HWDSB

What's Next?

A Guide to

Community Supports

and Opportunities

for Post-Secondary







"What's Next?" Resource Guide

For many parents, the question "What Next?" looms heavy as their child approaches graduation from high school and begins transitioning into post-secondary life. It can be a daunting task to figure out what programs are available for their child. This Quick Reference Guide to post-secondary life may be able to make that challenge a little easier for you.

The Guide provides a list of services available to you and your child, as they approach, enter, and reside in post-secondary life. The Guide offers an overview and contacts for

- Community Services
- Continuing Education Opportunities
- Employment Services
- Recreation and Leisure Organizations
- Transportation Services.

Many programs require referrals from *Contact Hamilton* (if under the age of 18) and *Developmental Services Ontario – DSO* (if 18 or older). It is strongly recommended you contact these agencies to learn how to register and what they can offer your child. Not all programs listed require referrals. Make sure to ask when investigating programs.

Also, many programs have "wait-lists", so the sooner you can make contact and touch base, the greater the opportunity the programs that interest you may be available upon your child's graduation.

Although the Guide is provided to assist with learning about post-secondary options, it is only part of the transitioning partnership between HWDSB, yourself, and your child. At your child's school, a Transition Team will work with you to help create the most appropriate pathway for your child. Together, we can best prepare your child for postsecondary life.

Questions, comments or to provide any additional programs that are not currently listed, please contact: Dianne Parr, Manager of Communication Services at 905-527-5092 ext. 2435 or by <a href="mailto:emailt



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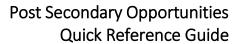
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	Co	ommunity Services	
Name of Organization	Location / Mailing Address	Contact	Description
Accessibility for Ontarians with Disabilities	Ministry of Government and Consumer Services 900 Bay St. 6th Floor, Mowat Block Toronto ON M7A 1L2	Phone: (416) 212-2665 Toll-free: 1-844-286-8404 Toll-free TTY/Teletypewriter: 1-844-403-5904	The Ontario Public Service Accessible Customer Service policy outlines the Ontario Government's responsibilities and legal obligations for providing accessible customer service to persons with disabilities.
Accessibility Hamilton	Hamilton City Hall 71 Main St. W. Ancaster 300 Wilson St. E. Dundas 60 Main St. Flamborough 163 Dundas St. E. Glanbrook 4280 Binbrook Rd. Stoney Creek 777 Highway No. 8	Phone: (905)-546-2489 TTY: 1-800-855-0511 accessibility.equity@hamilton.ca	The City is committed to providing customer service to persons with disabilities by implementing the following policies: Assistive devices policy Communication policy Service animals policy Support persons for person with disabilities policy
Assistive Devices Program	Ministry of Health and Long- Term Care 5700 Yonge St. 7 th Floor Toronto, ON M2M 4K5	Phone: (416) 327-8804 Toll-free: 1-800-268-6021 TDD/TTY: 1-800-387-5559 adp@ontario.ca	The objective of the Assistive Devices Program (ADP) is to provide consumer centred support and funding to Ontario residents who have long-term physical disabilities and to provide access to personalized assistive devices appropriate for the individual's basic needs.



	Community Services			
Name of Organization	Location / Mailing Address	Contact	Description	
The Asperger Society of Canada	3219 Yonge St. Suite 231 Toronto, ON M4N 3S1	Phone: (416) 651-4037 Toll-Free: 1-844-535-4037 info@aspergers.ca	Provide educational information and support to individuals with Asperger Syndrome, their families, educators, medical and mental health professionals, employers, government agencies and the community, to enable individuals with Asperger Syndrome to realize their potential as fully contributing members of their community.	
The Autism Society of Ontario	1179 King St. W. Suite 004 Toronto, ON M6K 3C5	Phone: (416) 246-9592 Toll-Free: 1-800-472-7789	The leading source of information and referral on autism and one of the largest collective voices representing the autism community. Members are connected through a volunteer network of Chapters throughout the Province of Ontario.	
Best Buddies	907-1243 Islington Ave. Toronto, ON M8X 1Y9	Phone: (416) 531-0003 Toll-Free: 1-888-779-0061 info@bestbuddies.ca	The program gives people with intellectual disabilities the chance to have experiences which most people take for granted – going for coffee, out to a movie, or simply enjoying the company of a good friend. Students are matched with people with intellectual disabilities who share similar interests. The "Buddy Pairs" call each other weekly and get together approximately twice a month.	
Bethesda Adult Services	4-140 King St. E. Hamilton, ON L8N 1B2	Phone: (905) 297-5604 Toll-Free: 1-877-376-4674	Bethesda offers a broad range of relevant services to adults with special needs in a professional and caring manner.	



	Community Services			
Name of Organization	Location / Mailing Address	Contact	Description	
Bob Rumball Centre for the Deaf	2395 Bayview Ave. Toronto, ON M2L 1A2	Phone: (416) 449-9651 TTY: 416-449-2728 fundraising@bobrumball.org	Provides opportunities for a higher quality of life for Deaf people while preserving and promoting their language and culture.	
Brain Injury Services	225 King William St. Suite 508 Hamilton, ON L8R 1B1	Phone: (905) 523-8852 info.news@braininjuryservices.com	Provide a full range of rehabilitation programs and services for individuals living with the effects of a brain injury.	
Canadian Association of Speech-Language Pathologists and Audiologists	3080 Yonge St. Suite 5060 Box 71 Toronto, ON M4N 3N1	Phone: (416) 975-5347 Toll-Free: 800-993-9459 <u>caslpo@caslpo.com</u>	This user-friendly tool provides details about <i>registered</i> Audiologists and Speech-Language Pathologists in Ontario, including if a member is allowed to practice in Ontario & any restrictions to practice; practice history; and business contact information.	
Canadian Council on Rehabilitation and Work	477 Mount Pleasant Rd. Suite 105 Toronto, ON M4S 2L9	Toll-Free: 1-800-664-0925	Helps persons with disabilities find a job or career. Helps employers hire individuals with disabilities. Helps companies support employees with disabilities.	
Canadian Hearing Society	271 Spadina Rd. Toronto, ON M5R 2V3	Phone: (416) 928-2500 Phone Toll-Free: 1-877-347-3427 TTY Toll-Free: 1-877-216-7310 info@chs.ca	Leading provider of services, products, and information that remove barriers to communication, advance hearing health, and promote equity for people who are culturally Deaf, oral deaf, deafened and hard of hearing	
Canadian Mental Health Association	131 John St. S. Hamilton, ON L8N 2C3	Phone: (905) 521-0090 info@cmhahamilton.ca	CMHA Hamilton Branch is a non-profit community mental health agency which provides services to adults with severe mental illness.	



	Community Services			
Name of Organization	Location / Mailing Address	Contact	Description	
Canadian National Institute for the Blind (CNIB)	115 Parkdale Ave. S. Hamilton, ON L8K 6K4	Phone: (905) 528-8555 Toll-Free: 1-800-563-2642 <u>info@cnib.ca</u>	Provides community-based support, knowledge and a national voice to ensure Canadians who are blind or partially sighted have the confidence, skills and opportunities to participate in life fully.	
Catholic Family Services	201-447 Main St. E. Hamilton, ON L8N 1K1	Phone: (905) 527-3823 intake@cfshw.com	Multi-service agency offering services to anyone in need regardless of faith, race, ethnicity, economic status, sexual orientation, gender, age, physical and	
	LOIN INI	mtake@cishw.com	intellectual ability.	
CHOICES	59 Kirby Ave. Dundas, ON L9H 6P3	Phone: (905) 628-6147, Ext. 221	Support and assist people with developmental disabilities to pursue opportunities to participate in their community actively. CHOICES offers a broad range of community supports which include assisted housing, vocational and life-skills training, respite, volunteer opportunities and community integration activities.	
<u>Christian Horizons</u> Hamilton	225 King William St. Hamilton, ON L8R 1B1	Phone: (519) 650-3241 chwestinfo@christian-	Services provided: Community Participation Supports Employment Supports Respite	
	FOU 1PT	horizons.org	Supported Independent Living Community Residences	
Community Care Access Centre (CCAC)	211 Pritchard Rd. Unit 1 Hamilton ON L8J 0G5	Phone: (905) 523-8600	Provides services that connect you with health-care providers and services to help manage a health problem or find the right support in the community.	



	Community Services			
Name of Organization	Location / Mailing Address	Contact	Description	
Community Living Hamilton (C.L.H.)	191 York Blvd. Hamilton, ON L8R 1Y6	Phone: (905) 528-0281 info@clham.com	Not-for-profit organization and registered charity that offers a full range of services to people with special needs	
Contact Hamilton	140 King St. E. Suite 4 Hamilton, ON L8N 1B2	Phone: (905) 570-8888 info@contacthamilton.ca	Helps children, youth and their guardians find services for children and young people who have social, emotional, behavioural, psychiatric and developmental concerns AND are under the age of 18 AND live in the City of Hamilton.	
Crossfire Assembly: Adult Community Support Program	458 King St. W. Hamilton, ON L8P 1B7	Phone: (905) 525-8894, Ext. 105	Offers community-based programming for individuals with developmental disabilities within the Hamilton-Wentworth area. Classroom settings provide opportunities to establish or enhance essential life skills. Recreational activities to assist in providing an active, healthy lifestyle.	
<u>Developmental Services</u> <u>Ontario (DSO) –</u> <u>Hamilton-Niagara Region</u>	140 King St. E. Suite 4 Hamilton, ON L8N 1B2	Toll-Free: 1-877-DSO-HNR4 (1-877-376-4674) <u>info@dsohnr.ca</u>	Link to services for adults with developmental disabilities. Providing information, help in applying for services and making referrals	
<u>Disability Information</u> <u>Services Program (DISP)</u>	Third floor of the Hamilton Central Library 55 York Blvd. Box 2700 Hamilton, ON L8N 4E4	Phone: (905) 546-3200, Ext. 3205 <u>DISH@hpl.ca</u>	Disability Information Service Program staff provide free, confidential information and customize answers to your inquiries about a broad range of issues relating to disability and life in the community.	



Community Services			
Name of Organization	Location / Mailing Address	Contact	Description
Down Syndrome Association of Hamilton	26-1/2 Hatt St. Dundas, ON L9H 2E8	Phone: (905) 682-4141 contactus@dsah.ca	Provides support for parents and families, information to the community and professionals, and encourages development and support for community programs.
<u>Dundas Community</u> <u>Services</u>	Grafton Square 2 King St. W. Suite 3A Dundas ON L9H 6Z1	Phone: (905) 627-5461 dcs@dundascommunityservices.on.ca	Supports individuals, families, seniors and persons with disabilities through a wide range of programs, services and information.
Easter Seals Ontario	2265 Oxford St. W. Unit 1 Burlington, ON N6K 4P1	Phone: (289) 208-1040 ssmith@easterseals.org	Provides programs and services to children and youth with physical disabilities across Ontario to help them achieve greater independence, accessibility and integration. Visit Easter Seals Kids at School.
Educators of the Gifted Organization	286 Betty Ann Dr. North York, ON M2R 1B1	Phone: (416) 226-2332 Cell: (416) 824-4883 <u>mail@edgo.ca</u>	Provides a forum for the exchange of ideas, activities, learning opportunities, information, resources, and networking possibilities to those involved with gifted and other highly able students.
The Hamilton Family Network	22 Leeming St. Hamilton, ON L8L 5T3	Phone: (905) 526-7190	Parent-to-parent organization offering advocacy, training and planning to create an inclusive community.
Hamilton Fetal Alcohol Syndrome Community Initiative	447 Main St. E. Suite 201 Hamilton, ON L8N 1K1	Phone: (905) 527-3823, Ext. 279 <u>fasd@cfshw.com</u>	Fostering interdependence and interrelationships within the community which promotes a humanistic and inclusive environment for individuals with FASD and their families and caregivers.



	Co	ommunity Services	
Name of Organization	Location / Mailing Address	Contact	Description
Hamilton Kiwanis Adult Day Program	47 Ottawa St. S. Hamilton, ON L8K 2C9	Phone: (905) 549-2815 connie@kboysandgirlsclub.com	Program supporting adults 18 years of age with a valid Ontario Health Card and older adults with varying physical and cognitive impairments.
<u>L'Arche Hamilton</u>	664 Main St. E. Hamilton, ON L8M 1K2	Phone: (905) 312-0162 office@larchehamilton.org	Provides care for adults with a developmental disability in a community-based setting. Residential supports and a small creative workshop called "Creative Hands" where people are encouraged to participate in creative activities.
<u>Learning Disabilities</u> <u>Association of Ontario</u>	365 Evans Ave. Suite 202 Toronto, ON M8Z 1K2	Phone: (416) 929-4311 <u>resource@LDAO.ca</u>	Offers many resources, services, information, venues and products designed to help people with LDs and ADHD, as well as parents, teachers, and other professionals.
	20 Emerald St. N. Unit 309 Hamilton, ON L8L 8A4	Phone: (905) 527-6653	
March of Dimes	Jason's House 66 West 28th St. Hamilton, ON L9C 5A6	Phone: (905) 388-0674	A community-based rehabilitation and advocacy charity for people with physical disabilities. Our goal is to enhance the independence and community participation of people with physical disabilities every day through a wide range of programs and services.
	1550 Upper James St. Unit 3C Hamilton, ON L9B 2L6	Phone: (905) 522-2253	wide range of programs and services.



	Community Services			
Name of Organization	Location / Mailing Address	Contact	Description	
Ministry of Children's and Youth Services	119 King St. W. Hamilton, ON L8P 4Y7	Phone: (905) 521-7280 Toll-Free: 1-866-221-2229 TTY: (905) 546-8276 mcsinfo@mcys.gov.on.ca	Some children and youth may need extra supports because they have challenges or delays in their physical, intellectual, emotional, social, language or behavioural development. Ontario aims to connect children and youth to the services they need as early as possible, and improve the service experience for families.	
Ontario Disability Support Program / ODSP Employment Services	119 King St. W. 2 nd Floor Hamilton, ON L8P 4Y7	Phone: (905) 521-7280	Employment Counselling, placement and support for those who qualify.	
Passport Funding	140 King St. E. Suite 4 Hamilton, ON L8N 1B2	Toll-Free: 1-866-288-9659 passport@contacthamilton.ca	The program provides funding for activities that encourage a participant's personal development and help participants achieve their potential. Agency assists the individual or family to implement a personalized plan. This program is an initiative of the Ministry of Community and Social Services.	
The Potential Programme	533 Main St. E. Hamilton, ON L8M 1H9	Phone: (905) 528-8476 office.hamilton@autismontario.com	Designed to directly support families of children with Autism Spectrum Disorder by connecting families with ASD experts through workshops and event. The Potential Programme provides social learning opportunities, community events, and parent support, groups	



	Community Services			
Name of Organization	Location / Mailing Address	Contact	Description	
The "Red Book" of Hamilton (Inform Hamilton)	55 York Blvd. Hamilton, ON L8N 4E4	Phone: (905) 528-8127	Connects people with the services and resources they need. We gather, organize, and share information about community and government services in Hamilton	
Rygeil Supports for Community Living	220 Cranbrook Dr. Hamilton, ON L9C 5V7	Phone: (905) 525-4311 <u>info@rygiel.ca</u>	Supports individuals in our community who have a developmental disability as well as having other disabilities. Providing full-time residential services, respite services and some day supports.	
Salvation Army Lawson Ministries Strive Program: Adult Day Services	533 Main St. E. Hamilton, ON L8M 1H9	Phone: (905) 527-6212, Ext. 236 justindewaard@lawsonministries.org	The program provides community-based supports to adults with developmental disabilities. All services and supports are individualized based on each person's particular interests and goals and are geared to increase a person's independence in all areas of life.	
Service Ontario Photo Card	Any Service Ontario location	Phone: (416) 326-1234 Toll-free: 1-800-267-8097 TTY: (416) 325-3408	An Ontario Photo Card is a wallet-sized card that provides government-issued identification to those Ontarians who do not have a driver's licence, making it easier for them to do things such as open a bank account and perform any other activities that require official identification.	
Special Services at Home (SSAH)	119 King St. W. Hamilton, ON L8P 4Y7	Phone: (905) 521-7280 Toll-Free: 1-866-221-2229 TTY: (905) 546-8276	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.	



Community Services			
Name of Organization	Location / Mailing Address	Contact	Description
Woodview Mental Health and Autism Services	69 Flatt Rd. Burlington, ON L7P 0T3	Phone: (905) 689-4727	Woodview offers a broad spectrum of services for children and youth facing mental health challenges and for those diagnosed with Autism Spectrum Disorder (ASD). We work in partnership with families, who play an integral role in our services. We work with schools and social service agencies to support these individuals and their families.
Youth Wellness Centre	St. Joseph's Healthcare 38 James St. S. 2nd Floor Hamilton, ON L8P 4W6	Phone: (905) 522-1155 ext. 31725 <u>YWCIntake@stjoes.ca</u>	St. Joseph's Healthcare Hamilton's Youth Wellness Centre is a safe environment for young people age 17 to 25 to receive expert care for mental health and addiction issues.
YWCA Hamilton Adult Residential Group Homes	75 MacNab St. S. Hamilton, ON L8P 3C1	Phone: (905) 522-9922	All residences provide 24-hour support and supervision to adults with a Developmental Disability who have differing levels of independence. This home environment provides residents with the opportunity to further develop activities of daily living skills, social/communication skills, with an emphasis on social inclusion and community participation.
YWCA Hamilton Community Support Program	75 MacNab St. S. Hamilton, ON L8P 3C1	Phone: (905) 522-9922	Assists adults in their home who are dealing with a developmental disability. Supports provided are based on individualized needs in all areas of daily living skills.







	Continuing Education / Life Skills			
Name of Organization	Location / Mailing Address	Contact	Description	
CHOICES - Westfield Day Program	459 Ofield Rd. S. RR 2 Dundas, ON L9H 5E2	Phone: (905) 628-1685 mshedden@choicesgroup.org	Westfield Day Program is located in Flamborough and provides meaningful day supports to adults with developmental disabilities who are 18 years of age or older. Westfield is a large program that focuses on skill building, pre-employment opportunities and literacy skills.	
Christian Horizons – Community Participation Supports	1001 Rymal Rd. E. Unit 14, Hamilton ON	Phone: (905) 388-4195 chwestinfo@christian-horizons.org	Christian Horizons Community Participation Supports offer opportunities for adults over 18 to engage in skills development, community involvement, employment, volunteer opportunities and recreational activities.	
Dundas Learning Centre and Civitan Place (The)	15 Baldwin St. Dundas, ON L9H 1A5	Phone: (905) 627-2678 dundaslearning@hotmail.com	Provides a community-based day program of educational and life skills for adults with developmental disabilities.	
George Brown College: Literacy and Basic Skills Program for DHH Adults	St. James Campus 200 King St. E. Toronto, ON M5A 3W8	Phone: (416) 415-5000, ext. 2958 TTY: (416) 415-2651	Only college-based Literacy and Basic Skills program of its kind in Toronto, with all courses taught in American Sign Language (ASL). The program is for Deaf and hard-of-hearing students who want to upgrade their English, ASL, math and computer skills for success in further education, training or employment.	



	Continuing Education / Life Skills			
Name of Organization	Location / Mailing Address	Contact	Description	
HWDSB Continuing Education – Essential Skills Upgrading Program	CCE Red Hill Learning Centre 300 Albright Rd. Hamilton, ON L8K 5J4	Phone: (905) 561-2190 cce@hwdsb.on.ca	The Essential Skills Upgrading Program is a skills development program in communication (reading, writing and speaking) and numeracy at a pre-high school level. Its purpose is to help adults with developmental disabilities, attain their goals related to further training, employment, or independence.	
McMaster University – Student Accessibility Services	Student Centre (MUSC) Basement, Room B107 1280 Main St. W. Hamilton, ON L8S 4S4	Phone: (905) 525-9140, Ext. 28652 sas@mcmaster.ca	Student Accessibility Services (SAS) supports students who have a disability or disorder, such as a learning disability, ADHD, mental health disability, chronic medical condition, sensory such as blindness, Deaf or hard of hearing, neurological or mobility limitation.	
Mohawk College: "Career Pathways" Program	135 Fennell Ave. W. Hamilton, ON L9C 0E5	Phone: (905) 575-1212	This program helps students develop career-relevant skills and strengths for future employment and college pathways	
Mohawk College: "CICE Program" - Community Integration through Co- operative Education	135 Fennell Ave. W. Hamilton, ON L9C 0E5	Phone: (905) 575-1212	Provides students who have intellectual disabilities and other significant learning challenges the opportunity to pursue a postsecondary education, develop skills to help prepare for employment, and experience college life	
Mohawk College: "Mechanical Techniques" Certificates Programs	481 Barton St. E Stoney Creek, ON L8E 2L7	Phone: (905) 575-1212, Ext. 5000	Program introduces a spectrum of skilled trades that can lead to specialist programs in a broad range of industries (welding, plumbing, cabinetry, etc.)	



	Continuing Education / Life Skills			
Name of Organization	Location / Mailing Address	Contact	Description	
Salvation Army: D.A.R.E and Learning for Life 533 Main St. E. Hamilton, ON L8N 1E3 Phone: (Hamilton, ON	Phone: (905) 527-6212	D.A.R.E: Determined Adults Reading and Education provides individualised lessons for the students on a one-on-one basis. Skills acquired through lessons range from reading and math to computers and spelling.	
		Learning for Life: to assist young adults with developmental disabilities with the transition from high school into the community through education, support and the creation of opportunities.		
			Adult Day: Program provides community-based supports to adults with developmental disabilities. The focus is on Skills and Education, Recreation, Volunteering and Employment.	
Salvation Army: Strive Program - Adult Day & Adult Autism Services	533 Main St. E. Hamilton, ON L8N 1E3	Phone: (905) 527-6212, Ext. 236 justindewaard@lawsonministries.org	Adult Autism: The centre offers a myriad of options including 1:1 literacy and computer skills programming, indoor mini-gym, rooftop garden, art classes. Music programs, Snoezelen Room, teaching kitchen, café, and several multipurpose spaces. Essential social skills training is knitted into each service that is offered.	



Employment Supports			
Name of Organization	Location / Mailing Address	Contact	Description
<u>Ableworks</u>	No address available	Phone: (905) 941-5645 j.gorman@ableworks.ca	A FREE job posting website and service that helps businesses in Hamilton, Niagara, Brant, Haldimand and Norfolk regions recruit, hire and train the right candidate who happens to have a disability.
The Amity Goodwill Group	225 King William St. Hamilton, ON L8R 1B1 1050 Upper Gage Ave. Hamilton, ON L8V 5B7	King William Location: Phone: (905) 526-8482, Ext. 2307 Upper Gage Location: Phone: (905) 526-8488, Ext. 1307	Employment Counselling and placement services including Job Coaching for up to 3 years
Community Living Hamilton – Employment Access	191 York Blvd. Hamilton, ON L8R 1Y6	Toll-Free: 1-877-376-4674 info@clham.com	Community Living Hamilton is dedicated to supporting people with disabilities to attain their employment goals. Individuals participating in Employment Services gain work experience, develop job skills and become an active participant in the community.
Employment Hamilton	67 & 77 Victoria Ave. S. Hamilton, ON L8N 2S8	Phone: (905) 522-4902 info@employmenthamilton.com	Employment agency to support job searching for all ages.



	Em	ployment Supports	
Name of Organization	Location / Mailing Address	Contact	Description
Mohawk College: Employment Resource Centre	Fennell Campus - Room J137 135 Fennell Ave. W. Hamilton, ON L9C E05 Lower East Hamilton 211 Centennial Pkwy. N. Hamilton, ON L8E 1H8	Phone: (905) 575 2177	Free community resource. Open to anyone looking for work, whether full-time, part-time or just for the summer.
Ontario Disability Support Program / ODSP Employment Services	119 King St. W. 3 rd Floor Hamilton, ON L8P 4Y7	Phone: (905) 521-7280 Toll-Free: 1-800-561-0369 TDD/TTY: (905) 546-8276	Services and supports to help clients with disabilities find and keep a job, and advance their careers.
Path Employment Services	31 King St. E. Suite 100 Hamilton, ON L8N 1A1	Phone: (905) 528-6611	Agency dedicated to finding employment for individuals with disabilities.
Salvation Army: Lawson Ministries - STRIVE Employment Support Program	533 Main St. E. Hamilton, ON L8M 1H9	(905) 527-6212 matthewwadlin@lawsonministries.org theresaspeers@lawsonministries.org	STRIVE Employment Services provides tailored employment services to adults with developmental disabilities who are eligible for the Ontario Disability Support Program (ODSP) Employment Supports program.
YWCA Hamilton	75 MacNab St. S. Hamilton, ON L8P 3C1	Phone: (905) 522-9922	Employment Support Services help low-income, marginalized groups and individuals to overcome barriers to employment. Specialized training, assistance and services are available for women, youth and newcomers.



Recreation and Leisure			
Name of Organization	Location / Mailing Address	Contact	Description
Access 2 Entertainment	Easter Seals Canada 40 Holly St. Suite 401 Toronto, ON M4S 3C3	Phone: (416) 932-8382 Toll-Free: 1-877-376-6362 access2card@easterseals.ca	Access 2 Entertainment seeks to offer more opportunities for people with disabilities to participate in recreational activities with an attendant, without added financial burden. By presenting the card along with a piece of ID (not required for cardholders who are minors), their attendant will receive a free ticket.
Bethesda Adult Community Services	3280 Schmon Pkwy. Thorold, ON L2V 4Y6	Phone: (905) 684-6918	Offers a variety of additional day supports including day activities, recreation and leisure, drama and music therapy.
Blossom Club	220 Cranbrook Dr. Hamilton, ON L9C 5V7	Phone: (905) 525-4311 <u>info@rygiel.ca</u>	Fitness and wellness centre for women with disabilities who are residents of one of Rygiel's group homes.
Brain Injury Services	225 King William St. Suite 508 Hamilton, ON L8R 1B1	Phone: (905) 523-8852 info.news@braininjuryservices.com	The agency has residential homes, an outreach service, and a recreation program.
Canadian Association for Disabled Skiing (CADS Ontario)	145 Dew St. King City, ON L7B 1L1	Phone: (647) 280-1307 ski@disabledskiingontario.com	Promotion of skiing for persons with disabilities to enable full integration into society.
Catholic Youth Organization (C.Y.O.)	5999 Chippewa Rd. Mount Hope, ON LOR 1W0	Phone: (905) 528-0011	Provides a variety of recreational services for physically or developmentally disabled children, teens and families.



	Re	creation and Leisure	
Name of Organization	Location / Mailing Address	Contact	Description
<u>Christian Horizons –</u> Community Participation	225 King William St. Hamilton, ON	Phone: (905) 527-6762	Offers opportunities to engage in skills development, community involvement,
Supports	L8R 1B1	chwestinfo@christian-horizons.org	employment, volunteer opportunities and recreational activities.
<u>City of Hamilton -</u> <u>Adapted Programs</u>	Hamilton City Hall 71 Main St. W. Hamilton, ON L8P 4Y5	Phone: (905) 546-2489 accessiblerec@hamilton.ca	The City of Hamilton is committed to ensuring the rights of individuals with disabilities and with special needs. Adapted recreation is available at many centres through the use of activity modifications and assistive technology. Equitable access will be provided to support persons and individuals with assisted devices or animals.
Club Gain	47 Ottawa St. S. Hamilton, ON	Phone: (905) 730-5564 <u>clubgain2013@gmail.com</u>	Dance and social nights held for people with developmental disabilities.
Community Living Hamilton: In the Know & On the Go - Adults	191 York Blvd. Hamilton, ON L8R 1Y6	Phone: (905) 528-0281 <u>info@clham.com</u>	Fee for Service program that offers a variety of social activities for adults with developmental delays.
Community Living Hamilton: Templemead Respite	191 York Blvd. Hamilton, ON L8R 1Y6	Phone: (905) 528-0281 <u>info@clham.com</u>	Designed for adults who live with caregivers. Located on the East Mountain, bookings are available every weekend for guests to enjoy staff supported time away in a small group setting.
Down Syndrome Association of Hamilton: Teen Connections & Cooking Classes	26-1/2 Hatt St. Dundas, ON L9H 2E8	Phone: (905) 628-4141 contactus@dsah.ca	These recreational programs are designed for teens ages 16 to 21 who have special needs and can participate semi-independently.



	Re	creation and Leisure	
Name of Organization	Location / Mailing Address	Contact	Description
Extend-A-Family	293 Wellington St. N. Suite 127 Hamilton, ON L8L 8E7	Phone: (905) 383-2885 <u>eaf@execulink.com</u>	Offers programs that provide respite, opportunities for fun and friendship with peers, as well as volunteers in the community.
Hamilton Challenger Baseball Association	558 Upper Gage Ave. Unit 2 Suite 245 Hamilton, ON L8V 4J6	Phone: (905) 521-5141 hcba.president@gmail.com	Challenger Baseball is a sport for players with special needs. Participation in our league can provide players with the opportunity to develop and improve endurance, coordination, and skills, such as sportsmanship and fair-play, at recreational or competitive levels of involvement.
Hamilton District Sledge Hockey Association	Chedoke Twin Pad Arena 91 Chedmac Dr. Hamilton, ON L9C 7R5	Phone: (905) 388-8176 fjackson@cogeco.ca	Offers recreational and competitive Sledge Hockey.
<u>Hamilton Kiwanis</u> <u>Adult Day Program</u>	45 Ellis Ave. Hamilton, ON L8H 4L8	Phone: (905) 549-2814 info@kboysandgirlsclub.com	Provides a regularly planned "day out" for seniors and adults with various cognitive and physical impairments living within the City of Hamilton.
<u>Hamilton School of</u> <u>Martial Arts</u>	1085 Barton St. E. Hamilton, ON L8L 3E2	Phone: (905) 544-9788 <u>hsma1@hsma1.com</u>	Offers a variety of study programs in Hamilton for those interested in studying the arts of Sport Jiu-Jitsu, Junior & Kid's Jiu-Jitsu, Judo, Brazilian Jiu-Jitsu & Submission Grappling, Fitness Kickboxing, Kickboxing, or pursuing a professional or amateur career in Mixed Martial Arts (MMA), and for individuals of all ages to develop self-defense skills and fitness.



Recreation and Leisure				
Name of Organization	Location / Mailing Address	Contact	Description	
Immanuel Christian Reformed Church - Friendship Group	61 Mohawk Rd. W. Hamilton, ON L9C 1V9	Phone: (905) 385-0662 office@immanuelministries.ca	Friendship group for the developmentally challenged and those with cognitive impairments.	
Jackson Therapeutic Recreation	1063 King St. W. Suite 153 Hamilton, ON L8S 4S3	Toll-Free: 1-888-684-7729 questions@jacksonservices.ca	A day program that comes to you. Helps those with barriers and challenges get involved in meaningful and productive recreational activities to improve their quality of life through 1:1 therapeutic activity programs.	
McMaster University - Pulse Fitness Centre: Strive for Health	David Braley Athletic Centre 1280 Main St. W. Hamilton, ON L8S 4E8	Phone: (905) 525-9140, Ext. 27644 <u>thepulse@mcmaster.ca</u>	This program is a 10-week fitness, health and wellness program for adults with developmental disabilities.	
Ontario Track 3 Ski Association for the Disabled	61 Advance Rd. Unit 4 Etobicoke, ON M8Z 2S6	Phone: (416) 233-3872 Toll-Free: 1-877-308-7225	Ontario Track 3 delivers adaptive ski and snowboard programs that are designed for kids and youth (aged 6-19) with disabilities.	
Physical Activity Centre of Excellence (PACE) MacWheelers Exercise Program	Ivor Wynne Centre 1280 Main St. W. Rm A204 Hamilton, ON L8S 4L8	Phone: (905) 525-9140, Ext. 24877 macwheelers@mcmaster.ca	An adapted exercise and wellness program, providing inclusive and accessible opportunities for those living with spinal cord injuries and other neurological impairments	
Salvation Army Lawson Ministries — Paparella Innovative Art Program	533 Main St. E. Hamilton, ON L8M 1H9	Phone: (905) 527-6212 kamilamiszelska@lawsonministries.org	The program provides a range of multi- faceted sensory stimulation while exposing the students to a wide variety of media. The art production is focused on technique compounded with free exploration.	



Recreation and Leisure				
Name of Organization	Location / Mailing Address	Contact	Description	
Salvation Army Lawson Ministries - Strive Program: Adult Day Services	533 Main St. E. Hamilton, ON L8M 1H9	Phone: (905) 527-6212, Ext. 236 justindewaard@lawsonministries.org	The program provides community-based supports to adults with developmental disabilities. The focus is on Skills and Education, Recreation, Volunteering and Employment.	
Special Olympics Ontario Hamilton	65 Overlea Blvd. Suite 200 Toronto, ON M4H 1P1	Phone: (416) 447-8326 Toll-free: 1-888-333-5515 Hamilton.Coordinator@specialolympic sontario.ca	Special Olympics Ontario - Hamilton is dedicated for people with an intellectual disability, but it provides athletes with far more than just the physical benefits of sport. With the opportunities to excel and have fun come the benefits of improved health and self-image. For many athletes, participating in Special Olympics Ontario - Hamilton is a path to healthy living, empowerment, acceptance and friendship.	
Stoney Creek Disabled Sports Association	Orchard Park Secondary School 200 DeWitt Rd. Stoney Creek, ON L8E 4M5	Phone: (905) 945-5843	Offers sporting and social activities for children with physical or mental challenges.	
T.E.A.D. Equestrian Association for the Disabled	8360 Leeming Rd. E. RR#3 Mount Hope, ON LOR 1W0	Phone: (905) 679-8323, Ext. 222 info@tead.on.ca	A charitable organization that provides therapeutic horseback riding instruction to people with physical and emotional disabilities	
YWCA Hamilton Community Access Services	75 MacNab St. S. Hamilton, ON L8P 3C1	Phone: (905) 522-9922, Ext. 119 jelson@ywcahamilton.org	The Community Access Services division of the YWCA Hamilton Developmental Services provides a variety of therapeutic recreational/leisure day programs for adults with developmental disabilities over the age of 18 years.	





Recreation and Leisure				
Name of Organization	Location / Mailing Address	Contact	Description	
YWCA Hamilton Y'Art Program	75 MacNab St. S. Hamilton, ON L8P 3C1	Phone: (905) 522-9922, Ext. 119 jelson@ywcahamilton.org	This day program is offered for younger adults with a developmental disability, focusing on self-expression and creativity through various art mediums. Y'Art enhances communication, growth and community awareness skills.	



Camps / Out of Town Day Programs				
Name of Organization	Location / Mailing Address	Contact	Description	
Adult Outdoor Opportunity Program (City of Burlington)	1996 Itabashi Way Burlington, ON L7M 4J8	Phone: (905) 332-1996, Ext. 6437 cob@burlington.ca	Ages 22+: O2+ runs out of an outdoor pool and will keep you active and entertained while enjoying the fresh air. Participants have the opportunity to go off-site and visit different locations around Burlington. The program also features daily swimming and a weekly trip.	
BCM International (Canada) Inc. Handi*Camp Ages	Mill Stream Bible Retreat Centre 880 Old Mill Rd. Omemee, ON	Phone: (905) 549-9810 Toll-Free: 1-877-272-9262 mission@bcmintl.ca	Ages 9 to 19: A camp primarily for teens with a physical disability who are independent and are working at approximate age and academic levels.	
Belwood Lodge and Camp	322 Third St. Belwood, ON NOB 1J0	Phone: (519) 843-1211 info@belwoodlodgeandcamp.com	A residential summer camp dedicated to meeting the summer recreational needs of children, youth and adults with intellectual challenges.	
Blooming Acres	2446 Snow Valley Rd. RR#3 Minesing, ON LOL 1Y3	Phone: (705) 733-8785 info@bloomingacres.com	Ages 15- adult: A short or long-term residential community for children, teenagers and adults diagnosed with multiple and complex special needs. We accommodate individuals with disorders such as Autism, Asperger's Syndrome, PDD, Cognitive and Developmental Disabilities, Tourette Syndrome, ADHD, Learning Disabilities, OCD, FASD, and Mood and Anxiety Disorders.	



Camps / Out of Town Day Programs				
Name of Organization	Location / Mailing Address	Contact	Description	
Camp Awakening	150 Eglinton Ave. E. Suite 403 Toronto, ON M4P 1E8	Phone: (416) 487-8400	Ages 9-24: Summer camp programs that give youth with physical disabilities, who are independent, the opportunity to increase independence, make lasting friendships, develop confidence and accomplish things they never thought possible.	
<u>Camp Brebeuf</u>	8434 Brébeuf Path Rockwood, ON NOB 2KO	Phone: (519) 856-4671	Ages 6 to 17: Run by Catholic Youth Organization (CYO). Outdoor Education program during the fall, winter and spring and on weekends offering retreat programming.	
<u>Camp Kennebec</u>	1422 Cox Rd. Arden, ON KOH 1B0	Phone: (613) 335-2114 info@campkennebec.com	Ages 6+: Summer camp for kids and teens with special needs, learning disabilities, and developmental delays including autism, Asperger's, ADHD, ADD, Down Syndrome, OCD, brain injury, anxiety, social skill and other challenges	
<u>Camp Kodiak</u>	Winter Office 4069 Pheasant Run Mississauga, ON L5L 2C2 Summer Office General Delivery McKellar, ON POG 1C0	Winter Office Phone: (905) 569-7595 Toll-Free: (877) 569-7595 Summer Office Phone: (705) 389-1910 info@campkodiak.com	Age 6-18 yrs: A unique, integrated, non-competitive program for children & teens with & without ADHD, LD, and high-functioning autism spectrum disorder.	
Camp Marydale	5999 Chippewa Rd. Mount Hope ON LOR 1W0	Phone: (905) 528-0011 cyooffice@cyo.on.ca	Offers a variety of summer programs for kids and youth of all ages.	



Camps / Out of Town Day Programs			
Name of Organization	Location / Mailing Address	Contact	Description
Camp Prospect	110-24 Dunlop St. E. Barrie, ON	Phone: (705) 716-9231	Ages 6+: Camp Prospect runs three camps every year for children and adults with special needs. Each camp week is
	L4M 1A3	sarah@campprospect.com	open to campers of all ages with varying special needs.
<u>Camp Shalom</u>	1985 Beke Rd. R.R. #4 Cambridge, ON N1R 5S5	Phone: (519) 623-4860 Toll-free: 1-888-226-7722	Ages 10+: For the last 45 years, Camp Shalom has been teaching kids and adults who have special needs about Jesus Christ in a fun and safe environment.
Camp Winston	55 Eglinton Ave. E. Suite 312 Toronto, ON M4P 1G8 Summer Camp 1147 Riverlane Private Kilworthy, ON	Toronto Office Phone: (416) 487-6229 Camp Office Phone: (705) 689-9096	Ages 15 to 17: Provides inspiring recreational opportunities for kids with complex neurological disorders (ASD, ADHD, Tourette's Disorder, Learning Disabilities, OCD (Oppositional Defiant Disorder), who need highly specialized
	POE 1GO	Priorie: (705) 689-9096	support.
CNIB Lake Joseph Centre	4 Joe Finley Way MacTier, ON	Phone: (705) 375-2630 Toll-Free: 1-877-748-4028	Located in the Muskoka region, providing a unique blend of recreation and vision rehabilitation in a safe,
	POC 1HO	<u>lakejoe@cnib.ca</u>	inclusive environment where guide dogs are welcome.
Community Living	15041 9 th Line	Phone: (905) 640-6432	Weekly camp for all ages with
<u>Toronto</u> <u>Shadow Lake</u>	Stouffville, ON L4A 3E4	shadowlake.office@cltoronto.ca	intellectual disabilities. Runs June through August



Camps / Out of Town Day Programs				
Name of Organization	Location / Mailing Address	Contact	Description	
<u>Dragon Fly Lodge</u>	Rockwood, ON Directions are provided to rental applicants once approved.	Phone: (905) 528-0281, Ext. 250	Offers both staff-supported vacations for adult clients of Community Living Hamilton as well as rentals for the general public. Operated in partnership with the Catholic Youth Organization and Community Living Hamilton to provide respite recreation to parents and caregivers with a family member who has a disability.	
Easter Seals Residential Camp	Merrywood Camp 741 Port Elmsley Rd. Perth, ON K7H 3C7 Camp Woodeden 2311 Oxford St. W. London, ON N6K 4P1	Merrywood Camp: Phone: (613) 267-1244 camp@easterseals.org Camp Woodeden Phone: (519) 471-6640 camp@easterseals.org	Ages 13 to 22: Offers a variety of camping themes and experiences: Leaders-In-Training Individual Camps Sports Camps Out-Tripping Adventure Camp Family Camp	
Heartfit Farm Holidays	Heartfit Respite Inc. 1398 Frankford Rd. RR#2 Quinte West, ON KOK 2CO	Phone: (613) 968-2428	A working farm that supports individuals, 18 years plus, with developmental disabilities.	



Camps / Out of Town Day Programs				
Name of Organization	Location / Mailing Address	Contact	Description	
Kinark Outdoor Center	Box 730 Minden, ON KOM 2KO Outdoor Centre 1766 Queen's Line Rd. Minden Hills, ON	Phone: (705) 286-3555 Toll-Free: 1-800-805-8252 info@koc.on.ca	Operates a three-season camping facility with a core mandate to deliver a menu of enhanced respite programs for children with autism and their families and to support these programs through the delivery of outdoor recreation and community building fee for service programs.	
Ontario March of Dimes Summer Recreation Program Geneva Park	10 Overlea Blvd. Toronto, ON M4H 1A4	Phone: (416) 425-3463 Toll-free: 1-800-263-3463 recreation@marchofdimes.ca	Helps individuals with physical disabilities overcome barriers to recreational opportunities. Whether you are looking for a week long adventure or would like to meet new friends, March of Dimes Recreation & Integration Services can open the doors to participation and take you where you want to go.	
Outdoor Opportunity Program (City of Burlington)	1996 Itabashi Way Burlington, ON L7M 4J8	Phone: (905) 332-1996, Ext. 6437 cob@burlington.ca	Ages 13 to 21: O2 is an outdoor program for teens and young adults with disabilities. Meet new friends while participating in daily swimming activities, weekly trips, sports, crafts and events with special guests. Program participants make use of the outdoor pool, green space, and event space.	
<u>Pioneer Camp</u>	942 Clearwater Lake Rd. Port Sydney, ON POB 1LO	Toll-Free: 1-800-361-2267 or 1-705-385-2370 kbeaven@pioneercamp.ca	Ages 5 to 17: Christian Camp that helps children and youth grow spiritually, mentally, socially and physically in a funfilled and safe place of adventure and challenge.	



Camps / Out of Town Day Programs				
Name of Organization	Location / Mailing Address	Contact	Description	
Recreational Respite	PO Box 716 Thornbury, ON NOH 2P0	Phone: (905) 813-0336 Toll Free: 1-877-855-7070 info@recrespite.com	One to one or group-based therapeutic recreation for children, youth, adults and older adults with cognitive, developmental, physical or mental health needs.	
YWCA - Summer Crew	75 MacNab St. S. Hamilton, ON L8P 3C1	Phone: (905) 522-9922 x 178 cchesson@ywcahamilton.org	For young adults with developmental disabilities 18-21. SUMMER C.R.E.W is a fun and structured recreation-based program that fosters opportunities for new experiences through community involvement with support that helps develop social skills and relationships. There will also be a focus on utilizing resources of YWCA Hamilton and the City of Hamilton. Supports are provided by professional, qualified staff who can meet developmental, recreational, and individual needs of participants.	



Transportation				
Organization	Address	Contact	Description	
Accessible Transportation Services	ATS P.O. Box 340 Mount Hope, ON LOR 1W0	Phone: (905) 529-1212 <u>ats@hamilton.ca</u>	Intended for persons with physical or functional disabilities or health conditions who are unable to access fixed-route public transit.	
<u>Canadian Red Cross</u> <u>Society</u>	400 King St. E. Hamilton, ON L8N 1C3	Phone: (905) 522-8485	Provides transportation for the frail, elderly and disabled in the community. The service is for those unable to use public transportation or private means. They provide reliable transportation to and from medical appointments and rehabilitation programs.	
Community Access to Transportation	533 Main St. E. Hamilton, ON L8M 1H9	Phone: (905) 527-6212, Ext. 242 MichelleMartin@lawsonministries.org	Teaches people who use developmental services in Hamilton to ride the bus independently.	
<u>DARTS</u>	235 Birch Ave. Hamilton, ON L8L 0B7	Phone: (905) 529-1717 info@dartstransit.com	Accessible transportation services. Door-to-door transportation service.	
<u>Dundas Community</u> <u>Services</u>	2 King St. W. Suite 3A Dundas, ON L9H 6Z1	Phone: (905) 627-5461 dcs@dundascommunityservices.on.ca	Comprehensive service provides seniors and people with disabilities, with volunteer assisted transportation.	
Taxi Scrip Program	2200 Upper James St. P.O. Box 340 Mount Hope, ON LOR 1W0	Phone: (905) 529-1212 ats@hamilton.ca	Taxi Scrip is a discount taxi fare program for City of Hamilton residents. Registered users get a 40% discount with local taxi companies. Eligibility for Taxi Scrip is determined using the same eligibility criteria as DARTS and is offered in conjunction with DARTS service.	