

Resource Directory for Children and Youth with Down Syndrome Peel-Halton

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.dsao.ca

3163 Winston Churchill Blvd, Mississauga, Ontario

905-439-6644

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

Down Syndrome 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 Partum 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 postpartum 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.peeearlyyears.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

**50 Burnhamthorpe Road West, #300, Mississauga, Ontario
905-275-5332**

Helpline: 1-800-563-2642

info@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

Referral: Physician referral required, in addition to completed Vision/Eye Report. Referral form and Vision/Eye Report available on the ErinoakKids website. Intake services can be contacted by health professionals, parents/guardians, others.

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

<http://erinoakkids.ca/Services/Services/Auditory-Verbal-Therapy-and-American-Sign-Language.aspx>

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

<http://erinoakkids.ca/Services/Services/Speech-and-Language-Therapy.aspx>

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.

Supports children on supplemental oxygen.

Leaps and Bounds Services (\$)

www.leapsandboundsservices.com

11181 Yonge Street, Unit 317, Richmond Hill, Ontario

905-508-6543

deanna@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** and the **Halton District School Board**, 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

Halton District School Board: www.hdsb.ca

Halton District School Board Special Education Student Services: 905-631-6120

Peel District School Board: www.peelschools.org

Peel District School Board Special Education Support Services: 905-890-1099 ext. 2345

See the **Halton Catholic District School Board (www.hcdsb.org)**, the **Dufferin-Peel Catholic District School Board (www.dpcdsb.org)**, the **Conseil Scolaire Viamonde Sud Ouest (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 (\$) 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 2:30pm-8:00pm and Saturdays from 9:00am-5:00pm.

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

deanna@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

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

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

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

Registered Disability Savings Plan (Government of Ontario)

www.cra-arc.gc.ca/rdsp/

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

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>

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

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

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)

http://www.health.gov.on.ca/en/public/programs/adp/adp_fm.aspx

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

https://www.haltondownsyndrome.com/files/6614/6453/8081/Support_Bursary_Guidelines_final.pdf

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.

Halton

Burlington: www.burlington.ca
Halton Hills: www.haltonhills.ca
Milton: www.milton.ca
Oakville: www.oakville.ca

Peel

Brampton: www.brampton.ca
Caledon: www.caledon.ca
Mississauga: www.mississauga.ca
Peel Inclusive Recreation Guide:
http://www.hollandbloorview.ca/Assets/website/documents/Client%20and%20family%20resources%20documents/Online%20family%20resource%20centre/Fun/peel_inclusive_recreation_guide.pdf

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 1st 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.mississaugacanoecub.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.

<http://www.reachfortherainbow.ca/camp-listing-info/program-camps-a-counsellors>.

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 (\$)

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.

<http://www.reachfortherainbow.ca/camp-listing-info/program-camps-a-counsellors>.

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

<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 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

caslpo@caslpo.com

College of Psychologists of Ontario (\$)

www.cpo.on.ca

110 Eglinton Ave W, Suite 500, Toronto, Ontario

1-800-489-8388

cpo@cpo.on.ca

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

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

deanna@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.scotteys.ca

Based out of Mississauga, Ontario

647-225-6119

info@scotteys.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.

