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 is not endorsed or sponsored by any of the following organizations.

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.

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

**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.dsa.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 Awareness of Peel (DSAP)**
www.dsap.ca  
The Down Syndrome Association of Peel provides education on Down syndrome and supports those diagnosed and their families. DSAP also provides networking opportunities for families through monthly meetings open to all members and numerous activities throughout the year (e.g. low sensory movie days, picnics).

**Halton Down Syndrome Association (HDSA)**
www.haltondownsyndrome.com  
201-330 Bronte St. S, Milton, Ontario  
289-878-2165  
office@haltondownsyndrome.com
Region: Acton, Burlington, Georgetown, Milton, Oakville
The Halton Down Syndrome Association works to improve the quality of life of people with Down syndrome and their families. **Participation in any of the following programs/events requires membership to the HDSA, which has an annual cost of 15$ per family.** The New Parent Group, for parents of children ages 0-4, is an opportunity for families with children of these ages to meet for informal play dates. The HDSA also has a closed Facebook group that
serves as a support system for parents and families, as well as a means of sharing and accessing information. Their regularly updated calendar, provides the dates and times for upcoming play dates, community events and board meetings. The HDSA partnered with local libraries to purchase beneficial reading resources for the Down Syndrome community. **HDSA members are eligible for bursaries to cover the cost of therapies and HDSA conferences.**

**Ability Online**
www.abilityonline.org
1-866-650-6207
information@abilityonline.org

Services: A free, monitored online community that serves as a forum for conversations between youth and young adults of all abilities. Communication lines for parents and siblings are also in place. They also run online program modules for kids, teens and young adults on social skills, and mental and physical well-being.

**Canadian Association for Community Living (CACL)**
www.cacl.ca
Head Office: Centre for Social Innovation, 215 Spadina Avenue, Suite 400, Toronto, Ontario
416-661-9611
inform@cacl.ca

The CACL runs numerous programs advocating for inclusion of individuals of all abilities within communities. They also advocate for legal reform and run engagement programs for individuals with developmental disabilities and their families. Programs include Family Leadership and Engagement, Information Resources and Public Awareness, Inclusive Community Development and Research on Inclusion and Society. In addition, the CACL hosts conferences and workshops for families on supporting individuals with an intellectual disability.

**Planned Lifetime Advocacy Network (PLAN)**
www.plan.ca
260-3665 Kingsway, Vancouver, British Columbia
604-439-9566

Eligibility: 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 of 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.

**Trillium Health Partners Women’s Reproductive Mental Health Program**
http://trilliumhealthpartners.ca/patientservices/womens/pages/reproductive.aspx
The Credit Valley Hospital, 2200 Eglinton Avenue West, Mississauga, Ontario
905-813-1550
Region: Those who live within Mississauga/Halton, or those delivering at any of the following: The Credit Valley Hospital, Trillium Health Centre, Oakville Trafalgar Memorial Hospital, Milton District Hospital, Georgetown Hospital.
Eligibility: Women are accepted from conception of their child to 1 year postpartum
Referral: Physician
The Reproductive Mental Health Program provides assistance for women experiencing emotional/mental distress during pregnancy or the postpartum period. They provide assessment, consultation and treatment services. Assessments include the diagnosis of mood disorders, anxiety disorders, psychotic disorders and grief. They also provide both individual and marital therapy, support group services and bereavement counseling.
Distress Line Peel: 905-278-7208
Peel Postpartum Family Support Line (multilingual): 905-459-8441

**Peel Post Pardum Mood Disorder Program (PMD Peel)**
www.pmdinpeel.ca
7120 Hurontario Street, PO Box 640 RPO Streetsville, Mississauga, Ontario
905-791-7800
pmdinpeel@peelregion.ca
Region: Brampton, Caledon, Mississauga
Eligibility: Moms, dads, partners, health professionals
Services: PMD Peel offers information online for all those directly or indirectly affected by post-pardum mood disorders. There are fact sheets in many languages, personal testimonials, books, videos, brochures and handouts all accessible from the website. They also facilitate peer support groups and access to community resources. Non-judgmental support is available in English, Hindi, Urdu, Punjabi, Spanish, Portuguese, Mandarin and Cantonese over the phone at the following numbers:
Brampton and Mississauga: 905-459-7777
Caledon: 1-877-298-5444

**PEP-Start Peel**
www.peelearlyyears.com/content/index.php/Special-Needs/
905-568-8897
pat@pepstartpeel.com
Region: Peel
Eligibility: Open
PEP-Start is a free drop in run by Peel Early Years for children with special needs and their families. Parents have the opportunity to consult professionals from various agencies in the community in the areas of Speech and Language, Health and Nutrition, Infant and Toddler Development, Preschool Development and Parenting and Behaviour.

**Peel Special Needs Services Directory**
www.peel.cioc.ca/?UseCICVw=48
Region: Brampton, Caledon, Mississauga
Eligibility: Youth and adults with special needs
The Special Needs Directory is a comprehensive online directory of services located in and serving the community.

**Early Intervention Services**

The following organizations provide various early intervention services. The organizations listed here are free of charge. This resource guide lists a few resources 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.

**ErinoakKids Centre for Treatment and Development**

www.erinoakkids.ca  
Region: 10 locations in the Halton, Peel and Dufferin areas  
Eligibility: Program specific  
Referral: Program specific  
Services: ErinoakKids Centre serves the Down syndrome community and children with a wide variety of physical and/or developmental disabilities. Erinoak provides early childhood resources in partnership with Peel Inclusion Resource Services (PIRS). Families are connected with a resource consultant that can provide information on community resources, support transition out of child care, create a plan to further the development of your child and promote inclusion in the home and community. PIRS resources are available for families who live in Peel only. ErinoakKids provides a variety of services directly, including but not limited to Vision Services, Infant Hearing Screening and Services, Speech and Language Services, American Sign Language Instruction, Occupational Therapy, Physiotherapy, Early Childhood Resource Services, Music Therapy, Respite, and Recreational Therapy. These additional services are available to those in both Peel and Halton. Specific programs may include other regions.

**KidsPathways Peel**

www.kidspathwayspeel.com  
905-890-9432  
Caledon: 1-888-836-5550  
info@kidspathwayspeel.com  
Region: Brampton, Caledon, Mississauga  
Eligibility: Children and youth under 18 years with special needs  
Services: KidsPathways Peel provides service coordination for families living in the Peel region. They help families plan and coordinate services through their community partner agencies: Brampton Caledon Community Living, Child Development Resource Connection Peel, Community Living Mississauga and ErinoakKids Centre for Treatment and Development, among others. After an initial intake call, service providers work with your family to develop a service plan tailored to the needs of your child and your family based on resources available in the Peel Community.

**Coordinated Information Peel**

www.snipeel.ca  
Brampton/Mississauga: (905) 890-9432  
Caledon: 1-888-836-5550  
Region: Brampton, Caledon, Mississauga
Eligibility: Children, youth and adults with developmental disabilities
Services: Phone and online service for special needs individuals and their families, providing information on types of services available, eligibility criteria, locations of agencies, areas served, hours of operation and program costs. Ask to speak to an Information and Referral Specialist.

**Halton Inclusion Services**
www.halton.ca
1151 Bronte Road, Oakville, Ontario
311 or 905-825-6000
accesshalton@halton.ca
haltonparents@halton.ca
Region: Burlington, Halton Hills, Milton, Oakville
Eligibility: Children 0-12 years of age of differing abilities
Referral: Parent/Guardian, Other
Services: Staff help with inclusion in child care facilities, the transition to elementary school, collaborate with other community resources, assist with referrals to other community agencies and screen and assess your child to monitor development.

**Other Developmental Services**
The CCAC provides various developmental services that are free of charge. This is not a comprehensive list, and the Down Syndrome Program is not endorsed or sponsored by the following facilities.

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

**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
Eligibility: 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. The CNIB helps 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.

Central West Infant Hearing Screening
http://erinoakkids.ca/Services/Services/Infant-Hearing-Screening.aspx
Intake Services: 905-855-2690 (Press 1)
Intake Services Toll Free: 1-877-374-6625 (Press 1)
Region: Central West- Peel, Halton, Kitchener, Waterloo, Dufferin, Wellington
Eligibility: Infants 0-4 who were not screened at a hospital or by a midwife, or those 4-24 months who did not receive screening and are presenting with risk factors for permanent hearing loss
Referral: Referral form available on their website. Intake service can be contacted by health professionals, parents/guardians, others.
Service: Hearing screenings are available at multiple locations throughout the Central West Region. Locations can be found at the below link http://erinoakkids.ca/getmedia/8d494d67-a5b3-41a5-a15a-d2089179081b/CWIHP-Community-Infant-Hearing-Screening-locations-061815.pdf.aspx.

Central West Infant Hearing Program
http://erinoakkids.ca/Services/Services/Vision-Services.aspx
Intake Services: 905-855-2690 (Press 1)
Intake Services Toll Free: 1-877-374-6625 (Press 1)
Region: Peel, Halton, Kitchener, Waterloo, Dufferin, Wellington
Eligibility: Children 0-6 years with permanent hearing impairment
Referral: Physician referral required. Referral form available on the ErinoakKids website. Intake services can be contacted by health professionals, parents/guardians, others.
Service: Hearing/audiology services are in place to identify the nature and severity of hearing loss in addition to prescribing and fitting hearing aids for eligible candidates.

Central West Blind-Low Vision Program
http://erinoakkids.ca/Services/Services/Vision-Services.aspx
Intake Services: 905-855-2690 (Press 1)
Intake Services Toll Free: 1-877-374-6625 (Press 1)
Region: Peel, Halton, Kitchener, Waterloo, Dufferin, Wellington
Eligibility: Children 0-6 years with documented vision impairment
Services: Services for children focus on the acquisition of skills necessary for personal and social life at home and in the community. Services for parents provide education and support for those whose children were born blind or with low vision to help best support the development of their child.

**Auditory Verbal Therapy**
*Intake Services: 905-855-2690 (Press 1)*
*Intake Services Toll Free: 1-877-374-6625 (Press 1)*
Region: Peel, Halton, Kitchener, Waterloo, Wellington
Eligibility: Children 0-6 years with documented vision impairment
Referral: Physician referral required. Referral form available on the ErinoakKids website. Intake services can be contacted by health professionals, parents/guardians, others.
Services: Auditory Verbal Therapy works to develop listening and speaking skills with the child’s available hearing.

**Halton-Peel Preschool Speech and Language Program**
*Intake Services: 905-855-2690 (Press 1)*
*Intake Services Toll Free: 1-877-374-6625 (Press 1)*
Region: Peel and Halton
Eligibility: Children from birth to August 31 of their junior kindergarten year with speech or language difficulties
Referral: Physician referral required. Referral form available on the ErinoakKids website. Intake services can be contacted by health professionals, parents/guardians, others.
Services: Speech and Language Services are offered that support the prevention, identification, assessment and treatment of speech, language and swallowing/feeding disorders. Speech difficulties include production of sounds, stuttering and voice/resonance disorders. Services include home programming, consultations with those interacting with the child and group or individual therapy.

**The Hanen Centre**
www.hanen.org
416-921-1073
*Toll Free: 1-877-426-3655*
1075 Bay St, Suite 515, Toronto, Ontario
info@hanen.org
Region: Various locations, sites in both Peel and Halton
Eligibility: Parent/caregiver of a child 0-5 years with a language delay
Referral: Parent/Caregiver
Services: Programs, guidebooks, DVDs and workshops are available for parents/caregivers to help facilitate the language development of their children. The programs are offered both in group and individual settings. “It Takes Two To Talk” is a popular program for parents of children with language delays. The DVD’s are available for purchase online.

**Child Care (Up to Grade School)**
The Districts of Peel and Halton each have websites to help guide parents when looking for child care. Every licensed child care program in the regions of Peel and Halton have assigned Special Needs Resource person that provides support needed. The age range provided is from infant to school age. The links below provide a child care locator and separates centres by ward/location. It also provides information on early learning and child care centres, home child care agencies, schools with full-day kindergarten before-and after-school programs, march break programs, and parenting resources.

Peel: www.peelchildcare.cioc.ca or call 905-890-9432
Halton: www.thrc.ca or call 905-875-0235

In addition to the resources with general information on child care facilities, 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. Some 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.**

**Silver Creek Preschool ($)**
www.silvercreekpreschool.ca
65 Hartsdale Dr, Toronto, Ontario
416-249-9770
Regions: Toronto, Peel and York
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.

**Leaps and Bounds Services ($)**
www.leapsandboundsservices.com
11181 Yonge Street, Unit 317, Richmond Hill, Ontario
905-508-6543
dea@leapsandboundsservices.com
Region: Ontario
Eligibility: Children 1-5 years of age
Referral: Parent/Guardian, Other
The In-Home Preschool/Education program is a home-school program tailored specifically for your child, on either a part-time or full-time schedule.

**Supports children on supplemental oxygen.**
Primary Prep Academy ($)
www.primaryprepacademy.ca
6920 Millcreek Drive, Mississauga, Ontario
905-858-5845
info1@primaryprepacademy.ca
Location: Mississauga
Eligibility: 18 months to the August before junior kindergarten
Referral: Parent/Guardian, Other
Primary Prep Academy offers full-day preschool/day care for children both with and without developmental delays.

John Knox Christian School – Oakville ($)
www.jkcs-oakville.org
2232 Sheridan Garden Drive, Oakville, Ontario
905-829-8048
Location: Oakville
Eligibility: Children in JK to grade 8
Referral: Parent/Caregiver, Other
The John Knox Christian School is a day school for approximately 300 students. It is a faith-based school with a full-time resource teacher and a part-time assistant that facilitate the enrollment of children with special needs in the Resource Program.
Can accommodate for children on supplemental oxygen.

Inclusion Services

Brampton Caledon Community Living
http://www.bramptoncaledoncl.ca/support-services/early-childhood-education/
Brampton: 34 Church Street West, Brampton, Ontario
(905) 453-8841
Caledon: 12 Parr Boulevard, Unit 10, Bolton, Ontario
(905) 857-9691
info@bramptoncaledoncl.ca
Regions: Brampton, Caledon
Eligibility: Children with an intellectual disability
Referral: Parent/Caregiver, Other; with documentation of diagnosis
The Early Childhood Education program provides consultants that help facilitate the inclusion of your child in the pre-school environmental, as well as aids in the transition into the school system afterwards.
Supports children on supplemental oxygen.

Community Living Burlington
www.clburlington.ca
3057 Mainway Drive, Burlington, Ontario
905-336-2225 ext. 270
Region: Burlington
Eligibility: Children aged 2 until the September of their Junior Kindergarten year
Referral: Parent/Caregiver, Other
Inclusion Services can promote inclusion and development for your child in licensed child care programs, nursery schools or private home care.
Supports children on supplemental oxygen.

Community Living Dufferin
www.communitylivingdufferin.ca
Country Road #3, East Garafraxa, Ontario
519-941-8971 ext. 155
info@communitylivingdufferin.ca
Region: Dufferin
Eligibility: Children 2-6 years of age with delayed skill development
Referral: Physician, Other
The Pre-School Resource Program helps children participate in a licensed child care facility. The program also works to address barriers to normal development and participation in the social environment of school before your child enters the school system.

Community Living Mississauga
www.clmiss.ca
6695 Millcreek Drive Unit #1, Mississauga, Ontario
905-542-2694 ext. 4238
Region: Mississauga
Eligibility: Children 2-6 years of age with an intellectual disability
Referral: Parent/Caregiver, Physician, Other
Community Living Mississauga provides Special Needs Resource Consultants to promote the inclusion of children with intellectual disabilities by helping them integrate into licensed child care programs.
Supports children on supplemental oxygen.

Halton Inclusion Services
www.halton.ca
1151 Bronte Road, Oakville, Ontario
311 or 905-825-6000
accesshalton@halton.ca
haltonparents@halton.ca
Region: Burlington, Halton Hills, Milton, Oakville
Eligibility: Children 0-12 years of age in licensed child care facilities
Referral: Parent/Guardian, Other
Services: A representative from Halton Inclusion Services will work with the staff at your licensed child care facility to help create an inclusive environment. Staff can also help with the transition to elementary school.

Peel Inclusion Resource Services
www.peelcc.org/en/services/family-preschool-services
905-791-7800 ext. 7627
PIRS@peelregion.ca
Regions: Brampton, Caledon, Mississauga
Eligibility: Children with special needs who plan to attend licensed child care in Peel
Referral: Doctor, other professional, child care provider or a Resource Consultant
Services: Families are connected with a Resource Consultant who works with the family to create a unique child care support plan using available resources, information and strengths/weaknesses of the child. PIRS is a link between resource programs for people with special needs and licensed child care providers offering services to children younger than school age.

**Education (From Grade 1 to Grade 12)**
Special Education Support Services are available through the [Peel District School Board](http://www.peelschools.org) and the [Halton District School Board](http://www.hdsb.ca), as they each have a Special Education Advisory Committee. Each school has an In-School Review Committee that will work with any of the teachers to support the needs of individual children. A Resource Team (a psycho-educational consultant, a social worker, a speech-language pathologist and a special education resource teacher) is available to assist students with special needs. The Identification and Placement of Exceptional Students program will identify exceptional students based on behavioural, communication, intellectual and physical needs that require that the student be placed in a special education program. Programming can include regular class participation, regular class participation with occasional small group instruction, regular class participation with an itinerant teacher to work with a small group of students in an alternate setting in the school or a special education class (either at the home school or another school close by). Individualized Education Plans (IEP) are available to assist students in reaching learning expectations through accommodations and special education services. Individual Student Transportation Plans (ISTP) for students with disabilities that include all details of boarding, transportation and de-boarding are also available. Busing is provided for students with physical or developmental needs.

**Parents are heavily encouraged to meet the principal of a school before enrolling their child to ensure the appropriate supports and education plan is put in place.**

Special Education Advisory Committee: [www.seac-learning.ca](http://www.seac-learning.ca)
Halton District School Board: [www.hdsb.ca](http://www.hdsb.ca)
Halton District School Board Special Education Student Services: 905-631-6120
Peel District School Board: [www.peelschools.org](http://www.peelschools.org)
Peel District School Board Special Education Support Services: 905-890-1099 ext. 2345

See the [Halton Catholic District School Board](http://www.hcdsb.org), the [Dufferin-Peel Catholic District School Board](http://www.dpcdsb.org), the [Conseil Scolaire Viamonde Sud Ouest](http://www.csviamonde.ca) websites for information on other school boards.

In addition to the resources with general information on school boards across the regions, 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. Names followed by a (S) have a cost associated with them.
Leaps and Bounds Services ($)
www.leapsandboundsservices.com
11181 Yonge Street, Unit 317, Richmond Hill, Ontario
905-508-6543
deanna@leapsandboundsservices.com
Region: Ontario
Eligibility: Program specific
Referral: Parent/Guardian, Other
Services: The In-Home Preschool/Education program is ideal for children 5 and older who are unable to participate in a traditional, formal school environment. A homeschool program is tailored specifically for your child, in 3 hour sessions either 15 or 30 hours a week. Cognitive skills, motor skills, language skills, social skills and behavior are targeted for improvement. Tutoring is also available to aid your child in working through formal school curriculum, or to help working within the constraints of a learning disability. The tutoring program is for children in Junior Kindergarten through to Grade 12.

Wildwood Academy ($)
www.wildwoodadmin.wixsite.com/wildwood
2250 Sheridan Garden Drive, Oakville, Ontario
905-829-4226
admin@wildwoodacademy.com
Location: Oakville
Eligibility: Children with special needs from grades 2 to 8
Wildwood Academy is a small, private day school in Oakville that has roughly 60 students in the school. Class sizes average between 4 and 10 students. The pace of learning is dictated by the students’ abilities.

John Knox Christian School – Oakville ($)
www.jkcs-oakville.org
2232 Sheridan Garden Drive, Oakville, Ontario
905-829-8048
Location: Oakville
Eligibility: Children in JK to grade 8
The John Knox Christian School is a day school for approximately 300 students. It is a faith-based school with a full-time resource teacher and a part time assistant that facilitate the enrollment of children with special needs in the Resource Program.

The Thinnox Academy ($)
www.thinnox.com
755 Lakeshore Road East, Mississauga, Ontario
3120 Glen Erin Drive, Mississauga, Ontario
905-608-8446
info@thinnox.com
Location: Mississauga, serving Mississauga, Brampton, Oakville and Toronto
Eligibility: Children from kindergarten to age 18
Referral: Parents/Guardian, Other
The Thinnox Academy provides after school and weekend prep courses focusing in tech and design. Architecture, coding and web design are among the courses offered eligible to children with Down syndrome. Class sizes range between 3 and 6 students, offering lots of support.

**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. Organizations listed here are free of charge. If your child has new or worsening mental health concerns, please contact your physician.

**Children’s Mental Health Ontario**

www.kidsmentalhealth.ca
40 St. Clair Avenue East, Suite 309, Toronto
416-921-2109
info@cmho.org

Eligibility: 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.

**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
250 College Street, Toronto Ontario (24/7 Psychiatric Emergency Department) 416-595-6111 (main switch board)
Location: Various across Toronto
Eligibility: children 0 – 18 years old with mental health concerns
Referral: Physician
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**

http://www.camh.ca/en/hospital/care_program_and_services/dual_diagnosis_program/Pages/default.aspx
30 Eglinton Ave W, Suite 801, Mississauga, ON
416-535-8501 ext. 7729
Eligibility: 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.

**Peel Children’s Centre**

www.peelcc.org
85A Aventura Court, Mississauga, Ontario
Centralized Intake: 905-452-4655
Parent-Infant Program: call SNAP Peel at 905-791-7800 ext. 7627
Crisis Response Service: 416-410-8615
Regions: Service Specific, all include Brampton, Caledon and Mississauga, some include Dufferin and Halton
Eligibility: Program specific
Referral: Parent/Caregiver
Services: Centralized Intake Services will direct families to one of the following 6 service providers to make an appointment for your child/teen: Associated Youth Services of Peel, Nexus Youth Services, Peel Children’s Centre, Rapport Youth and Family Services, Trillium Health Partners – Child and Adolescent Mental Health Services, and the William Osler Health System – Mental Health Services for Children and Adolescents. Centralized intake is for all children 0-24 years of age in need of mental health services. The Parent-Infant Program is for children 0-3 years, and focuses on supporting child development. Peel Wraparound Process Developmental Services focuses on supporting children from 2-18 years with developmental delays and mental health concerns. Crisis Response Services are also available.

**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: 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. 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.
Holland Bloorview Kids Rehabilitation Hospital
www.hollandbloorview.ca/programsandservices/respite
150 Kilgour Rd, Toronto, Ontario
416-425-6220
info@hollandbloorview.ca
Eligibility: 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.

Community Living Burlington ($)
www.clburlington.ca
3057 Mainway Drive, Burlington, Ontario
905-336-2225 ext. 258
Region: Burlington
Eligibility: Weekdays: 16 years and up; Weekends: 6 years and up
Referral: Parent/Caregiver, Other
The Afterschool and Respite Program runs Monday-Friday from 2:30 pm - 8:00 pm and Saturdays from 9:00 am-5:00 pm.

Community Living Mississauga
www.clmiss.ca
6695 Millcreek Drive Unit #1, Mississauga, Ontario
905-542-2694 ext. 2246
Region: Mississauga
Eligibility: Members of Community Living Mississauga (through intake services) aged 13-17 years living in Mississauga
Referral: Parent/Caregiver, Other
Services: To participate, families must first complete the intake process for Community Living Mississauga, which requires a physician’s report documenting a disability. The Friday Nights Out Program runs in 3 month sessions. Activities are split between genders to spend time “just the guys” and “just the girls”. Friday night activities vary from week to week and are location specific to each particular activity. The Saturday Teen Activity Program runs as a full day program once a month in 3 month sessions and meets at Square One. Registration priority is given to individuals who are enrolling for the first time.

ErinoakKids Saturday Day Respite
www.erinoakkids.ca/Services/Services/Respite-Services.aspx#complexcare
905-855 2690 ext. 2907
Region: Mississauga, Caledon, Brampton, Oakville, Halton Hills, Burlington, Milton
Eligibility: Children with challenging behavior needs or developmental disabilities ages 6 to 18 years
Referral: Either by an ErinoakKids clinician or by an ErinoakKids Community program partner
Service: Saturday-long respite is available. Your child will have a 1:1 ErinoakKids instructor with them during the day. The waitlist typically spans 6-10 months. There are locations in South Millway and Torbram.

ErinoakKids Non-Medically Fragile Technologically Dependent Respite Camp
www.erinoakkids.ca/Services/Services/Respite-Services.aspx#complexcare
53 Bond Street, Oakville, Ontario
905-855 2690 ext. 2906
Region: Mississauga, Caledon, Brampton, Dufferin, Oakville, Halton Hills, Burlington, Milton
Eligibility: Children 6 to 18 years with physical or developmental disabilities
Referral: Parent/Guardian, ErinoakKids Clinician
Service: The Fun-Fest weekend-long camp has both day-only and overnight options and runs throughout the school year.

Leaps and Bounds Services ($)
www.leapsandboundsservices.com
11181 Yonge Street, Unit 317, Richmond Hill, Ontario
905-508-6543
deanne@leapsandboundsservices.com
Region: Ontario
Eligibility: Children ages 2 and up with a developmental disability
Referral: Parent/Guardian, Other
Services: Respite is accessible for children and adolescents, and is tailored to the needs of your individual child. Respite can be accessed for a day, evening and/or overnight. Generalized Respite involves recreation and skill development in and out of the home. Specialized Therapeutic Respite incorporates approaches from Applied Behavioural Analysis (A.B.A) to maximize growth and skill development.

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/
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)**


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: 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

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/

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](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 child care, 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

**President’s Choice Children’s Charity Special Needs Assistance**  
[www.presidentschoice.ca/en_CA/community/pccc/apply-for-funding.html](http://www.presidentschoice.ca/en_CA/community/pccc/apply-for-funding.html)

The PC Children’s Charity supports children with special needs by providing individual financial grants for essential specialized equipment and essential therapies. To be considered a candidate for assistance, applicants must meet be 18 years old or younger, have a diagnosed physical or developmental disability, live in a household with an annual income $70,000 or less, and must be a Canadian citizen and/or have permanent resident status in Canada.

Referral: The PC Children’s Charity application form is available online and must include a financial assistance form, proof of the child’s Canadian citizenship and family household income, a copy of the Canada Child Tax Benefit statement, a recent (within 2 years) copy of a physician’s diagnosis of your child, a supporting third party letter, and 2 estimates of cost from vendors/service providers.

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

**Assistive Devices Program (Government of Ontario)**


Ontario residents with a valid health card in their name, with a disability lasting 6 months or longer can apply for financial aid to access an assistive device sold by one of the program’s vendors. Assistive devices can include orthopaedic braces, wheelchairs, breathing aids, hearing aids, visual communication aids and ostomy supplies, among others. Individuals requiring long-term oxygen therapy may be eligible for funding to over home oxygen. Equipment used only for sport, work or school is not covered by this program. Each type of assistive device has its own eligibility criteria. In most cases, the family pays a portion of the cost to the vendor directly, who then bills the ADP the remaining balance.

Referral: Devices must be authorized by a qualified health care professional registered with the Assistive Devices Program.

Amount: Up to 75% of the cost of equipment, up to 100% for oxygen equipment for those who are on, social assistance, residing in a long-term care facility or who are receiving services from a Community Care and Access Centre (up to 75% for those who do not meet these criteria).

**The Halton Down Syndrome Association Support Bursary**


The HDSA Support Bursary is available to members of the Halton Down Syndrome Association as a means of providing financial support for therapies of all kinds, assistive devices, healthcare services, lessons/skills training programs and activities to enrich the quality of life of the individual with Down Syndrome. Only those services not covered by private insurance and/or employee insurance are considered valid for compensation using the bursary. The bursary is for children of any age with Down Syndrome, along with adults with the condition as well. To apply for the bursary, one must complete a set number of volunteer hours and submit a bursary request to the HDSA by May 21st of the application year. The amount of the bursary depends on the number of volunteer hours completed: 10-19 hours can earn a maximum amount of $800. 20+ volunteer hours can earn up to $1,600. Invoices for the services/devices funded by the bursary must be submitted to the Bursary Program. Payouts of the bursaries are made twice a year, at the end of December and the end of June in compensation for the invoices submitted during that portion of the fiscal year (August 1-July 31).

Amount: Maximum $800 for 10-19 volunteer hours, maximum $1,600 for 20+ volunteer hours.

**Recreational Programs**

For general information, websites specific to individual cities or towns within Peel-Halton contain lists of recreational programs in the area, along with eligibility criteria and registration information. To view available programs, select For Residents followed by Recreation on the city-specific website. Please note that not all programs listed will support a child with Down syndrome. Special needs support staff may be made available for individuals with a special need/disability on a first come-first serve basis, but this is situation and program specific.
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.

**Holland Bloorview Recreation**
www.hollandbloorview.ca/programsandservices/Therapeuticrecreationandlifeskills  416-425-6220 ext 3530
tismail@hollandbloorview.ca
Eligibility: 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
Various locations across Ontario
1-877-855-7070
info@recrespite.com
Region: Ontario
Eligibility: 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
65 Overlea Blvd, Suite 200, Toronto, ON, M4H 1P1
(416) 447-8326
Region: Ontario
Eligibility: Children 8 years of age or older with an intellectual disability
Referral: Parent/Caregiver
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).

Brampton Caledon Community Living ($)
www.bramptoncaledoncl.ca
Brampton: 13 Fisherman Drive, Unit 1, Brampton, Ontario
(905) 453-8841
Caledon: 12 Parr Boulevard, Unit 10, Bolton, Ontario
(905) 857-9691
info@bramptoncaledoncl.ca
Regions: Brampton, Caledon
Eligibility: Youth 14-17 years
Referral: Parent/Guardian, Other
Youth Quest is a recreation program that includes participation in a wide variety of activities, including but not limited to hiking, swimming, cooking and movie nights. There are three sessions a year, each running for approximately 16 weeks with programming once a week. The year is broken down into the following sessions: January-April, May-August and September-December. The program runs from 6:00pm-9:00pm on Mondays from the Brampton address listed above, and on Wednesdays from the Caledon address listed above. The registration period, typically in August for all sessions, is listed in the brochure on the website. There is a second stage of the program for young adults ages 18-21.

Community Living Mississauga
www.clmiss.ca
6695 Millcreek Drive Unit #1, Mississauga, Ontario
905-542-2694 ext. 2515 (Youth involvement Mississauga)
ext. 2246 (Community Sports League)
Region: Mississauga
Eligibility: Individuals 13 years and up living in Mississauga with an intellectual disability
Referral: Parent/Caregiver, Other
Services: Youth Involvement Mississauga is a social club for individuals 13-21 years old that meets once a week. They participate in a variety of fun activities that vary week to week (e.g. games night, karaoke, Laser Quest). Youth Involvement Mississauga itself is free, as are in-house activities, but participants pay the cost of all external activities they participate in. Community Living Mississauga also runs the Community Sports League, a softball league with both competitive and recreational teams for individuals 13 years and older. Teams play every week at a baseball diamond in Mississauga; transportation to and from the diamond is not provided. Registration is done in person at a designated Registration Day in April.

The Bodiworks Institute ($)  
www.healthisfreedom.net  
2624 Dunwin Drive, Unit 4, Mississauga, Ontario  
905-608-9314 ext. 221  
info@healthisfreedom.net  
Region: Peel and Halton residents are able to participate, however services are out of a single location in Mississauga  
Eligibility: Children/youth 3-18 years of age with physical/developmental disabilities  
Referral: Parent/Guardian, Other  
The Adapted Gym Program creates a unique exercise program for each child based on their needs and abilities. Over the course of 32 weeks, children/youth develop gym and exercise skills and are able to release energy. 3-5 year olds enroll for 8 week sessions.

Burlington Able Sail ($)  
www.burlbay.com  
905-921-7245  
ablesail@burlbay.com  
Region: Located in Burlington, no restrictions on regions serviced  
Eligibility: Individuals of all ages with physical or cognitive disabilities who can be alone with a sailing coach in the boat (typically 9 and older)  
Referral: Parent/Guardian, Other  
Able Sail provides the opportunity for people of all abilities to learn how to sail. The program uses Martin 16 sailboats, which are extremely stable. Those enrolled will sail either with an accompanying instructor, or alone near an instructor’s boat, depending on skill. Your child can either be enrolled in occasional classes between 10am and dusk June-August, or can get a seasons pass and sign up for time slots. Each outing is approximately 60 minutes. The first lesson is free.

Dance Elite Studio ($)  
www.danceelite.ca  
180 Nipissing Road, Units 5-8, Milton, Ontario  
Mallory: 416-471-4723  
Jane: 647-825-5809  
contact@danceabilitymovement.com  
Region: Studio locations in Alliston, Ancaster, Bradford, Milton, Mississauga, Richmond Hill; no restrictions on regions serviced  
Eligibility: Individuals of all ages, abilities and dance experience
Referral: Parents/Caregiver, Other

The Dance Ability Movement is an opportunity for individuals of all needs to participate in dance classes. Occupational therapists and dance instructors train volunteers who then provide 1:1 support for an individual enrolled in the program. They tailor the programming for the specific child and set achievable goals. Classes work on balance, coordination, and gross and fine motor skills. Classes are 45 minutes once per week. Additional support for the volunteer team includes physiotherapy, music therapy and teaching, making the volunteers incredibly qualified to support your child.

**DramaWay ($)**

www.dramaway.com

Various class locations: Toronto and Mississauga

416-614-1078
dramawayoffice@gmail.com

Eligibility: 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.

**Karate For Change ($)**

www.karateforchange.com

35 Birchcroft Rd, Toronto, Ontario

416-668-6914
karate4change@yahoo.ca

Locations: Various across Burlington, Etobicoke, King City, Mississauga, Scarborough, Toronto

Eligibility: 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.

**North Mississauga Soccer Club ($)**

www.nmsc.net

10 Falconer Drive, Unit 12, Mississauga, Ontario

905-858-1227

Region: Located in Mississauga, open to children in all regions

Eligibility: Children 6 years of age and older with an intellectual or physical disability
Referral: Parent/Guardian, Other

The Panther Stars Program is exclusively for children with special needs. The program typically runs on Saturday mornings. The indoor session spans October to April. This is broken up into three sessions, with each session consisting of approximately 8 weeks. Registration opens
September 1<sup>st</sup> of every year, and games/practices are held at the Hershey Dome. Panther Stars also runs May-August outdoors out of Swinbourne Meadows Park. May-August is one continuous outdoor session.

The Mississauga Canoe Club ($)
www.mississaugacanoeclub.com
31 Front Street North Mississauga, Ontario
905-274-2127
adriennecs@hotmail.com
Region: No restrictions, single facility in Mississauga
Eligibility: 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.

The Balmy Beach Canoe Club ($)
www.balmybeachcanoe.com
123 Scadding Ave, Unit 837, Toronto, Ontario
balmybeachctreasurer@yahoo.ca
Region: No restrictions, however the facility is in Ash Bridges Bay in Toronto
Eligibility: 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.

Reach for the Rainbow ($)
www.reachfortherainbow.ca
20 Torlake Crescent, Toronto, Ontario
416-503-0088
info@reachfortherainbow.ca
Region: Ontario
Eligibility: Children 6+ years of age with a physical or developmental disability
Referral: Parent/Caregiver, Other
Reach for the Rainbow partners with summer camps and recreational programs in communities all over Ontario. Through their partnership, they provide 1:1 support workers to attend any of their partner programs alongside a child with special needs, ensuring their integration and support in the program. This allows for siblings and friends of all abilities to attend the same recreational activities. The following is the link to the list recreational programs supported by Reach for the Rainbow.
YMCA – Y Knot Abilities Program
www.ymcagta.org
Brampton: 20 Union Street, Brampton, Ontario
905-451-9622
Mississauga: 325 Burnhamthorpe Road West, Mississauga, Ontario
905-897-9622
Region: Location specific
Eligibility: Children with disabilities and their sibling
Referral: Parent/Guardian, Others
Services: Y Knot Abilities provides the opportunity for all children in your family to participate in swimming lessons.

Camps
The following list is a collection of 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. The summer camps that have a cost associated with them are followed by a ($). Costs vary greatly because some camps are community day camps and others are overnight camps at different sites. March break camps have also been included.

Summer

Camp Kennebec ($)
www.campkennebec.com
1422 Cox Rd, Arden, Ontario
613-335-2114
info@campkennebec.com
Region: Includes Peel and Halton
Eligibility: Children aged 6 years of age and older
Referral: Parent/Caregiver, Other
Camp Kennebec is a residential summer camp for children (at least 6 years of age) and young adults with special needs, learning disabilities, and developmental delays.

Accent Music Therapy ($)
www.accentmusictherapy.com
919 Fraser Drive, Unit 9, Burlington, Ontario
905-631-6895
bill@accentmusictherapy.com
Region: Burlington, GTA West, Guelph, Kitchener, Milton, Mississauga, Oakville, Waterloo
Eligibility: All ages and levels of functioning
Referral: Parent/Caregiver, Other
The summer day camp runs from Monday-Friday in week-long, themed sessions. The camp runs through July and August and includes playing instruments, songwriting, singing and traditional camp activities.
Scott Children and Youth Services ($)
www.scottcys.ca
Based out of Mississauga, Ontario
647-225-6119
info@scottcys.ca
Region: Peel, Halton
Eligibility: Children 4-17 with special needs
Referral: Parent/Guardian
Services: Camp Inspire runs Monday-Friday throughout the summer, and involves both group and independent play. They do both indoor and outdoor activities, field trips, arts and crafts and music. Locations vary from year to year.

Shadow Lake Centre (Community Living Toronto) ($)
www.shadowlakecentre.ca
15041 9th Line, Stouffville, Ontario
905-640-6432
shadowlake.office@cltoronto.ca
Regions: All; preference given to Toronto residents before early registration deadline
Eligibility: Children 7 years of age and older
Referral: Parent/Caregiver, Other
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.

Willowgrove ($)
www.willowgrove.ca/home
11737 McCowan Road, Stouffville, Ontario
905-640-2127
Region: Includes Peel and Halton
Eligibility: Children 4-13 years of age
Referral: Parent/Caregiver, Other
Willowgrove has various camp programs and has experience providing a quality camp experience for children with special needs. 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.

Brampton Caledon Community Living ($)
www.bramptoncaledoncl.ca
Brampton: (905) 453-8841
34 Church Street West, Brampton, Ontario
Caledon: (905) 857-9691
12 Parr Boulevard, Unit 10, Bolton, Ontario
info@bramptoncaledoncl.ca
Region: Brampton, Caledon
Eligibility: Students 16-21 with an intellectual disability who will be returning to school in the following September that are able to engage in recreational activities with minimal supervision
Referral: Parents/Caregiver, Other
The Summer Experience Initiative gives the opportunity for students to develop job skills by providing them the opportunity to participate in a work environment. Through the program, they will also participate in recreation activities in their community. Sessions last 2 weeks at a time.
The application brochure should be printed from the website and mailed in.

Community Living Dufferin
www.communitylivingdufferin.ca
06531 County Road 3, East Garafraxa, Ontario
519-941-8971
info@communitylivingdufferin.ca
Region: Dufferin
Eligibility: Children ages 4-14 with developmental disabilities
Referral: Physician, Other
The Child and Youth Summer Opportunities Program provides inclusion counselors for children attending regular summer programs in Dufferin. These counselors will support your child one-to-one, and help them participate in the summer program to the best of their abilities.

Reach for the Rainbow (S)
www.reachfortherainbow.ca
20 Torlake Crescent, Toronto, Ontario
416-503-0088
info@reachfortherainbow.ca
Region: Ontario
Eligibility: Children 6+ years of age with a physical or developmental disability
Referral: Parent/Caregiver, Other
Reach for the Rainbow partners with summer camps and recreational programs in communities all over Ontario. Through their partnership, they provide 1:1 support workers to attend any of their partner programs alongside a child with special needs, ensuring their integration and support in the camp. This allows for siblings and friends of all abilities to attend the same camps. There is a maximum of 2 weeks of camp per child. The following is the link to the list of camps supported by Reach for the Rainbow.

YMCA Summer Day Camps (Integration and Accessibility Program) (S)
https://ymcagta.org/camps-and-outdoor-education/day-camps
2200 Yonge St, Unit 300, Toronto, Ontario
(1-877) 303-2267
camps@ymcagta.org
Region: Includes Peel and Halton
Eligibility: Children or youth requiring additional support in camp programs
The YMCA Integration and Accessibility Program is tries their best to ensure that every child is placed in a camp that best supports their needs. An Integration Coordinator works closely with
your family to review your child’s needs and provide them with 1:1 support in the camp. Some sites are not fully accessible. Spaces are first come first serve.

Both

**Community Living Mississauga**

www.clmiss.ca

6695 Millcreek Drive Unit #1, Mississauga, Ontario

905-542-2694 ext. 2246

Region: Mississauga

Eligibility: Program Specific, members of Community Living Mississauga

Referral: Parent/Caregiver, Other

Services: The Summer Teen Activity Program is for youth 10-21 years interested in participating in community activities in the summer and is based in a number of Mississauga community centres. The camp runs Monday-Friday and is open to all those who have gone through the intake process, who live in Mississauga and who are currently enrolled in school. The Summer Work Experience Program is available for teens 16 years to the summer they graduate from school. The SWEP program will find supported work, either paid or unpaid, to allow for youth to gain work experience and experience workplace inclusion. The Children’s Summer Work Experience Program provides a support staff member to accompany children 4-12 years to a local day camp program, where they will there give them one-to-one support. Staff are available from 8:30am-4:30pm or 9:00am-5:00pm. The March Break Teen Activity Program is for youth 13-21 years interested in participating in community activities such as sports, movies and sightseeing. The camp runs Monday-Friday of March Break out of the South Common Community Centre and the Mississauga Valley Community Centre.

**Camp Prospect ($)**

www.campprospect.com

8058 8th Line, Utopia, Ontario

705-423-1122

info@campprospect.com

Region: Includes Peel and Halton

Eligibility: Children 5 years of age and older

Referral: Parent/Caregiver, Other

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.

**March Break**

**Exceptional Minds ($)**

www.exceptionalminds.ca/group-program/march-break-camp

2285 Dunwin Drive, Unit 5, Mississauga, Ontario

416-360-5959
info@exceptionalminds.ca
Region: **confirm**
Eligibility: Children with special needs or developmental delays ages 4-10
Referral: Parent/Guardian, Other
The March Break Camp is offered in full or half days throughout the week of March Break. The week consists of games, arts and crafts and other fun activities. The registration form can be accessed from the link above.

Scott Children and Youth Services ($)
www.scottcys.ca/march-break-camp.html
Based out of Mississauga, Ontario
647-225-6119
info@scottcys.ca
Region: Peel, Halton
Eligibility: Children ages 4-17 with learning disabilities or special needs
Referral: Parent/Caregiver, Other
The March Break Camp runs Monday-Friday. The week contains theme days with a variety of activities relating to each theme. Group and individual work helps to develop skills such as maintaining eye contact, sharing and behaviour management. Staff to children ratios are 1:4 or 2:5 depending on a variety of factors. Location varies from year to year.

Private Professional Services
The following list is a collection of various private services 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
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.

**AlphaBee ($)**
www.alphabee.com
100 The East Mall, Toronto, Ontario
416-622-9979
natalia@alphabee.com
Region: Includes Peel and Halton
Eligibility: No restrictions
Referral: Parent/Caregiver
Services: Intensive behavioural intervention, applied behaviour analysis and parent led therapy and workshops are offered.

**Paediatric Physiotherapy Associates ($)**
http://www.paediatricphysiotherapy.com/
Variety Village, 3701 Danforth Ave, Scarborough, Ontario
Regions: Toronto, Richmond Hill, Markham, Mississauga, Oakville
Eligibility: Children ages 0-18
Referral: Parent/Caregiver (no physician referral required)
Services: A group of highly trained paediatric physiotherapists who provide private physiotherapy services. They also provide some limited occupational therapy services in the Toronto, Scarborough and south Markham areas. In addition to their clinic which is located at Variety Village, they access a large sports and fitness complex in Scarborough.

**Butterfly Therapy ($)**
www.butterflytherapy.com
2601 Matheson Boulevard East, Unit 29, Mississauga, Ontario
905-206-0300
info@butterflytherapy.com
Region: Peel
Eligibility: Children 0-18 years with special needs or developmental delays
Services: Butterfly Therapy offers physiotherapy, occupational therapy and speech language pathology services.

**Accent Music Therapy ($)**
www.accentmusictherapy.com
919 Fraser Drive, Unit 9, Burlington, Ontario
905-631-6895
bill@accentmusictherapy.com
Region: Burlington, GTA West, Guelph, Kitchener, Milton, Mississauga, Oakville, Waterloo
Eligibility: All ages and levels of functioning
Referral: Parent/Caregiver, Other
Services: Group Therapy Sessions are a more cost effective opportunity for your child to engage in music therapy in a social setting. They focus on both individual and team growth through various activities and the use of different instruments. An assessment through Accent Music Therapy is required before joining group sessions. One-to-One Therapy Sessions are also available. Sessions are tailored for your child specifically. One-to-One sessions are offered in 30, 45 and 60 minute sessions in centre, or in 45 or 60 minute sessions at home. Treatment is given in 12 week sessions. Adapted Music Lessons offer your child the opportunity take piano, guitar, drums, saxophone or voice lessons.

The Bodiworks Institute ($)
www.healthisfreedom.net
2624 Dunwin Drive, Unit 4, Mississauga, Ontario
905-608-9314 ext. 221
info@healthisfreedom.net
Region: Peel and Halton residents are able to participate, however services are out of a single location in Mississauga
Eligibility: Program specific
Referral: Parent/Guardian, Other
Occupational Therapy is available to help improve motor skills, attention span, sensory processing and personal care skills, among others. The Kids Health Initiative is designed to reduce body fat, improve strength and increase body awareness. Children/youth 6-19 years old are eligible to participate. Participants require the support of either a physician or dietician to participate.

Exceptional Minds ($)
www.exceptionalminds.ca
6685 Millcreek Drive, Unit 1, Mississauga, Ontario
416-360-5959
info@exceptionalminds.ca
Region: **confirm**
Eligibility: Program specific
Referral: **confirm**
Services: The Social Skills Group Program works to improve the social skills of children and adolescents between the ages of 6 and 12. Groups are divided between those ages 6-8, and those 9-12. Each group has a ratio of 1 instructor to 6 youth and meets once a week. Your child must be at a conversation level to be eligible for this program. A.B.A/I.B.I Therapy is tailored specifically to the needs of each child. Families currently on the wait list for IBI services, families choosing the Direct Funding option, and families with extended health insurance and private grants are eligible. **confirm DS funding eligibility**
Leaps and Bounds Services ($)
www.leapsandboundsservices.com
11181 Yonge Street, Unit 317, Richmond Hill, Ontario
905-508-6543
deeanna@leapsandboundsservices.com
Region: Ontario
Eligibility: Program specific
Referral: Parent/Guardian, Other
Services: Leaps and Bounds offers a wide variety of services including A.B.A/I.B.I, Therapeutic Day Programs, Direct Instruction, Behaviour Management, Social Skills Training, Play Skills Training, Parent Training Programs and Community Support.

Scott Children and Youth Services ($)
www.scottcys.ca
Based out of Mississauga, Ontario
647-225-6119
info@scottcys.ca
Region: Peel, Halton
Eligibility: Program specific
Referral: Parent/Guardian, Other
Services: A.B.A/I.B.I Therapy, Occupational Therapy, Behaviour Management, Speech Language Therapy and Family Outreach services are all available. Services are offered at home or at various locations within the Peel region.
**Contact Log**

Some families find it helpful to keep a record of the communication they have had with various agencies and service providers concerning their child and his or her development. This Contact Log can be a useful tool.

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