca

cpo@cpo.on.ca

Directory of registered Psychologists in Ontario

College of Audiologists and Speech-Language Pathologists

3080 Yonge St, Suite 5060, Box 71, Toronto, ON, M4N 3N1

1-800-993-9459

www.caslpo.com

caslpo@caslpo.com

Directory of registered Audiologists and Speech-Language Pathologists in Ontario.

The Hanen Centre

1075 Bay St, Suite 515, Toronto, ON, M5S 2B1

1-877-426-3655

www.hanen.org

info@hanen.org

Eligibility Criteria: Parent/caregiver of child (0-5 years old) with a language delay

Region(s) Served: Various locations. Search program directory online for current locations.

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Referral: Parent/Caregiver

Services: Group and individual training sessions with parents, "It Takes Two to Talk" program for parents of children with language delays, DVD resources also available for purchase online.

Morneau Shepell

52 Victoria St, Aurora, ON, L4G 1R2

(905) 751-0970

aurora.familyrelations@blue-balloon.com

10 Disera Drive, Suite 240, Thornhill, ON, L4J 0A7

(905) 751-0970 or 1-866-653-2397

childrensupportolutions@morneaushepell.com

www.childrensupportolutions.com

Eligibility Criteria: N/A

Region(s) Served: Toronto, York, Peel, Durham

\$

Referral: Parent/Caregiver, Physician, Other

Services: For over 15 years, Morneau Shepell's Children's Support Solutions has worked in collaboration with parents, schools and caregivers to identify and help children and teens with special needs. Their experienced and talented therapists and educators offer screening, assessment, intervention and support services to help children reach their potential and celebrate their difference. They use an inter-professional approach to supporting clients and their families with services including Psychology, Neuropsychology, Special Education, Psychoeducation, Speech-Language Pathology, Physiotherapy, Occupational Therapy, Guidance Counselling, and Preschool/JK/SK, Social Group, and Camp programs.