Ottawa Directory of ASD Services:

For Children and Adults with Autism Spectrum Disorder

December 2024

\*Please e-mail Debbie Barbesin at [Debbie.barbesin@gmail.com](mailto:Debbie.barbesin@gmail.com) with any updates. When requesting an addition, please provide a suggestion of the section(s) the information should be added to.

Note: The following information is **not** an endorsement of a particular treatment, agency, service or specific professional**. I would advise anyone to carefully examine the services and qualifications of the agencies or service providers prior to making a decision.** As of July 1 2024, the Ontario Autism Program (OAP) will only accept Registered Behaviour Analysts (R.B.A. Ont.) to supervise ABA programs. Please check out the website from the College of Psychologists and Behaviour Analysts Ontario <https://cpbao.ca/aba/> to view qualified providers and [www.accessoap.ca](http://www.accessoap.ca) for a list of services that are covered by this funding.

Revision History

|  |  |
| --- | --- |
| **Date** | **Updates** |
| December 2024 | * Removed Revision History prior to 2020 * Updated OAP information (AccessOAP) under *Agencies, Non-profit and Charitable Organizations* * Update to Building Blocks under *Behavioural Consultants* * Added Aspire Academy to *Private Schools* * Added Second Nature Family Health and Wellness Centre under *Behavioural* *Consultants*, *Developmental Consultants, Occupational Therapists, Speech-Language Pathologists, Dietary Information, and Naturopaths* * Removed the section on *Senior Therapists*. See *Behavioural Consultants* instead * Removed a number of entries under Instructor therapists as most are connected to agencies and do not work privately or have inactive email addresses. Added Ottawa Respite Connection to list of workers under *Private Instructor Therapists, Special Needs Workers, Tutors and Agencies supplying Workers* * Changed the listing in the table of contents about Instructor Therapists to *Private Instructor Therapists, Special Needs Workers, Tutors and Agencies supplying Workers* and also removed the names of therapists who are either no longer providing private contractor services or people I am unable to contact under this category * Added a number of groups/activities ready to start in January 2025. See *Upcoming Events* * Removed Genuine Girard from *Health Food Stores* * Removed ABcommunications Speech Therapy from *Behavioural Consultants* and *Speech-Language Pathologists (website no longer found)* * Removed Little Star Wellness from *Physiotherapy* * Removed Ottawa Autism Therapy a division of Terrace Wellness from *Behavioural Consultants* * Removed funding no longer available through PC Financial, the Max Keeping Foundation under *Financial Support and Housing* * Edited or revised a number of listings under *Resources* |
| April 2024 | * Removed Dr. Helmkay from *Psychologists* * Removed JDN Child Center in Perth from *Behavioural Consultants* * Removed Nancy Baker from *Behavioural Consultants* * Updated Building Blocks under *Behavioural Consultants* * Added Horizons Behaviour Consulting to *Behavioural Consultants* * Removed T.I.P.E.S. under *Behavioural Consultants* * Updated OAP information (AccessOAP) under *Agencies, Non-profit and Charitable Organizations* * Added Autism Ontario under *Agencies, Non-profit and Charitable Organizations* * Removed Ausome Ottawa from *Recreational Programs and Activities* |
| March 2024 | * [www.ChildSolutions.ca](http://www.ChildSolutions.ca) * Under Fundamentals Child Behaviour Services |
| February 2024 | * Added Gamache Behaviour Consulting to *Behavioural Consultants* |
| January 2024 | * Added Empowered Academy to *Private Schools* * Removed Dr. Karen Ogston from *Psychologists* |
| December 2023 | * Added Dimensions Centre for Mental Health Supports to *Psychologists* |
| November 2023 | * Added Fundamentals Child Behaviour Services to *Psychologists* and *Behavioural Consultants* * Removed Christine Gougeon from *Behavioural Consultant* |
| March 2023 | * Removed Spring Action Trampoline from *Recreational Programs and Activities* |
| February 2023 | * Removed Behaviour Management Consulting from *Behavioural Consultants* |
| October 2022 | * Added Recreational Respite Inc to *Recreational Programs and Activities* * Added Community Living Ontario to |
| August 2022 | * Added Dr. Julia Ryan to *Psychologists* * Added Glassbox Fitness to *Recreational Programs and Activities* * Added Early Learning ABA to *Life and Social Skills* * Added Kanata Learning Centre *to Preschools* * Updates to Spectrum Intervention Group under *Behavioural Consultants* |
| October 2021 | * Removed Autism support Ottawa list from *Support Resources and Support Groups* * Added Therapeutic Innovations International to *Support Resources and Support Groups* * Updated email address for ABA Connections Inc. and added location in Carleton Place * Added Nicole Jacobs Applied Behaviour Consulting to *Behavioural Consultants* * Added Behaviour Management Consulting to *Behavioural Consultants* * Added CORE Learning Centre, Eliza Heringer, to *Behavioural Consultants* * Added Melissa Reed, SLP to *Speech-Language Pathologist* * Added Shanan Floto, SLP to *Speech-Language Pathologist* * Added Jake’s House to *Agencies, non-profit organizations and charitable organizations* |
| April 2020 | * Added ACT Learning Centre to *Behavioural Consultants, Developmental Consultants, Senior Therapists, Instructor Therapists, Special Needs Workers, Tutors, Agencies Supplying Workers; Speech-Language Pathologists, Occupational Therapists, Physiotherapists* * Deleted CommuniCare under *Developmental Consultants, Speech-Language Pathologists, Occupational Therapists, Physiotherapists* * Updated: Jacquee Glance under *Speech-Language Pathologists* to providing distance learning and tele-practice services * Added: Lori Preshing under *Dietary Issues: DAN doctors, NAET practitioners, Dietary Information* |

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# Introduction

The intention of this document is to serve as a reference of services available in the Ottawa area that may be of interest to families touched by autism spectrum disorder. Much of the information has been taken from recommendations from parents of children with autism spectrum disorder. (CT last updated V1.0)

Please turn on the “Navigation Pane” to help with navigating the document.

This document can be found on Facebook with the group name “Ottawa Directory of ASD Services” whose link is [https://www.facebook.com/groups/348926905313387/.](http://www.facebook.com/groups/348926905313387)

## Where to Start?

The autism journey can be quite daunting at first. Finding information can be difficult. This section contains some links to information that can be helpful when you are first looking for information.

|  |  |  |
| --- | --- | --- |
| **Link** | **Description** | **Comments by CT/DB** |
| <http://www.children.gov.on.ca/htdocs/English/specialneeds/autism/ontario-autism-program.aspx> | From the Ministry’s Website:  TORONTO — Ontario is continuing to listen to families of children with autism and the Autism Advisory Panel. Based on their feedback, the province is expanding the scope of the autism expert panel to provide advice on what a new needs-based and sustainable autism program would look like. To facilitate that work, Ontario is extending existing behaviour plans and continuing to bring children off the waitlist to ensure continuity of service for families.  "My message to families of children and youth with autism is, we have heard you, and we are taking action," said Todd Smith, Minister of Children, Community and Social Services. "Our government is committed to a needs-based program that provides children and youth with the supports they need to thrive. Over the past number of weeks, I have met with service providers and families of children with autism who share a common goal to provide the best possible care and make a positive difference in the lives of children and families living with autism in Ontario."  Today, Minister Smith announced steps Ontario is taking to provide continuity of service while providing the necessary time to design a new needs-based autism program by April 2020.  **New mandate for the Autism Advisory Panel**  The panel has been asked to develop recommendations for a new, needs-based and sustainable Ontario Autism Program with the goal of helping as many children as possible. The panel is examining results from online surveys, telephone town halls and written submissions as well as considering relevant evidence, science and data and will submit its advice by the end of summer.  **Extension of existing behaviour plans**  Families will continue to receive services outlined in their current Ontario Autism Program Behaviour Plan until its end date. Families will then be able to renew their plan for a second six-month extension of up to six months at their current level of intensity, or less where clinically appropriate. There will be no gaps in service.  **Continuing to bring children off the waitlist**  For children not in service, childhood budgets will continue to be issued to families as the province works towards a needs-based program.  As previously announced, Ontario is investing an additional $278 million in the province's autism program, bringing the total amount of funding to $600 million annually.  "I have every confidence that together, we will get this right. It's clear we need to ask the advisory panel to provide us with a broader set of recommendations and advice - and we need to give them the necessary time to do so," said Minister Smith. "In the interim, we will continue services for families, move more children into service and give our experts the time they need to bring forth their considered recommendations. These measures will also bring greater transparency for parents and families across Ontario."  "The advisory panel's expert advice will be critical to ensuring our investments across government, including in Ontario's health care system, promote and advance a truly child-centred approach," said Christine Elliott, Deputy Premier and Minister of Health. "I look forward to receiving their recommendation. In the meantime, we are continuing to listen to families of children and youth with autism and remain fully committed to supporting them through enhanced supports."  The Ministry of Children, Community and Social Services and the Ministry of Education are working closely to better align and integrate services and supports for school-aged children with autism.  "Our government is committed to ensuring Ontario schools are safe and inclusive places for students with autism," said Stephen Lecce, Minister of Education. "We will work tirelessly with Ontario families, educators and school boards to achieve seamless transition for children and enhance school-based supports."  Ontario is transforming the way children and youth with Autism Spectrum Disorder (ASD), and their families, receive services through the Ontario Autism Program (OAP). Families began to enter the OAP in June 2017. The vision of the OAP is to give children and youth with ASD access to the timely and effective services they need to achieve their goals at home, at school, in the community, and as they transition into adulthood. The OAP provides all families of children and youth with ASD with flexible, family-centred services based on each child’s unique needs. | The Ontario Autism Program (OAP) is the latest provincial initiative to assist children and youth with ASD access funding and/or services. It is **very important** that you contact the OAP so that your child or youth can be placed on a waitlist. In Ottawa, here is the contact information:  **Contact the ministry’s Central Intake and Registration Team to register (1-888-444-4530).** Once your registration is complete, your child will be added to the waitlist. Families will receive a letter from the ministry when it is time for them to apply for a Childhood Budget. We encourage families to check at [ontario.ca/autism](http://ontario.ca/autism) for more information. |
| <https://www.scsottawa.on.ca/> | Service Coordination (SCS) is the initial contact for individuals who have a developmental disability or autism in the Ottawa region. We help people find the supports and services in the community that are needed to assist them in their daily lives. One of our important goals is to empower families/individuals to make informed choices about the supports they seek. | Start Here!  You do need an autism diagnosis to be assigned a case worker; however, you can call to ask for general information. They will make sure that you know about all of the government funded programs (i.e. ABA and IBI) you can apply for help and they will help you fill out the paperwork if you want. |
| [autismadvocacyottawa.wordpress.com/roadmap](https://autismadvocacyottawa.wordpress.com/roadmap/) | The Ottawa Autism Roadmap was designed to be a visual tool to help the parents of children who A) suspect autism, or B) have been newly diagnosed.  The Ottawa Autism Roadmap currently exists as a 1 page PDF with clickable links. There is also a 1 page accompanying “Services and Supports” sheet that you use during and after diagnosis.  Please use this road map as you please. Share it with others if you find it useful! Other road maps to help different age groups of people with ASD are in the works. | Concise overview of the government agencies and private service providers involved in the autism community. |
| <https://www.facebook.com/groups/431683703563382/> | A Facebook group called “Autism - Parent Support Group Ottawa(Canada)”.  This is an informal support group for Moms, Dads and families who are dealing with a child or children with Autism on a personal level and needs support, advice or just to know you are not alone.  Please feel free to chat, ask and answer questions, debate and discuss, vent and share successes or setbacks, ideas or great finds and resources. | Parent Support Forum  A great place to ask questions about service provider or for advice on parenting. There are also many posts from parents who need a friendly ear or words of encouragement. |
| <http://www.children.gov.on.ca/htdocs/English/topics/specialneeds/autism/aprk/index.aspx> and select the “kit” tab. | The goals for this Parent Resource Kit are:  1) To increase the understanding of parents and caregivers of children with autism spectrum disorder (ASD) and the range of programs and supports available across Ontario.  2) To increase the capacities of parents and families to support their child’s development by helping them plan for and access needed programs and supports by directing them to useful and credible resources, information, and supports across the province.  3) To provide the above assistance through a parent-centered perspective and help parents know they are not alone, through the voices of other parents, autism service providers, educators, health care providers, researchers, and other professionals. | This document is published by the Ministry of Children and Youth Services and has an abundance of information. There are many links to other resources. |

# Upcoming Events

The Partners for Planning (P4P Planning Network) offers FREE resources designed to empower people with disabilities, families and caregivers to create meaningful lives and secure futures, firmly rooted in community. They have many on-line sessions that may be useful to those who are planning for their children’s future. <http://www.planningnetwork.ca>

**Autism Ontario** offers support and recreational activities in various areas throughout Ontario on a monthly basis. Membership is not required. Please check out their website: <https://www.autismontario.com/> for more information.

**Tamir Ottawa** is offering programs for children 6-16. Please visit their website for more information on their Winter 2025 programs: [www.tamir.ca/childrens-services](http://www.tamir.ca/childrens-services)

**Julia Ryan Psychology** is offering a winter social skills groups for male autistic teenagers. Contact [admin@drjuliaryan.ca](mailto:admin@drjuliaryan.ca) for information or to register

**ACT Learning Centre** is offering a teen neurodiversity group this winter for young people. Please visit their website: [www.actlearningcentre.ca](http://www.actlearningcentre.ca) for more information

**Active Pediatrics** is offering groups for children ages 5-10. Please contact them at: [info@activepediatrics.com](mailto:info@activepediatrics.com) or call 613-315-8663.

**Glassbox Fitness Neuro-InclusiveFit YOUTH** is offering a fitness program for neurodivergent youth ages 12 and up. Please contact [active@glassboxfittness.com](mailto:active@glassboxfittness.com) or call 1-800-451-0356 to register or find out more information

**Hoops with Friends** is a 12-week or drop in basketball activity led by coach Alain Biyong. Pleas email [everydayliving4us@gmail.com](mailto:everydayliving4us@gmail.com) with any questions

**Dunrobin Recreational Social Club for neurodivergent adults** is a recreational program offering different activities each week for 8 or 16 sessions. Choice of Wednesdays and/or Fridays (1:15 - 3:15 p.m). For program eligibility and for more information, please email

[Info@DunrobinCommunity.com](mailto:Info@DunrobinCommunity.com)

# Psychologists

Please note the contact information has not been verified and some of these psychologists have changed practices. Please do a search to verify their information.

### Dr. Patricia Behnkev2.0 613-563-1632

<https://www.deltapsychology.ca/clinicians/dr-patricia-behnke/>

### Dr. James Brazeau, C. Psych.V3.0 [www.drbrazeau.com](http://www.drbrazeau.com) 613- 854-9694

I provide in-depth assessment services and recommendations for children (5+), adolescents, and adults with Autism Spectrum Disorders. In addition I also provide treatment services for children, adolescents, and adults with Autism Spectrum Disorders (ASDs). My practice also focuses on the assessment and treatment of other conditions that frequently co-occur with ASDs such as attention deficit/hyperactivity disorders, learning disabilities, mood & anxiety concerns, as well obsessive compulsive disorders.

Address: 303 - 267 O’Connor St., Ottawa ON K2P 1V3

Phone: 613 854-9694

Email: [jamesbrazeau@me.com](mailto:jamesbrazeau@me.com)

### The Child Adolescent and Family Centre of Ottawa ([www.cafco-ceafo.ca)](http://www.cafco-ceafo.ca)) 613-567-0777

Taken from their website: CAFCO is a bilingual and multidisciplinary group of professionals dedicated to providing a range of health care services for Ottawa families an a very family-friendly and warm environment. Located at 320 Osgoode Street and 1181 Hunt Club Suite 211

​admin@cafco-ceafo.ca

### Dr. Jenny Demarkv2.0 613-222-5098

Fundamentals: Child Behaviour Solutions at 18 Louisa Street, Unit 210 Ottawa

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

**Dimensions Center Inc.**  <https://centre-dimensions.ca/>

Taken from their website: We commit to provide an inclusive and affirming therapeutic environment for all, especially neuro-divergent children, youth, young adults and their families/caregivers.We will strive to better serve children, youth, young adults and their support system by encouraging authentic connections and promote a positive and non-judgemental environment where all will learn and grow.

535 Legget Drive, Kanata, Ontario K2K 3B8, Canada  [(613) 592-3344](tel:6135923344)

### Dr. Gillian Graham, Ph.D., C.Psych.v1.0 613-266-1225

Clinical Psychologist

### David Guth M. Sc., Psychological Associatev2.0 613-858-8872

Member of the College of Psychologists of Ontario

Consultation and diagnostic assessment of youth presenting with behaviour associated with ASD.

### Dr. Yolanda Korneluk [www.quickstartearlyyears.ca](http://www.quickstartearlyyears.ca) 1-844-515-1919

President of QuickStart Early years 555 Legget Dr., Tower B, Suite 534,Ottawa, ON K2K 2X3 (central office)

### Dr. Gerald Muntv2.0 613-233-7108

### Dr. Alex Nounopoulos, C. Psych. (Supervised Practice)V2.0 613- 695-0906

I provide services such as diagnostic assessment, treatment, counseling and parent consultation to individuals between the ages of 2 and 21. Services are available to individuals across the Autism Spectrum (Low and High Functioning, Asperger’s, etc.). Additional expertise in the “structured teaching” model of intervention/learning is available.

I work at Ottawa West Professional Services: 1956 Robertson Road, Suite 202, Ottawa, ON  
Fax: (613) 695-0902; [dr.alexnoun@gmail.com](mailto:dr.alexnoun@gmail.com)

### Dr. Cassandra Pasiak, C.Psych 1-855-779-2347 ext 723

I provide comprehensive assessments of autism spectrum disorder for children (6+), adolescents, and adults.

Address: 600 - 267 O’Connor St., Ottawa ON K2P 1V3

Phone: 1-855-779-2347 ext. 723

Email: [cassandra.pasiak@cfir.ca](mailto:cassandra.pasiak@cfir.ca)

Website: [www.cfir.ca](http://www.cfir.ca)

### Dr. Linda Reinstein, C.Psych.v2.0 [*www.childsolutions.ca*](http://www.childsolutions.ca/) 613-240-9190

18 Louisa Street, Suite 210

Ottawa, ON

Phone: (613) 240-9190

Fax: (613) 695-5097

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

### Dr. Martine RobergeV3.3 613-809-8616

I am a bilingual child psychologist now in private practice that worked at OCTC and CHEO. I have a website ([www.martineroberge.ca)](http://www.martineroberge.ca)).

### Dr. Denise Rousseau <http://www.turningcorners.ca/> 613-321-0642

dr.deniserousseau@gmail.com

### Dr. Julia Ryan [www.drjuliaryan.ca](http://www.drjuliaryan.ca) 613-699-0825

### Dot Scardellette   613-485-8365

I have over 25 years of skills training and experience working with individuals on a wide range of the spectrum.  I have worked in the public school system, serving infant and toddler Child Find (in the states) and school-based intensive treatment programs/self-contained classes.  In the public schools in the states, I worked alongside parents, staff, children and youth to make the transition smoothly from self-contained to inclusion.  Included, not just integrated!  Over the years, I have also worked with many children and youth with a wide variety of unique needs. Email: [dotscard2020@gmail.com](mailto:dotscard2020@gmail.com)

### Dr. Jeff Sherman 613-728-4848

### Dr. Mary Simmering McDonald, C. Psych v2.0 613-228-1174 ext. 48

Centrepointe Professional Services

98 Centrepointe Drive

Ottawa, ON K2G 6B1

Tel: 613-228-1174 ext. 48

Fax: 613-228-2756

### Dr. Faizah Visram, C.Psych. 613-791-7865

# Psychiatrists

### Dr. E. Esmond 613-739-8388

Assessment and consultation by referral.

### Royal Ottawa Mental Health Centre 613-722-6521 ext 7141

Dual Diagnosis Outreach Team. For adults with developmental delay

### Dr. Daniel Doironv2.0 613-737-2155

2211 Riverside Drive, Suite 404

Only sees adults 18 years old and over.

# Social Workers

**Heather Fawcett MSW, RSW** [**hfawcett@emergingminds.ca**](mailto:hfawcett@emergingminds.ca) **613-454-8081**

Counselling for older teens (16+) and adults with ASD and their families.  Heather provides support to individuals and families in understanding ASD, managing anxiety and depression, handling life transitions, navigating relationships, and coordinating supports and services.  She works in partnership with each client to determine the best therapeutic approach.  Fees may be partly covered by insurance under social work or psychology. Heather works at Emerging Minds at the 97 Hinton Ave. N. location

# Behavioural Consultants

### ABA Connections Ottawa [www.abaconnections.ca](http://www.abaconnections.ca) 613-224-8476

ABA Connections is dedicated to providing support and resources to families, professionals, and individuals diagnosed with an Autism Spectrum Disorder (ASD) and other developmental and learning challenges through resources, methods, and services founded on the principles and theories of Applied Behavior Analysis. ABA Connections prides itself in its family-centred approach that strives to make services as accessible as possible for all families. Our services include, but are not limited to, ABA/IBI therapies, assessments, behaviour consultations, social skills programming, family support services, and respite services.

For more information please contact us at 613-224-8476 or [info@abaconnections.ca](mailto:info@abaconnections.ca) or visit our website at [www.abaconnections.ca](http://www.abaconnections.ca).

**Note: also a location in Carleton Place: ABA Connections - Carleton Place, 40 Bennett Street, Unit B Carleton Place, Ontario, 613- 253-7702**

### Applied Behaviour Consulting [www.appliedbehaviourconsulting.com](http://www.appliedbehaviourconsulting.com)

We provide services based upon the child's and family's goals in order to teach the skills that matter most. Applied Behaviour Consulting's Behaviour Analysts will work with caregivers to determine the schedule, goals and services that best suit your family's needs. Goals can include; improving sleep, toilet training, reducing challenging behaviour (aggression, self injurious behaviour, rigidity), increasing communication (vocal speech or using an alternative communication device) as well as overall skill building support. We offer in person services for those living in the Ottawa and surrounding communities, for those who live further away we provide services via [remote video session](https://www.appliedbehaviourconsulting.com/video-sessions). Please contact Nicole Jacobs MPEd, BCBA, Behaviour Analyst at Applied Behaviour Consulting, Office: 613 519 7533 Cell: 1 519 803 6484

### ABA Services OttawaV3.3 [www.abaservicesottawa.com](http://www.abaservicesottawa.com) 613-218-7225

(Main description, see other sections for more services). Anita Stapert, BCBA, Behaviour Consultant and Senior Therapist

[anita@abaservicesottawa.com](mailto:anita@abaservicesottawa.com)

**Supervision of in-home ABA/IBI programs that focus on functional skills and communication.** Programs use Verbal Behaviour and NET, with increasing communication as a consistent goal. Board Certified Behaviour Analyst experienced with learners ages 2-18 for the last 10 years. Able to provide set-up of new goals or a home program as well as observation and training of therapist, training of families, and therapist evaluations.

**Behaviour Consulting to support families.** Programs consist of several goals based on observation using the principles of ABA that help the family function more effectively. Goals will be based on the priorities of families and their immediate needs. Weekly data collection and meetings provide opportunities for training and discussion.

Available to work throughout Ottawa, Gatineau and surrounding areas. Please inquire with any questions. Currently accepting clients.

### ACT Learning Centre [www.actlearningcentre.ca](http://www.actlearningcentre.ca) 343-887-2287

36 Antares Drive

Ottawa, On

K2E 7W5

Contact us at [info@actlearningcentre.ca](mailto:info@actlearningcentre.ca)

ACT Learning Centre provides evidence-based ABA/IBI, speech language pathology, occupational therapy and physiotherapy to children, youth and young adults. ACT is the sister company to CommuniCare Therapy a provider of speech language pathology, occupational therapy, physiotherapy, social work, and registered dietetics in the Ottawa region since 1992. We provide individualized assessment and intervention in both our clinic settings and in clients homes (in both official languages). We are unique in the Ottawa area in that all of our ABA clients receive consultative services (at no additional cost) by our well trained speech language pathologists and occupational therapists to ensure that their ABA programs incorporate individualized SLP and OT goals. We also offer initial individual consults at no charge.

We offer a variety of programs including

* Diagnostic assessments provided in collaboration with a psychologist
* ABA/IBI (Supervised by ACT’s BCBA and senior therapists or ACT’s psychologist)
* Behavioural consultation
* Speech language pathology
* Occupational therapy
* Play Project
* Early Start Denver Model
* Physiotherapy
* Services and supports to address “picky” eating
* Services and supports for Augmentative and Alternative Communication
* Social Skills groups (weekdays and weekends)

Find us on Facebook, Twitter, and Instagram

### ASPENv2.0 [*www.aspenabaservices.com*](http://www.aspenabaservices.com) 613-612-7997

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

**Home-Based ABA Programs﻿**

﻿-﻿﻿​In-home programs supervised and designed by a qualified Senior Therapist. Programs are based on assessment. Programs may also be run in daycares and preschools.

﻿-All programs place emphasis on language development (verbal behaviour), social skills, behaviour management, and academic skills

﻿-Regular supervision, training, and parent meetings are scheduled based on your child's program

-All therapists provided have experience with children with autism, and are trained in ABA techniques

-Programs are offered in French and English

-Flexible hours (evenings and weekends available)

**﻿﻿Parent Support﻿**

﻿﻿﻿-﻿﻿​Free one-hour consultations - a chance to meet to discuss your concerns and work on a plan of action

-On-going family support - Senior Therapists have widely flexible hours to support your family in times of need.

​-Therapist bank, and list of available therapists for respite services

### Building Blocksv3.3 [*ebissonn@magma.ca*](mailto:ebissonn@magma.ca) 613-722-4374

Elaine Bissonnette

Behaviour Consultant

**Who we service:**

* Children and young teens diagnosed with Autism Spectrum Disorder and/or other exceptionalities.
* Children and young teens who demonstrate difficulties in areas of communication, socialization and peer relationships and require a structured environment to learn new coping skills

**What we do**:

* Parent training for home based programming for young children to adolescents diagnosed with Autism Spectrum Disorders (ASD), Asperger’s Syndrome (AS) and other related exceptionalities.

**Social Skills Groups:**

* Early Learner Playgroups (5-6 years old)
* Social Skills Groups (7-10 years old)
* Pre-Teen Social Skills (10-12 years old)
* Groups for young teens dealing with anxiety (10-14 years old)
* UCLA PEERS - An evidence-based parent assisted social skills training intervention for adolescents with Asperger’s and/or other exceptionalities.
* Science Camps (March Break, December Break and Summer Camps)

[www.ebbuildingblocks.com](http://www.ebbuildingblocks.com). Visit our website for more information on the services we offer to families in the Ottawa-Carleton Region.

**PLEASE NOTE: BUILDING BLOCKS WILL NO LONGER BE ACCEPTING REFERRALS AS OF DECEMBER 2024**

### CORE Learning Centre [www.corelearningcentre.com](http://www.corelearningcentre.com)

The CORE Learning Centre is driven by the belief that each child is unique and their therapy should reflect that. From individualized programs, reinforcers and therapist teams - everything we do is centered around providing an inclusive and compassionate environment for all of our clients. Our highly trained team, led by an accredited Board Certified Behaviour Analyst, implements programs using applied behaviour analysis (ABA) techniques to give each client the tools to grow. We offer 1:1 therapy sessions, before & after therapy respite sessions, parent/family sessions and more!

For more information please visit our website at [www.corelearningcentre.com](http://www.corelearningcentre.com) or contact us directly at [admin@corelearningcentre.com](mailto:admin@corelearningcentre.com)

### Emerging Minds V2.0 [*www.emergingminds.ca*](http://www.emergingminds.ca) 613-883-3716

Emerging Minds is an interdisciplinary treatment facility with a focus on helping children, adolescents, adults and families with autism and other neurodevelopmental challenges.  We offer a variety of services and supports, including:

* Diagnostic, Psychological, Psychoeducational and Interdisciplinary Assessments
* Comprehensive Behavioural Intervention Program and Parent Partnership Intervention Program based on the principles of Applied Behavioural Analysis (ABA)
* Kickstart Intervention Program (a no-cost parent coaching and research program for children under 30 months of age)
* Behavioural Consultation
* Speech Therapy
* Occupational Therapy
* Psychiatric Consultation

For more information, please visit our website www.emergingminds.ca or contact the individuals listed below:

Jennifer Mackintosh at 613-833-3716 or jennifer@emergingminds.ca

* Assessment and diagnostic services for children, youth and adults
* Psychological therapy for children, youth and adults
* Intervention programs for children with ASD, including our Comprehensive Intervention Program, our Parent Partnership Intervention Program and the Kickstart Intervention Program
* Behaviour Consultation for children, youth, adults and their families

Debbie Ladisa at 613-728-3808 or debbie@emergingminds.ca

* Occupational therapy
* Booking and appointments for individuals accepted into the Kickstart Intervention Program
* Psychiatry consultation (for clients being served by other clinicians at Emerging Minds)

For speech and language therapy: please contact the individuals listed on our website at

http://emergingminds.ca/services/speech-therapy/

For family support, please contact the individuals listed on our website at

http://emergingminds.ca/services/family-support/

**Fundamentals Child Behaviour Solutions** [**https://www.childsolutions.ca/index.html**](https://www.childsolutions.ca/index.html)

**(see also Psychologists)**

Living with children with behavioural or learning difficulties can leave parents feeling frustrated, worried, and confused… We are here to help and to reassure you that you are not alone. Our mission is to improve the quality of life of children and families.  
Our associates - child psychologists, behaviour analysts, and behaviour therapists - can assess your children, provide diagnoses, and develop practical behavioural therapy programs to deal with a wide-range of exceptional behaviours.

We work together with Ottawa area families to create tailored assessment and treatment options to help children achieve their full potential.

### Gamache Behaviour Consulting <https://www.gamacheaba.com/> Tel: 613-897-1718

At Gamache Behaviour Consulting and we offer in-home ABA services to families across Ottawa. Please feel free to check out our website Gamache Behaviour Consulting has Board Certified Behaviour Analysts (BCBA) and is an official provider on the Ontario Autism Provider list for Applied Behaviour Analysis (ABA), serving the greater Ottawa area. We cater to children with autism, developmental disabilities, ADHD, anxiety and more.

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

**Horizons Behaviour Consulting** [**https://horizonsbehaviourconsulting.com/**](https://horizonsbehaviourconsulting.com/) Tel: **613-820-1919**

Taken from their website:

Our mission is to support your family with a combination of professional ABA therapy and genuine empathy, utilizing proven behaviour strategies to foster your child’s development. This may consist of teaching them skills related to effective communication, healthy social connections, academic achievements, emotional regulation, independence, joy and fulfillment, and community inclusion. Our goal is to create meaningful learning experiences for your child within different environments. We strive to cultivate a supportive and inclusive atmosphere where every individual can thrive, regardless of their background or challenges they may face.

**Ontario Autism Program Providers** [**https://www.oapproviderlist.ca/**](https://www.oapproviderlist.ca/)

A list for finding OAP approved providers

### The Portia Learning CentreV1.0 [*www.portialearning.com*](http://www.portialearning.com/) Central Ottawa: 613-221-9777 Kanata: 613-591-9966

(Main description, see other sections for more services)

Services for individuals of all ages with autism spectrum disorder, developmental delays and related disorders

The Portia Learning Centre uses an inter-disciplinary approach in providing intensive behavior intervention / applied behaviour analysis for the treatment of autism, developmental delays and disorders. We have centres in Ottawa, Kanata and Durham (Whitby – Toronto) and provide worldwide consultative services.

We believe that every individual can reach his or her full potential by learning through motivation. The key focus of our ABA program is finding what is fun for the learner and using that activity to teach each new skill. Our comprehensive early intervention program teaches the core elements of socialization, communication, play skill, academic skill and many other skills necessary to succeed in school and the community. Parent involvement is the cornerstone of our program and involves increasing interaction with your child as well as learning important techniques to maximize learning in the home and the community and ensure generalization. Parents are provided with hands on training in the home, opportunities to observe live sessions, participate in workshops and attend monthly progress meetings. Working together with parents, educators and professionals in all areas of the child’s life we continuously strive to enable a better future for our children. Our comprehensive treatment program follows a developmental curriculum for children of all ages starting at 6 months. Skills are assessed and a curriculum is developed with a focus on communication (conversation, joint attention, requesting, etc.) as well as other skill areas including; socialization, visual skills, academics, etc.

Our team includes Behaviour Analysts (Senior Therapists), Therapists, Speech and Language Pathologists, Occupational Therapists and Psychologists. We employ a continuous improvement model for both ourselves and the Learner’s programs; where required, incremental changes to a program are made on a daily basis. These changes are always based upon sound evidence based practices and leading research principles.

For more information, please contact info@portialearning.com.

**Second Nature Family Health & Wellness Centre** [**www.secondnaturefamily.com**](http://www.secondnaturefamily.com) **613-247-7900**

Second Nature Family Health & Wellness Centre

Second Nature, as a multidisciplinary clinic, prides itself in supporting and celebrating neurodiversity. Our practitioners, including Behavioural Consultants, have a strong background in providing behavioural guidance which is child-centred and family-focused. Second Nature supports  a number of mental health diagnoses such as ADD/AHD, ASD, ODD, anxiety, depression, disordered eating, trauma, and more.

### Spectrum Intervention Group [*www.spectrumig.com*](http://www.spectrumig.com) 613-723-0606

(Main description, see other sections for more services)

30 Camelot Drive

Contact us at: [info@spectrumig.com](mailto:info@spectrumig.com) or 613-723-0606 or visit our website at: [www.spectrumig.com](http://www.spectrumig.com). Find us on FaceBook.

Spectrum Intervention Group has been providing evidence-based ABA/IBI programs since 2003. We are a parent-founded charity whose primary objective is to provide individualized programming using ABA principles and procedures to learners aged 2-21, in order to increase their cognitive, language and social abilities in the home, school and community. ABA programs that take into account Skinner's analysis of verbal behaviour (commonly referred to as "VB programs"), are at the core of Spectrum's programs. Our knowledgeable and well-trained staff develop and provide individualized programs based on each learner's needs.

**Our Senior Clinical Staff:**

Lynne Thibodeau, R.B.A. (Ont.), BCBA, M.Ed, Clinical Director

Kristen Copeland, R.B.A. (Ont.)BCBA, MA, Clinical Supervisor/Senior Therapist

Jackie Shore, Supervised Clinical Lead

Emily Collins, Supervised Clinical Lead, Assistant to Clinical Director

Debbie Barbesin, R.B.A (Ont.) BCBA, M.ADS, Supervised Clinical Lead

Tasha Koekkoek, R.B.A. (Ont.) BCBA, M.Ed, Supervised Clinical Lead

Katya McGee R.B.A. (Ont) BCBA, M.Ped

Our Senior clinical staff supervises a dedicated team of instructor therapists.

**We offer a variety of individual and group services including the following**:

**1:1 programs:**

* All programs are supervised by a Board Certified Behaviour Analyst (BCBA).
* Centre or home-based 1:1 (minimum of three ½ days per week)
* Programs are individualized to each learner after an assessment.
* Assessment tools include: ABLLS-R, VB-MAPP, Assessment of Functional Living Skills (AFLS)
* Targeted skills include: Language (receptive and expressive), social, behavioural, academic, play, and school-readiness, and adaptive skills.
* Daily data is collected and analyzed.
* We also offer consultative services, and parent training. Please contact us for additional information.

**Group programs: (note – all are offered based on availability of appropriate peer matches):**

* All programs are supervised by an R.B.A. (Ont) (Registered Behaviour Analyst), (BCBA).
* Groups are offered from 1 to 5 times per week.
* ***There are a variety of groups that may be suitable for your child or young adult. Please contact Spectrum directly for information on the types of programs they offer or visit their website***.

Services we provide:

-Assessing individuals using the VB-MAPP, ABLLS or AFLS

-Assisting families in finding appropriate therapists

-Provide training and oversight to the therapists

-Designing individualized programs to increase functional and socially significant social, language and adaptive behaviours

-Designing individualized programs to decrease problem or interfering behaviour

-Ensure accurate data collection for each program

-Analyzing the data to ensure programs are meeting established goals and adjusting programs accordingly

-Collaborate with other professionals (Occupational Therapists, Speech Language Therapists, Psychologists, representatives from the school board)

-Parent training

-Ontario Autism Program providers (OAP)

-School Readiness Skills groups

For more information about our services, visit our website www.spectrumig.com or please contact us at 613-723-0606 or info@spectrumig.com.

**\*\*If you have a need for a particular service, but do not see it listed, please feel free to contact us at** [**info@spectrumig.com**](mailto:info@spectrumig.com)**, or by telephone at 613-723-0606 for more information.\*\***

### Success in StepsV4.0 <http://www.successinsteps.ca>

My name is Sylvia Corzato and I’m a parent consultant with Success in Steps.

I provide parents with effective strategies to help them overcome their child's challenges and behaviours. The strategies that I help families implement are completely personalized for their needs and situation. Areas that I assist in includes behaviour and emotional challenges, understanding the function to why your child is misbehaving, increase independent daily living skills, tackling potty training challenges/ potty training service, increase compliance and independence along with transforming family relationships through improved organization and balance, to name a few. I have over 16 years of experience working with children and their families, particularly families with children on the autism spectrum.

My profile and experience can be viewed in more details at [www.successinsteps.ca](http://www.successinsteps.ca) or <https://ca.linkedin.com/in/sylvia-corzato-b30548110> .

Our goal at Success in Steps is to provide families with small adjustments to make big changes. By providing the parents with the tools and support, they will be able to experience the joy their children can bring them when their time and energy is not spent on trying to cope with negative or less desirable situations.

Services are offered in the comfort of the family's own home or via phone/Skype consultation, parents are able to select the options that best suits their needs.

# Developmental Consultants

### ACT Learning Centre [www.actlearningcentre.ca](http://www.actlearningcentre.ca) 343-887-2287

We provide early intervention services (Early Start Denver Model, Play Project), speech language pathology, occupational therapy, physiotherapy, consultation for augmentative and alternative communication and DIR/Floortime.

### Connecting EarlyV2.0 [rachael@connectingearly.com](mailto:rachael@connectingearly.com) 613-805-0373

Rachael Riethman is certified through the MIND Institute, University of California, as a trainer and provider in Early Start Denver Model (ESDM) intervention for children with autism. She provides a range of services, including parent coaching, in-home therapy, and program consultation, for families with children with autism, or infants and toddlers displaying signs of autism. Rachael has experience with children as young as 6 months old.

‘The aim of ESDM is to increase the rates of the development in all domains for children with ASD as it simultaneously aims to decrease the symptoms of autism.  In particular, this intervention focuses on boosting children’s social-emotional, cognitive, and language, as development in these domains is particularly affected by autism.  ESDM also uses a data based approach and empirically supported teaching practices that have been found effective from research in applied behavior analysis. ESDM fuses behavioral, relationship-based, and a developmental, play-based approach into an integrated whole that is completely individualized and yet standardized.’ (Taken from www.ucdmc.ucdavis.edu/mindinstitute/research/esdm/)

### Kathleen Rooney Therapeutic EducationV3.3        [*kathleen@kathleenrooney.ca*](mailto:kathleen@kathleenrooney.ca)                               613-789-1212

473 Besserer Street, Ottawa ON  K1N 6C2

Kathleen Rooney M.Spec.Ed, B.MusTherapy, OCT, MTA, Sensory Integration Therapist

Kathleen specializes in Sensory Processing issues.  She takes a neurodevelopmental approach to teaching children with special needs in the areas of cognition, language, social, fine and gross motor, motivation, organization and attention.   She works one-on-one with clients in her Sandy Hill studio and does private in-home consultations.

Kathleen has presented educational workshops to thousands of parents and teachers over the past 24 years.  Some of these workshops are available online at her website [www.kathleenrooney.ca](http://www.kathleenrooney.ca/).

She has developed and implemented numerous programs for young children, teens, and young adults with special needs.

**Second Nature Family Health & Wellness Centre** [**www.secondnaturefamily.com**](http://www.secondnaturefamily.com) **613-247-7900**

Second Nature Family Health & Wellness Centre's qualified professionals are equipped with knowledge of child and adolescent development. Please see listing under Behavioural Consultants for more information or call (613) 247-7900 or [admin@secondnaturefamily.com](mailto:admin@secondnaturefamily.com) or visit our website at [secondnaturefamily.com](http://secondnaturefamily.com)

# Private Instructor Therapists, Special Needs Workers, Tutors, Agencies Supplying Workers

### Service Coordination 613-748-1788

The Worker Bank is designed to assist families who are in need of [respite](http://www.scsottawa.on.ca/SITE/English/Respite.htm) and / or developmental programming (for their child with a physical disability, developmental disability or autism or an adult with a developmental disability or autism) by connecting them with workers.  To access the Worker Bank, families must be receiving funding from one of the following programs:

·       [Special Services at Home (SSAH)](http://www.cfcs.gov.on.ca/mcss/english/resources/directives/ssah_policychange.htm)

·       [Assistance for Children with Severe Disabilities (ACSD)](http://www.children.gov.on.ca/mcys/english/programs/needs/index.asp)

·       [Passport](http://www.cfcs.gov.on.ca/mcss/english/pillars/developmental/programs/young_leave_school)

·       Autism Spectrum Disorder (ASD) Initiative

It is important to appreciate that the worker is an independent contractor who is employed by and paid by the family. To help families and workers find the right match some of the following criteria are considered: geographic location, skills, interest, availability and gender.

It is also important to note that the Worker Bank is not a placement agency. It is a referral source available for families.

### Family Harmonies Familiales [*fhf@rogers.com*](mailto:fhf@rogers.com)

Angèle Jodouin, DSW  613-302-5943 and Melodie Grealy-Fredette, DSW 613-315-5943

**H**armonization and **E**mpowerment through a **L**iving **P**lan

**Harmonization - Interaction Facilitation**

As an alternative to continual intervention, our approach to problem-solving, improving communication and interactions in all facets of life, Harmonization services are offered to families with and without special needs, in the Ottawa area.

Our goal is to provide a functional plan that is specific to their needs, which can be tailored and adapted over time – while teaching the families the skills to apply these changes.   We teach that structuring choices into real life situations is easy and fun**.**

We believe that teamwork, communication, strong support systems and fun are crucial to resolving dissonances that arise.

Think of a piece of music. The notes work together to form beautiful melodies and harmonies. (teamwork)

There must be definite key and time signatures as well as a structure for the piece to sound good to our ear. (strong support systems)

The musicians who are performing the piece must stay in constant communication, especially if they are improvising. (communication)

Everyone involved in a successful performance will be uplifted and cheerful. (fun)

We serve as accompanists. You provide the lead and we support it.

### Christine SindingV3.3 crsinding@gmail.com 613-295-2122

Tutoring for Academic, Social and Developmental Needs.

Specialized Training in Montessori AMS/ MACAR (Montessori Applied to Children at Risk), Sequential English Education (a structural-linguistic approach to teaching language) and ABA (Applied Behavior Analysis). I also support students in DBT (Dialectic Behaviour Therapy).

 Tutoring that supports students to achieve academically, develop self-confidence and recognize their personal strengths. Taking a multi-sensory and structured approach to learning, students are gently guided towards individualized academic/ social and/ or developmental goals. Additionally, students are supported to feel successful in learning and materials are tailored to individual student needs, based on the Ontario Elementary and Secondary school curriculum as well as programs such as Jump Math, Montessori, Primary Phonics and others which break down concepts in order to maximize learning. Areas of focus include reading comprehension, the development of phonemic awareness, math as well as support and development of executive functioning and self-regulation

### HRSDC (Human Resources Development Canada) [*www.jobbank.gc.ca*](http://www.jobbank.gc.ca) 613-993-9911

A free student job-bank available to potential employees. The phone number for the HRDC job bank is 613-993-9911.

### Carleton University [*career@carleton.ca*](mailto:career@carleton.ca) 613-520-6611

There is an online form: [www.carleton.ca/career](http://www.carleton.ca/career). Click on left side and go to employer, from there go to job postings and follow the instructions. You can use this service to recruit candidates to work with your children.

### Algonquin College [*www.algonquincollege.com*](http://www.algonquincollege.com) 613-727-4723 ext. 7171

You go to employer services and follow the links for new employers

**Ottawa Respite Connection** [**https://www.facebook.com/groups/Ottawarespiteconnection/**](https://www.facebook.com/groups/Ottawarespiteconnection/)

A Facebook group that connects workers to people requiring respite

### University of Ottawa

This service will distribute job postings campus-wide and it is free. Contact: Employment Team / Équipe emploi

Service des carrières de l'Université d'Ottawa

Career Services of the University of Ottawa

Service d'appui au succès scolaire - Student Academic Success Service (SASS)

Tel: (613) 562-5800 ext 4381

Fax: (613) 562-5154

job@uOttawa.ca

www.carrieres.uottawa.ca - [www.careers.uottawa.ca](http://www.careers.uottawa.ca)

# Agencies, Non-Profit Organizations and Charitable OrganizationsV2.0

The purpose of this section is to inform readers about the existence of the organizations listed. Due to the difficulty of keeping the specific information up-to-date I have removed some of the details previously contained herein such as phone numbers. Please refer to organization website for information (CT - Version 2.0 update).

### ABA Connections Ottawa

For description and contact information, refer to the sectionBehavioural Consultants**.**

### AccessOAP

[AccessOAP](http://www.accessoap.ca/) is the Ontario Autism Program’s Independent Intake Organization that supports everyone registered in the Ontario Autism Program. AccessOAP care coordinators are available to:

* answer your questions
* help you understand your service options
* help you access needs-based services and supports in your community

### Ontario Autism Program-Eastern Region

The Ontario Autism Program (OAP) is the latest provincial initiative to assist children and youth with ASD access funding and/or services. It is **very important** that you contact the OAP so that your child or youth can be placed on a waitlist. In Ottawa, here is the contact information:

**Contact the ministry’s Central Intake and Registration Team to register (1-888-444-4530).** Once your registration is complete, your child will be added to the waitlist. Families will receive a letter from the ministry when it is time for them to apply for a Childhood Budget. We encourage families to check at [ontario.ca/autism](http://ontario.ca/autism) for more information.

Please note there have been several revisions to the OAP and wait lists are still the standard. Until there are definitive changes to the program or whether it stays as is for now, the links to these documents listed below are still valid. There are updated announcements, and government news releases so take that into consideration. The following is taken directly from the Ministry website <http://www.children.gov.on.ca/htdocs/English/specialneeds/autism/ontario-autism-program.aspx> :

The [OAP Guidelines](http://www.children.gov.on.ca/htdocs/English/professionals/specialneeds/autism/oap-guidelines/toc.aspx) provide operational guidance for autism service providers and set expectations for the delivery of the OAP across the province. The OAP Guidelines will continue to evolve as we work with families, clinical experts and stakeholders to improve how the OAP is delivered. The OAP Guidelines have been updated as of **January 15, 2018**.

The [OAP Clinical Framework](http://www.children.gov.on.ca/htdocs/English/professionals/specialneeds/autism/oap-clinical-framework-2017/index.aspx) was developed by the Autism Spectrum Disorder Clinical Expert Committee and is used, along with the OAP Guidelines, to guide clinicians who work with families to assess their child’s needs, and plan their behavioural services. The framework also helps families understand how their child’s needs are assessed, how behavioural intervention services are planned, how their child’s progress is reviewed, how transition planning is undertaken, and how their family is involved in these processes.

The [OAP Information Sheet](http://www.children.gov.on.ca/htdocs/English/professionals/specialneeds/autism/oap_information_sheet.aspx) is a new document that provides families with information about the program and what service options are available to them. Families will receive this document from their Family Support Worker (title may differ across regional providers) to help make informed decisions about their service options.

The [Family Guide to OAP Clinical Teams](http://www.children.gov.on.ca/htdocs/English/professionals/specialneeds/autism/family_guide-OAP_clinical_teams.aspx) is a new document to help families understand the roles, responsibilities and qualifications of OAP clinical team members.

In the event that families have concerns about their child's OAP Behaviour Plan, families should speak with their OAP service provider to discuss these concerns. If a family's concerns cannot be resolved internally with their service provider, they can request an Independent Clinical Review of their child's plan. Please refer to the [Family Information on the Independent Clinical Review Process](http://www.children.gov.on.ca/htdocs/English/professionals/specialneeds/autism/family_guide-ICR_process.aspx). This serves the regions of Ottawa-Carleton, Renfrew, Stormont, Dundas and Glengarry and Prescott-Russell counties.

### School Support Program

The goal of the **School Support Program**is to work directly with teachers, educational assistants and other education professionals, as well as community partners to enhance supports available in the provision of educational services to any student with ASD (including Asperger’s and PDD-NOS) in the publicly funded school boards. Services are offered through consultation, training, and resource development. Requests for service for the SSP are sent by the School Boards. Parents cannot refer their child directly to this service.  
The School Support Program provides services through the Connections for Students initiative. This program supports seamless transitions for children with ASD from Intensive Behavioural Intervention (IBI) to public funded schools using Applied Behaviour Analysis (ABA) instructional methods.

### ABA Services and Supports Program

The **ABA Services and Supports Program** provides services to children and youth with ASD and their parents in four domains:

* Behaviour,
* Communication,
* Daily Living, and
* Social/Emotional Regulation.

These services will increase the skills of children and youth with ASD, while also increasing education and supports offered parents to promote lasting changes.

**Autism Ontario** <https://www.autismontario.com>

Our Mission is creating a supportive and inclusive Ontario for autism. Our vision is Best Life, Better World, Making Autism Matter! Autism Ontario offers unique, local autism programs and services designed to support individuals with autism and their families in reaching their full potential. Please visit their website.

Providing services for the following:

* Adults
* Autism Career Connections
* Children & Youth
* French Language Services
* Learning Resources
* Autism Matters Magazine
* Positive Advocacy Resources
* World Autism Day
* Webinars

### City of Ottawa 613-580-2747 or 613-580-2424 ext 29289

Donna Quiggin, Portfolio Manager, city-wide Special Needs. Offering specialized programmes, matching volunteers to special needs children so these children can be integrated in a programme with typically developing children.

### Children at Risk V2.0 [*www.childrenatrisk.ca*](http://www.childrenatrisk.ca) 613-741-8255

Children at Risk is a charity. Our Mission is to provide services and programs to families of children diagnosed within the Autism Spectrum Disorders to develop their child's behavioural, communications and social skills, and to advocate for their ongoing needs.

Also providing

Summer Day Camp – Camp Kaleidoscope and Saturday Fun Camp

235 Donald St., Suite 209, Ottawa, ON K1K 1N1

Phone: (613) 741-8255, FAX 613-741-5530

Email: [car@childrenatrisk.ca](mailto:car@childrenatrisk.ca)

Website: [www.childrenatrisk.ca](http://www.childrenatrisk.ca)

### Children’s Integration and Support ServicesV2.0

<http://afchildcare.on.ca/en/supports-and-services/childrens-integration-support-services/>

Children’s Integration Support Services (CISS) provides supports, in English and in French, to licensed child programs (nursery schools, child care centres and home child care agencies) that integrate children with special needs, between 6 weeks to 10 years of age, within the City of Ottawa.

CISS is part of Andrew Fleck Childcare Services and Childcare Information.

### Champlain Health Line <https://www.champlainhealthline.ca/> 613-310-2222

The Champlain Health Line connects people of all ages with the health and support services they need to:

* remain safe and independent at home
* return home safely from hospital and avoid re-admission
* find primary care
* explore long-term care options, day programs, and more

Our goal is to connect people with the right care at the right time and in the right place. Every day, we help people find their way through Ontario’s health care system, understand their options and connect them to quality community-based health care and resources.

Our highly qualified health professionals provide a range of specialized care at home and in the community, including:

* physiotherapy
* nursing
* speech therapy
* palliative care, and more

We work with people of all ages to ensure they make informed choices about their care and receive services in the most appropriate setting.

### ****Developmental Services Ontario Eastern Region (DSOER)V2.0**** [www.dsontario.ca](http://www.dsontario.ca) ****1-855-376-3737****

**Developmental Services Ontario helps adults with developmental disabilities connect to services and supports in their communities. There are nine agencies across Ontario to serve you. Our organizations are funded by the Ontario Ministry of Community and Social Services.**

**Wherever you live in Ontario, we can help you or someone you care for to connect with available**

* **residential supports**
* **caregiver respite**
* **community participation supports (like recreation, volunteering, employment, or in-home supports)**
* **professional and specialized services**
* **person-directed planning**
* **and other supports to help people with developmental disabilities become more involved in their communities!**

**DSO Eastern Region - Serving Cornwall, Ottawa Carleton, Prescott & Russell and Renfrew**

**Service Coordination des services 1-855-DSO-ERDS**

**(1-855-376-3737)**

**admin@dsoer.ca**

### Easter Seal SocietyV2.0 <http://www.easterseals.org/>

Easter Seals Ontario provides programs and services to children and youth with physical disabilities across Ontario to help them achieve greater independence, accessibility and integration.

* Financial Assistance
* Summer Camp
* Recreational Choices Funding Program
* Scholarships
* Special Education Advisory Committee (SEAC)
* Parent Resource
* Awareness and Public Education
* Incontinence Supplies Grant Program

**Jake’s House** [**https://www.jakeshouse.ca/**](https://www.jakeshouse.ca/)

Please check out their website for the types of support they offer in terms of mentoring, employment and housing.

### Ottawa Children’s Treatment Centre (OCTC)V2.0 [*www.octc.ca*](http://www.octc.ca)

(CT Update July 2017, from an e-mail from an OCTC representative)

“OCTC has amalgamated with CHEO as of October 1, 2016. We are in a bit of a transition phase, however how we deliver our services is still pretty much the same. We are still a Children’s Treatment Centre. At this point our intake at OCTC is still the same as before. So any parent suspecting that their child may have delays or ASD can call our intake at OCTC for an assessment or early intervention support for their preschool child or youth. OCTC also has a new referral form for parents on line now too. We have updated our website at OCTC to reflect how services are provided for children with a diagnosis of ASD: http://www.octc.ca/ go to Program and Services then to Autism Services. First Words also has a new on line screening tool to help parents assess their child language issues and make a referral if they are concerned: http://firstwords.ca/firstwords/first-words-services/whats-new/”

(CT) The following information is taken directly from the [*www.octc.ca*](http://www.octc.ca) website. Please refer to the website for the most up-to-date information including contact information.

OCTC works with children, youth, and certain adults with physical and/or developmental disabilities living in Eastern Ontario who are striving to reach their full potential.

Currently our programs serve over 3,700 clients annually living in Ottawa, Renfrew, Stormont Dundas and Glengarry, Prescott Russell, as well as northern Leeds, Lanark, Grenville.

Through a variety of bilingual programs and services, OCTC's professional staff work closely with the child and their family across sites in Ottawa, Kanata, Cornwall and Renfrew, to deliver high quality, family-centred service.

Services offered by OCTC include:

* Early Childhood Program (ECP) – for children from birth to school entry, including 'getting started' services, preschool, therapy teams, infant development, and early intervention for children who are blind or have low vision
* Lifespan Program – a range of diverse services helping clients at various stages of their lives, from initial intake into OCTC to community transition assistance, as well as medical clinics, behavioural services, and recreation therapy
* Assitive Technology Program – specialty technology services for children up to age 19, including the Clinic for Augmentative Communication, seating and mobility support, and technical services featuring a lending library, computer consultation and training, as well as toy adaptation
* OCTC School – education options including the OCTC School and liaison teacher services
* Special Activities & Playgroups – specialized play and learning groups for young children and their families
* Respite Services – out-of-home respite options for families with children and youth who are medically fragile and/or technologically dependent

### Quick Start – Early Intervention for AutismV3.1 <https://www.quickstartautism.ca/> 613-791-3757

QuickStart - Early Intervention for Autism is a Not-for-Profit registered Canadian Charity.  (We are NOT a government funded agency.)

All QuickStart programs (KickStart, ReFresh ReStart, and workshops) are offered at no cost to the family.

**KickStart Intervention Program**

A collaborative early intervention program between QuickStart and Emerging Minds.

QuickStart funds the $4,000 per child for the program which is raised through our charity so there is no cost to the family.

Criteria for KickStart:

* Must be demonstrating some symptoms of Autism (or have an Autism Spectrun Disorder - ASD diagnosis)
* Be 30 months of age or under
* At least one parent must be able to participate with their child during daytime working hours
* Family must be able to commit to regular weekly appointments, without interruption, for 4-5 months in duration
* Children are not receiving more than 10 hours per week of other autism-related interventions
* Parents are able to commit to applying the treatment strategies that they have learned at a rate of at least 2 hours per day
* Parents are able and willing to complete an intervention log of their practice sessions with the child

If you meet the above criteria and are interested in our KickStart program, please call 613-791-3757 and ask to speak to Suzanne.

**Ottawa Autism Roadmap**

In partnership with Autism Ottawa Advocacy <https://www.quickstartautism.ca/?lid=P5EK5-7P6UT-44BDY>

**ReFresh ReStart respite program**

Parents apply annually for a draw for a one or two night stay in a local hotel, thanks to the generous support of the hotels and donors.

Proof of their child’s autism diagnosis is required.  Funding for childcare while the parents are away is available.

Please note - our program is for parents to get away for a night or two.  Those applying must be able to arrange their own childcare for the time they are away.

For more information and to apply go to [www.quickstartatuism.ca](http://www.quickstartatuism.ca/) to our QuickStart Programs.

**Workshops:**

QuickStart offering free workshops.  To be added to our mailing list please email [info@quickstartautism.ca](mailto:info@quickstartautism.ca)

Videos of our workshop 'Next Steps' are posted on our YouTube channel 'QuickStart Autism'.

<https://www.youtube.com/channel/UCh3XRjuItBGFqh_lL3g-rPw>

If you have any questions about our programs or if you'd like more information, please email [info@quickstartautism.ca](mailto:info@quickstartautism.ca)

**QuickStart Events:**

**Autism on the Hill**

National awareness event held each year on Parliament Hill.   [www.autismonthehill.ca](http://www.autismonthehill.ca/)

**Sensory Santa**

Held in local Ottawa malls in November and December.  Information will be posted on our website in November.

### Service CoordinationV2.0 <https://www.scsottawa.on.ca/>

Service Coordination for People with Developmental Disabilities (SCS) is the initial contact for individuals who have a developmental disability or autism in the Ottawa region. We help people find the supports and services in the community that are needed to assist them in their daily lives. One of our important goals is to empower families/individuals to make informed choices about the supports they seek.

Service Coordination assists people in the Ottawa community who have a developmental disability and/or autism by:

* providing information about services, supports and resources that are accessible and available to individuals/families;
* facilitating the individual’s access to appropriate community resources to meet needs and achieve goals;
* researching alternate supports where conventional services/supports are not available.

Service Coordination des services offers bilingual services to individuals of all ages.

200-150 Montreal Rd., Ottawa, ON, K1L 8H2

General e-mail: admin@scsottawa.on.ca

Telephone: 613-748-1788 TTY: 1-855-777-5787 Fax: 613-748-1018

Also: There is a website linking families and special needs workers. You can place an ad for free: [www.respiteservices.com](http://www.respiteservices.com).

# Occupational Therapists

### Achieve Therapy Centre [*www.achievetherapycentre.com*](http://www.achievetherapycentre.com) 613-864-3111

Nathalie Mabon, , O.T. Reg. (Ont.) Occupational Therapist

### ACT Learning Centre [www.actlearningcentre.ca](http://www.actlearningcentre.ca) 343-887-2287

36 Antares Drive

Ottawa, On

K2E 7W5

Contact us at [info@actlearningcentre.ca](mailto:info@actlearningcentre.ca)

ACT’s well trained therapists are all registered professionals under the RHPA. We provide assessment and intervention to children and youth. ACT therapists have extensive training in a number of different areas including but not limited to:

ESDM, PROMPT, Hanen, Sensory processing disorder, DIR/Floortime,Therapeutic listening, Play Project, Autism Navigator, NDT, Augmentative and Alternative communication

### Véronique Chiasson, O.T. Reg. (Ont.) Bilingual Occupational TherapistV2.0

Tel: (613)614-5450

Fax: (613)233-9561

[vero@emergingminds.ca](mailto:vero@emergingminds.ca)

Facebook: Veronique Chiasson Occupational Therapy Services

Véronique is a trained and certified Occupational Therapist offering Assessments, Consultations and Intervention for children and youth.

Veronique is also a certified ESDM (Early Start Denver Model) provider offering parent coaching consultations and overseeing educators working in children's natural environment using this therapeutic intervention.

In August 2015, announced the addition of Valérie Alpin M.H.Sc SLP to the team offering SLP services in French and English to children 6 years and younger.

### Valérie Delbecq, M.Sc.S., Orthophoniste, membre OAOO [*orthoval@hotmail.com*](mailto:orthoval%40hotmail.com) (613) 558-0848

Valérie est une orthophoniste francophone qui évalue et intervient auprès des enfants d'âge préscolaire et scolaire ayant des troubles de la communication variés. Elle travaille étroitement avec ses clients et leur famille et a un intérêt particulier pour les enfants atteints d'un trouble du spectre de l'autisme.   
Valérie travaille comme orthophoniste depuis plusieurs années avec la population préscolaire au programme Mots en fleur du Bureau de santé de l'est de l'Ontario. Elle est certifiée avec le Centre Hanen (It Takes Two To Talk, Target Word, More Than Words) et a suivi plusieurs autres formations dont entre autres, PECS, PROMPT et Lidcombe. Depuis 2011, Valérie siège sur le comité consultatif pour l'enfance en difficulté au conseil scolaire de district catholique de l'est de l'Ontario où elle agit à titre de représentante pour les parents de la région de Casselman. Valérie aura des heures de cliniques au bureau d'Emerging Minds de l'est d'Ottawa dès novembre 5450 Canotek, Unité 68.

### Melanie Saad, O.T. Reg. (Ont.) Bilingual Occupational Therapist

Tel: (613) 614-5450

Fax: (613)233-9561

[vero@emergingminds.ca](mailto:vero@emergingminds.ca)

Melanie is a trained and certified Occupational Therapist offering Assessments, Consultation and Intervention for children and youth.

### CommuniCare Therapy

For description and contact information, refer to the section Developmental Consultants.

### Lori Howell, OT Reg.(Ont.) [lori.howell@rogers.com](mailto:lori.howell@rogers.com) [613-260-2847 ext 1](tel:613-260-2847%20ext%201)

I provide therapy services for children with Autism, with a special interest in children who are selective eaters, drop foods from their diet that were previously accepted and are missing entire food groups from their diet. I treat children in their own home environment to ensure that the assessment results and treatment strategies are not based on inaccurate observations that can occur in an artificial clinic setting.

### M-Care Therapy Ltd. [*www.mcaretherapy.com*](http://www.mcaretherapy.com) (613) 627-0654 / 1-877-289-7101

M-CARE Therapy offers bilingual occupational therapy services to both children and adults with learning, developmental and/or motor disabilities, and much more. We help individuals learn new skills to be able to independently perform their daily activities. Our services include helping individuals learn self-care skills, social skills, fine and gross motor skills, written output and more. We focus on integrating therapy interventions to everyday activities to enable children, families and adults adopt new skills as part of their everyday learning.

Contact: .Marie-Christine Beshay, MSc. (OT Post-Professional), OT Reg. (Ont.), OT (C) and Director. Fax: 613-691-1352.

### Jessica Norris OT Reg (Ont) [*www.sproutot.com*](http://www.sproutot.com) 613-299-6936

I am a private pediatric occupational therapist servicing Ottawa, kanata, barrhaven, stitsville, Carleton place, and Almonte. I am based out of Almonte. I currently see children in their home; I am hoping to have some clinic space in the upcoming year or so. I have 10 years of experience working with children - in the home, school, and hospital environment. Contact: [jessica@sproutot.com](mailto:jessica@sproutot.com) or 613-299-6936.

### Pediatric Physio & Occupational TherapyV4.1

Heather Hodgins-Chan BScOT, OT Reg. (Ont)

Amanda Dresch BSc., MSc.OT., OT Reg. (Ont)

Pediatric Physio and Occupational Therapy

18- 471 Hazeldean Road

Kanata, Ontario K2L 4B8

613-831-2377

[info@pediatricphysio.com](mailto:info@pediatricphysio.com)

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

**Second Nature Health and Wellness** [**www.secondnaturefamily.com**](http://www.secondnaturefamily.com) **613-247-7900**

Second Nature Health and Wellness Centre’s occupational therapists work one-on-one with your child/youth to improve their ability to perform daily tasks, self-regulate, and celebrate successes. Please see listing under Behavioural Conultants for more information or call (613) 247-7900 or [admin@secondnaturefamily.com](mailto:admin@secondnaturefamily.com)

# Physiotherapy

### ACT Learning Centre [www.actlearningcentre.ca](http://www.actlearningcentre.ca) 343-887-2287

36 Antares Drive

Ottawa, On

K2E 7W5

Contact us at [info@actlearningcentre.ca](mailto:info@actlearningcentre.ca)

ACT’s well trained therapists are all registered professionals under the RHPA. We provide assessment and intervention to children and youth. ACT therapists have extensive training in a number of different areas including but not limited to:

ESDM, PROMPT, Hanen, Sensory processing disorder, DIR/Floortime, Therapeutic listening, Play Project, Autism Navigator, NDT

Augmentative and Alternative communication

### Dr. Daniel Gagné 613-798-0004

### Pediatric Physio & Occupational TherapyV4.1

Liane Norman BScPT CAFCI CTF

Michelle Warren MHScPT

Pediatric Physio and Occupational Therapy

18- 471 Hazeldean Road

Kanata, Ontario K2L 4B8

613-831-2377

[info@pediatricphysio.com](mailto:info@pediatricphysio.com)

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

Pediatric Physio also offers

**Pediatric Massage Therapist,**Toni Lanouette RMT and

**Yoga and Fitness for Special Needs,** Samantha Smadella

Yoga for the Special Child, Drums Alive!, CanFit Children’s Fitness Coach, Physiotherapy/Occupational Therapy Assistant

# Speech-Language Pathologists

### Achieve Therapy Centre [*www.achievetherapycentre.com*](http://www.achievetherapycentre.com/) 613-291-5194

**Krista L. Simon, MA CCC-CLP Reg CASLPO** - Speech-Language Pathologist

### ACT Learning Centre [www.actlearningcentre.ca](http://www.actlearningcentre.ca) 343-887-2287

36 Antares Drive

Ottawa, On

K2E 7W5

Contact us at [info@actlearningcentre.ca](mailto:info@actlearningcentre.ca)

ACT’s well trained therapists are all registered professionals under the RHPA. We provide assessment and intervention to children and youth. ACT therapists have extensive training in a number of different areas including but not limited to:

ESDM, PROMPT, Hanen, Sensory processing disorder, DIR/Floortime, Therapeutic listening, Play Project, Autism Navigator, NDT, Augmentative and Alternative communication

### Jacquie Ballantine 613-591-8636 ext 243

### Sheila Bell [sheila.bell.slp@gmail.com](mailto:sheila.bell.slp@gmail.com) 613-521-0549

**Services:** speech-language assessment and therapy for ASD individuals aged preschool to adult.

Currently **not** taking clients but willing to do consultations.

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

### Sharon Burgessv2.0 [sharon.burgess@abcommunication.org](mailto:sharon.burgess@abcommunication.org)

I'm a bilingual speech language pathologist offering services within a private clinic in Orleans. I have almost 20 years of working with children and youths with ASD.

### Champlain Local Health Integration Networks (LHIN) 613-310-2222

The Champlain Local Health Integration Networks (LHIN) connects people of all ages with the health and support services they need to:

* remain safe and independent at home
* return home safely from hospital and avoid readmission
* find primary care
* explore long-term care options, day programs, and more

Our goal is to connect people with the right care at the right time and in the right place. Every day, we help people find their way through Ontario’s health care system, understand their options and connect them to quality community-based health care and resources.

Our highly qualified health professionals provide a range of specialized care at home and in the community, including:

* physiotherapy
* nursing
* speech therapy
* palliative care, and more

We work with people of all ages to ensure they make informed choices about their care and receive services in the most appropriate setting.

### Tanis Friesen [*tjfriesen@rogers.com*](mailto:tjfriesen@rogers.com) 613-728-8879

### Robin Gaines 613-725-3105

### Jacquee Glance glancej@rogers.com 613-818-1694

Services:speech-language assessment and therapy for children with ASD. Currently doing assessments and evaluations. Also provides distance learning and tele-practice. Jacquelin Glance, Speech/Language Pathologist:

### Shauna Haight [*Slpshaight@yahoo.ca*](mailto:Slpshaight@yahoo.ca) 613- 228-1174 ext 29

Centrepointe  Professional Services

### Karen Mallet *kmallet@magma.ca* 613-851-4133

**Services:** bilingual speech-language therapist. I offer Speech and Language assessments and therapy for children with autism. Mainly newly diagnosed pre-school aged children. Will also work with school aged children (no teens or adults).

### Melissa Reed [melreed.slp@gmail.com](mailto:melreed.slp@gmail.com) 403-618-9986

Extensive experience and passion in working with individuals with ASD

-Currently accepting clients for online and in-person visits

-Offering individual sessions targeting engagement, interaction and functional communication skills

-Also offering group sessions targeting social and pragmatic skills

### Andrea Shabinsky Borer [*ashabby58@hotmail.com*](mailto:ashabby58%40hotmail.com)

### Krista Simon [*kristasimon@rogers.com*](mailto:kristasimon@rogers.com) 613-291-5194

**Services:** I'm a Speech-Language Pathologist who works with individuals with ASD from pre-school to adult.  I have experience in both ABA/IBI and Floortime. I provide therapy in English to target language, social/pragmatics, oral-motor and feeding difficulties.  I provide therapy in office and in home.  I am accepting new clients.

### Mary-Jane Slingerland 613-839-3271 ext. 115

### Pediatric Physio & Occupational TherapyV4.1

Nuala McDonagh SLP

Pediatric Physio and Occupational Therapy

18- 471 Hazeldean Road

Kanata, Ontario K2L 4B8

613-831-2377

[info@pediatricphysio.com](mailto:info@pediatricphysio.com)

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

**Second Nature Health and Wellness Centre** [**www.secondnaturefamily.com**](http://www.secondnaturefamily.com) **613-247-7900**

Second Nature Health and Wellness Centre’s speech-language pathologists work one-on-one with your child/youth to improve their ability to communicate, swallowing, feeding, and celebrate successes. Please see listing under *Behavioural Consultants* for more information or call (613) 247-7900 or [admin@secondnaturefamily.com](mailto:admin@secondnaturefamily.com)

### Emma Wells [*wells.emmaj@gmail.com*](mailto:wells.emmaj@gmail.com) 613-228-1174 ext. 31

**Services:** I am a Speech-Language Pathologist working for a private practice in the Nepean area. I am accepting new clients for service to be provided in-clinic (evenings and Sundays) or in your home at your convenience (days, evenings, weekends). I have over six years experience providing support to children with Autism Spectrum Disorders in a variety of capacities. I have supported non-verbal children one-on-one and in respite care; I have supported children in the inclusive camp program with the City of Ottawa; and I have provided speech and language assessment and intervention to children on the Autism Spectrum in both individual and group formats. I believe in providing client-centered service with a focus on functional and social communication skills. Please feel free to contact me directly for further information: [wells.emmaj@gmail.com](mailto:wells.emmaj@gmail.com) or call the clinic (613) 228-1174 ext. 31

### Connie Wilker 613-228-1174 ext 43

**Services:** speech-language pathologist available for office and/or home visit therapy in Ottawa west end. Background includes working with preschool aged children diagnosed with disorders on the autistic spectrum. Experienced with therapy in speech, language behaviour and pragmatics.

### Yakky Duck Speech and Language Services www.yakkyduckspeech.ca

**Services:** speech-language pathologist available for virtual speech and language practice. Shanan Floto: [shanan@yakkyduckspeech.ca](mailto:shanan@yakkyduckspeech.ca)

### Lisa Zanon [*zanonlisa@hotmail.com*](mailto:zanonlisa@hotmail.com) 613-851-0506

I am a Speech-Language Pathologist with extensive experience and passion for working with children with autism in the English language. I provide assessments as well as direct “floor time” therapy to children, aged preschool to school age (elementary). In addition, I provide parent training and consultation. Currently I am accepting new clients and provide home visits.

### Mary-Anne Zubrycky [*www.speechvoice.ca*](http://www.speechvoice.ca) 613-820-4722

Services: The Speech, Voice and Language Clinic for all ages.

# Paediatricians and Other Specialists

### Dr. Bergh 613-231-5000

**Please note:** Dr. Bergh is by referral only and specializes in dealing with children whose diagnosis is ADHD. However, he does deal with children who have a dual diagnosis of ADHD/ASD.

### Dr. Gary Bonn 613-729-7800

Children’s eye specialist.

### Dr. Kevin ChanV3.3 613-591-1234

99 Kakulu Rd, Kanata, ON K2L 3C8

Recommended by a parent

### Dr. Lixin Chungphaisan 613-599-0055

Optometrist

### Gamma Dynacare [*www.gamma-dynacare.com*](http://www.gamma-dynacare.com)

Note: a parent mentioned that she was able to have a lab technician visit her home to take blood from her child which may be a good option for those whose children experience a great deal of anxiety during blood tests. I could not find it on their general website but suggest you call a lab near you to see if the service is indeed available (DB).

### Dr. Annick Fournier CHEO 613-737-2235

Paediatric Ophthalmologist -

Dr. Annick Fournier CHEO,

401 Smyth Rd., Ottawa ON K1H 8L1

Tel : 613 737-2235

### Dr. Christopher Shoemaker 613-225-5015

From a letter introducing himself and his services (DB)“I am choosing to add a component of Family Support for family members and affected individuals with Asperger’s Syndrome and ADHD Spectrum Disorders to my newly opened Practice in Ottawa, Ontario. As I am a licensed physician in Ontario, such support is fully covered by O.H.I.P. I am willing to provide shared care along with Clinical Psychologists who see many of these clients. Please feel free to circulate my contact information to those colleagues who would find that arrangement helpful.”

### Dr. Van StralenV3.3 613-726-7355

### Dr. Rossana Tirado, M.D. FRCPCV4.2 613-794-9901

Pediatrician with a practice focused on behavioural paediatrics, mood disorders and management of ADHD.

Referrals for assessments for suspected ASD are given priority status over other referrals and include a Wood lamp examination as per guidelines. If ASD is confirmed, a medical certificate is provided to access the provincial funds via CHEO’s Autism program and hence access various necessary services. Parents are guided towards obtaining government tax credits, etc. and referrals to genetics and audiology are organized.

I will also assess youth with ASD who are having behavioural challenges despite behavioural interventions as well as those who are suspected of having underlying ADHD.

As a physician, my services are covered by OHIP

4289 Innes Rd (Across from Real Canadian Superstore)

Ottawa (Orleans), Ontario

K1C 1T1

Tel. (613) 794-9901 | Fax (613) 801-0521

### Ottawa Optometric Clinic 613-733-8400

# Dentists

### Dr. Michel Brunet 613-233-8588

### CHEO—Dentistry Outpatient Clinic 613-737-7600 ext 2357

### Dr. Halina Kubicka, D.D.S. 613 523 8755 Dr. Korner 613-744-6611

### Dr. Sam Lee 613-837-9293

### Dr. David Lipnowski 613-722-8507

### Dr. Raj-deep Mahal 613-722-0233

### Dr. Ian McConnachie 613-226-6634

### Dr. Nikoui (Bell’s Corners) 613-820-8830

### Dr. Roberts 613-226-6634

### Dr. Farid Shodjaee 613-216-2016

### Dr. Ublansky 613-737-4343

### Dr. Robert Whyte (Kanata) 613-599-8555

### Dental Clinic at the Ottawa Hospital Civic Campus site Dr. Galanter 613-761-4084

### Dr. N. Ouatik  613-737-4343

1929 Russell Road #318, Ottawa, ON K1G 4G3

### Dr. MahalV3.0 613-722-0233

**Orthodontists**

### Dr. Borovay 613- 820-8684

### Dr. Razavi (Kanata at Palladiun Orthodontics) ***613-592-7679***

# Sleep and Wellness Consultant

### Lynn Fraser [*lynnfraser@sympatico.ca*](mailto:lynnfraser@sympatico.ca)   613-224-9450

Consultant with a research and development company (in partnership with Autism Speaks) with a focus on the prevention and maintenance of the health and wellness of individuals. Helps people bring wellness home - develop a greener lifestyle and change their home into a "wellness home.”

# Compounding Pharmacies

### Glebe Apothecary 613-234-8587

### Nutrichem Pharmacy 613-820-4200

### Watson’s Pharmacy and Wellness Centre [*www.watonspharma.com*](http://www.watonspharma.com) 613-238-3891

# Dietary Issues: DAN Doctors, NAET Practitioners, Diet Information

## DAN! Doctors

### Sharon Behrendt [*ottawanaturopath@rogers.com*](mailto:ottawanaturopath@rogers.com) 613-590-1343

### Orleans Wellness Clinic [*www.ottawanaturopathy.ca*](http://www.ottawanaturopathy.ca)

### Dr. John F. Coombs 613- 267-2523

### Nutrichem Pharmacy Kent McLeod 613-820-4200

Provides medical, biochemical and nutritional counseling as well as lab services based on the DAN! Protocol

### Lori Preshing, RHN, GAPs lorip@allergiesandme.ca

Lori Preshing, RHN, GAPs- a nutrition consultant specialized in children with diagnosis, finding hidden food allergies, special needs and special diet restrictions (allergies & intolerance). She works with Dr Coombs, Dr Behrendt, Family Harmonies, Pure Massage and On the Ball Pediatric. Consultations can be via phone, FaceTime or video conference depending on family location.

<https://www.allergiesandme.ca/>

<https://www.ontheball.ca/kanata/lori-preshing>

<https://www.puremassageclinic.com/aboutus>

**Second Nature Health and Wellness Centre** [**www.secondnaturefamily.com**](http://www.secondnaturefamily.com) **613-247-7900**

Second Nature Health and Wellness Centre’s holistic nutritionists work with your child/youth (and adults) to improve diet, lifestyle, and attitude to promote health. Please see listing under Behavioural Consultants for more information or call (613) 247-7900

## NAET Practitioners

### Judith Spence, DNM, RN, Adj.Ac., ND(QC) is a NAET and DAN-oriented practitioner.

NAET Clinic of Ottawa 536-A Dovercourt Avenue

Ottawa, ON  K2A 0T9

Tel: (613) 728-2579

[www.naetottawa.com](http://www.naetottawa.com);  [judith\_spence@naetottawa.com](mailto:judith_spence@naetottawa.com)

### Carol Artz

I am a NAET Practitioner (Nambudripads Allergy Elimination Technique) here in Ottawa and the mother of an autistic son (PDD-NOS).  I have worked with several autistic kids as well as NT kids and adults.  NAET is a technique that does not use drugs or needles, only some accupressure on the back.  Allergies are treated one at a time, in a specific sequence.  Usually only one treatment is needed per allergen.  There is no need to live with allergies.  I have helped many people get off of medications for allergies and asthma.  Check out my website [www.carolsallergytreatments.com](http://www.carolsallergytreatments.com) and the NAET website [www.naet.com](http://www.naet.com).  I can really help!

## Other

### Chrystal's Nutritional Consulting [*www.cncottawa@wordpres.com*](mailto:www.cncottawa@wordpres.com) 613- 808-5954

Chrystal Beckett, RHN, ECE is the owner/operator. She is both a registered Holistic Nutritionist and an Early Childhood Educator who offers in-home consultations for families who have children with behavioural and/or special needs (ADD/ADHD, Autism, Weight Issues, Allergies etc). CNC is an In-Home Nutritional Consultation business that gives you the flexibilty of having us come to you. We understand the importance of time and comitments and we are here to help you. We offer in home consultations, grocery store tours, menu planning and workshops/seminars on various different topics.She can also be reached via email [cbeckett74@gmail.com](mailto:cbeckett74@gmail.com)

### Diet Information and Counseling

[www.eatrightontario.ca](http://www.eatrightontario.ca) or call 1-877-510-5102

### Jess Sherman, RHN, MEdV3.3 [info@jesssherman.com](mailto:info@jesssherman.com)

I offer dietary coaching for families dealing with ADD/ADHD/Autism. I help families find and remove dietary triggers, improve digestion and improve overall nutrition through foods and specialized supplements when needed.

Consultation is offered via skype or at the Ottawa Integrative Health Centre. On-line course material is also available at [www.jesssherman.com](http://www.jesssherman.com/).

### Rana Daoud, DRRD Nutrition <https://www.drrdnutrition.com>

Recommended by a parent

# Homeopaths, Naturopaths and Chiropractors

### Pat Deacon, RSHom, HMC [www.vkhhomeopathy.com](http://www.vkhhomeopathy.com) (613) 676-2829

Pat Deacon, RSHom, HMC.  20 years in full time practice. Trained in and practiced originally in the U.K.

Classical homeopathic treatment at my office in the village of  Vankleek Hill

(one hour's drive from downtown Ottawa and one hour from downtown Montreal).   Appointments by Skype or Facetime also available.

[**www.patdeacon.com**](http://www.patdeacon.com), [**info@vkhhomeopathy.com**](mailto:info@vkhhomeopathy.com)

(613) 676 - 2829   or 1 (877) 779 - 0060

FREE 15 minute introductory consultation available by appointment.

### Healing from the Heart

**Dr. Ginger Andrews, D.C.** ( 613 ) 594 – 8576

356 MacLaren Street, Ottawa K2P 0M6

### Health Dynamics [*www.healthdynamics.ca*](http://www.healthdynamics.ca) 613-295-5979

Irma Boyle, DMH, B.A. Psych., Doctor of Medical Heilkunst, Homeopathy

Health Dynamics Heilkunst, Homeopathy Anthroposophy, Orgonomy Inergetix CoRe System

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

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

Skype: healthdynamics

613-295-5979  |  416-767-4846

### Naturally Well—Naturopathic Clinic 613-526-4134

Dr. O’Farrell and Dr. Warren

### Orleans Wellness Clinic 613-590-1343

Sharon Behrendt

[www.ottawanaturopathy.ca](http://www.ottawanaturopathy.ca) or [ottawanaturopath@rogers.com](mailto:ottawanaturopath@rogers.com)

### Barrhaven Family Chiropractic and Wellness Centre 613-823-7900

Dr. Mankal—chiropractor

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

### Kent Chiro-Med Wellness Clinic [*www.kentchiromed.com*](http://www.kentchiromed.com) 613-695-8600

At Kent Chiro-Med, we have two practitioners, myself, Dr. Melanie Stewart - Chiropractor and Mr. Stuart Hamilton - Homeopath, who work with children with Autism Spectrum Disorders and other special needs.  Together, we work to provide a complete wellness plan to help reduce symptoms, manage mental and physical stressors associated with their diagnoses and address injuries, care and prevention. Email us at [info@kentchiromed.com](mailto:info@kentchiromed.com)

**Second Nature Health and Wellness Centre** [**www.secondnaturefamily.com**](http://www.secondnaturefamily.com) **613-247-7900**

Second Nature Health and Wellness Centre’s naturopathic doctors work with your child/youth (and adults) to identify and remove obstacles to natural healing rather than merely addressing symptoms. Please see listing under Behavioural Conultants for more information or call (613) 247-7900 or [admin@secondnaturefamily.com](mailto:admin@secondnaturefamily.com)

# Environmental Sensitivity Testing

### Dr. Jennifer Armstrong 613-721-9800

### Dr. Ross Mickelson 613-523-0108

# Health Food Stores

### *****SPECIALTY DIET PREMIXES***** [*jlipscombe1@cogeco.ca*](mailto:jlipscombe1@cogeco.ca) 613-284-8217

For the Celiac & Wheat Intolerant. Quality products at affordable prices. Special Orders Welcome!

 I will also attempt to do specialty orders.  My mission is to show people that with a little effort and ingenuity a GF diet does not have to be cost prohibitive and unpalatable. All the products I use are certified GF and are purchased at a local health food store.

### Natural Food Pantry (check telephone book for location near you—will also bake bread at your request!)

### Rainbow Natural Foods 613-726-9200

### Trillium Bakery 613-730-1316

# Recreational Programs and Activities

## Arts Programs (visual arts, music, stories, drama)

### Around the Campfire

*Around the Campfire* is a program in partnership with the City of Ottawa. It is open to all children with Special Needs. It focuses on helping children socialize through music, rhymes and stories. Children will get to sing, chant, move, dance, listen, share and play simple instruments and games.

The program runs weekly from 6:00-7:30pm in 2 different locations (Central, and Kanata).

**Locations**

**Central Option**: Hintonburg Community Centre, Room #2 in the basement Wednesdays

**West Option:** Hall D, Kanata Recreation Complex (Monday

To volunteer please contact Joanne Small-Greenall at [jsmallgreenall@gmail.com](mailto:jsmallgreenall@gmail.com)

613-231-2725

### Artswell [*artswell@magma.ca*](mailto:artswell@magma.ca) 613-256-6912

Artswell is a new, non-profit organization in Ottawa. We invite autistic children to share in our courses that consist of intervention with art program and an artist who has been specially trained in this disability. We will run workshops on weekends. The cost will vary with the program (approx. $25.00 per child). Please check out our website www.artswell.ca. We are also willing to design a customized programme for those who require one. Please call 613-256-6912 or email: satack@sympatico.ca

### Barrhaven Music Academy [*www.barrhavenmusicacademy.com*](http://www.barrhavenmusicacademy.com/)

Kendra is a super dynamic piano teacher. She is flexible with her lessons, using the child's natural interests sometimes even changing a lesson on the fly. Recommended by a parent (DB)

**Glassbox Fitness** <https://glassboxfitness.com/>

Taken from their website: Michael is first and foremost passionate about the challenges faced by special needs populations. He has a good understanding of their cognitive delays, sensory processing and motor skills limitations. Based on this knowledge, he has great aptitude for developing fitness programs that meet their individual needs. His unique teaching strategies allow neurodivergent individuals to access and to master workouts never thought possible before.

### Landon Coleman, Music Therapist

I am a music therapist here in Ottawa. I will be opening a small clinic in Westboro for children with ASD and I wanted to let you folks know about it. My website is [www.counterpointmusictherapy.com](http://www.counterpointmusictherapy.com)

### Elizabeth Francoeur, BCBA, MTA, MT-BC, MM, Msc [*www.musiconmymind.ca*](http://www.musiconmymind.ca) 613 424-2070

I already am working as a Music Therapist, running my private practice in the region, with individuals and families living with an ASD, of varied ages. I have presented on Music Therapy and Autism for Autism Ontario over the past 2 years, in Ottawa, Cornwall, Toronto, Kingston and North Bay. Please let me know if you want to discuss further or if you would like more information about me and/or Music Therapy with individuals with ASD.

### Lotus *****Centre for Special Music Education4.3***** [*http://www.lotuscentre.net/index.php*](http://www.lotuscentre.net/index.php) 613-801-0031

Lotus Centre for Special Music Education offers adapted music education programs for students with special needs in a fun, relaxed environment. Our highly trained teachers develop an individual music education curriculum for each student based on their learning profile and needs, with support and guidance from Dr. Erin Parkes, who has published and presented internationally on music education for students with autism. Our rates are comparable with lessons for typically-developing students in order to make adapted music learning more accessible. Located at Beaverbrook Centre in Kanata.

Contact: info@lotuscentre.net or 613 801-0031

Programs Available:

* Group and private music lessons
* PD day, March Break and summer camps (2:1 ratio)
* Adult day program
* After-school program
* Sunday afternoon respite camp
* Birthday parties

Lotus Centre for Special Music Education is excited to partner with ABC Pediatric Therapies and offer adapted music lessons from their beautiful clinic in Orleans starting this spring! We will be starting our expanded east end programming with piano, voice and general music lessons starting on Tuesdays in April and Sundays in May. Lessons are available in a English and French. Please visit our website www.lotuscentre.net for information on all our programs, including programs at our Kanata centre. Email info@lotuscentre.net or call 613 801-0031 to register.

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

Recreational Respite ([recrespite.com](http://recrespite.com)) promotes inclusion, encourages community participation and nurtures social health and connectivity for children, youth and adults with disabilities, across Canada. Services include one to one in-home supports and virtual group program that focus on social health and connection, as well as community partnerships. For more information, email [info@recrespite.com](mailto:info@recrespite.com) or call 1-877-855-7070, or visit us at [www.recrespite.com](http://www.recrespite.com)

## Therapeutic Horseback Riding

### Happy Trails Art Mackie 613-822-1482

**Mission Statement:**

To provide a unique facility with personalised programming for individuals, groups and families of Eastern Ontario who require special care and attention, while experiencing the full benefits of nature and animals offered in a safe farm environment.

**These benefits include:**

* Improvement in muscle tone – flexibility, strength and posture
* Balance and coordination
* Increase in self-esteem and self-confidence
* Increase in motivation and concentration

The focus will remain on offering a flexible approach that will ensure a pleasant experience for all participants.

**Services include:**

* Assessment visit that will take place at Happy Trails
* Following assessment, we will provide a **personalised program** tailored to meet each participant’s needs, abilities, adaptability and availability.
* Services will be extended to children and adults with physical, developmental and psychological disabilities. The family members of the participants are welcome to take an active role in the program or they can choose to take advantage of the respite Cabin. ( cabin available on premises)
* Group activities
* Half or full day sessions available

Please feel free to contact us with any specific requests.

[recreation@happy-trails.ca](mailto:recreation@happy-trails.ca) [www.happy-trails.ca/recreation](http://www.happy-trails.ca/recreation)

### Horses of The Sun Therapeutic Riding (HOTS)

Recommended by a listmate. It is located in Vars.  Please contact: Sonja Koch at Horses of the Sun, telephone(613) 835-9523  
[hots@295.ca](mailto:hots@295.ca) or visit their website: <http://www.horses-of-the-sun.ca/>

### Tranquil Acres [*www.tranquilacres.ca*](http://www.tranquilacres.ca) 613-489-5294

**Taken from their website:** Is a centre for people with varying social, emotional and mental health needs who want to experience the transformative powers of horses as teachers and healers. Our dedicated staff has a wide range of expertise and is committed to helping each of our clients reach their fullest potential. We are open year round and located just outside of the Ottawa city centre.

## Swimming

### Ottawa Athletic Club V1.0 <http://ottawaathleticclub.com/> (613) 523-1540

If you call them you may be able to set up 1-1 swim lessons. Some parents have done this and have been pleased (CT). You don’t have to be a member of the club to set up the swim lessons.

## Sports

### Canadian Association of Disabled Skiing (CADS) - Ottawa Chapter

Highly recommended by listmate: please visit their website: <http://www.cads-ncd.ca/>

### Capital City Condors [*info@capitalcitycondors.org*](mailto:info@capitalcitycondors.org)

A hockey club established for children with special needs who may not be able to play in a regular league

### Cumberland Soccer [*www.cumberlandsoccer.com*](http://www.cumberlandsoccer.com/)

A soccer program that is being offered for kids 8-14 years old with physical or intellectual disabilities that can function in ratios of 1 to 5. The sessions will begin in June, on Friday nights, for $50 total in the Cumberland area.

### East Nepean Baseball Association

Challengers is for 5–18 year olds of all abilities who have a physical and/or mental disability who want to have fun in an encouraging, friendly team environment. Challengers usually play Saturday mornings starting the beginning of May. Contact Steve Suttie, Challenger Director, 613-825-8773 or email him at: [challenger@eastnepeanbaseball.on.ca](mailto:challenger@eastnepeanbaseball.on.ca) **Note: ball players do not need to live in Nepean to access this activity.**

[**http://eastnepeanbaseball.on.ca/divisions/challenger**](http://eastnepeanbaseball.on.ca/divisions/challenger)

### New “Just for Kicks” Soccer Program for Kids with Special Needs

The Nepean City Soccer Club is excited to announce a new program for kids with Special Needs!  Everyone is welcome!  Children with developmental disabilities from ages 5 to 12 will get active and have fun while learning soccer-related skills.  Volunteers will tailor activities to suit the intellectual and physical abilities of each child.  No athletic experience required.  Watch from the sidelines while your child makes friends and participates in a lively summer pastime.   Registration fee includes a full uniform.  Parents supply shin guards and a soccer ball.

The cost of the program is $30.  To register, please use our convenient online registration system: <http://www.sportssignup.com/nepeansoccer.start> .  If you have questions regarding this new program, please do not hesitate to contact Shannon Bagg at [shannonbagg@gmail.com](mailto:shannonbagg@gmail.com)

**Tumblers Gymnastics** [www.tumblers.ca](http://www.tumblers.ca) 613-834-4334

### Yoga for Aspergers teen/preteen [*www.asdyoga.ca*](http://www.asdyoga.ca) 613-749-1199

"Yes you can learn Yoga"

Andrea Mailhot graduated from her Yoga Teacher Training in May 2007. Since then she has been providing yoga classes to adults, teens, kids and babies. In August 2010 she graduated from Algonquin-s Autism and Behavioural Science program. She has been teaching yoga to teens on the spectrum for 2 years now. Success stories vary from teens sleeping better at night, students gaining more flexibility and self-confidence, to teens utilizing the various techniques to reduce anxiety and depression. I also teach yoga to ASD teens/adults and thier parents, not just Asperger's.

## Personal Training

### Valeria Fazio V1.0 [vfazio18@gmail.com](mailto:vfazio18@gmail.com)

Do you know someone living with autism that could benefit from a more physically active lifestyle?   Do you feel lost when trying to find the support needed to enhance this potential?

Certified personal trainer Valeria Fazio, CPT, with the assistance of Board Certified Behavior Analyst Gregory Paquiot, MS, BCBA, CPT (refer to section Behavioural Consultants),  is now offering one-on-one personal training and meal planning for kids diagnosed with autism and other related disabilities. This unique program is one of the few personal training programs in Ontario that offers health and fitness with a focus on Applied Behavior Analysis (ABA).

Young people with autism often have deficits in gross motor skills. This includes strength, stability, as well as movement planning. New research suggests that individuals with autism, are more likely to become overweight and/or obese than their peers because of a sedentary lifestyle and a lack of access to regular fitness programs. They are therefore at a higher risk of developing a heart disease. A proactive approach to fitness as a part of life can not only close some of these movement gaps, but enhance a variety of skills including:

-Physical abilities such as strength, stability, coordination, motor planning and strength-endurance are developed

– Social skills are encouraged and practiced when activities are performed appropriately with peers

– Self-esteem and confidence is developed through consistent positive reinforcement and the mastery of skills

– Independence is illustrated when the individual uses physical skills to perform daily life tasks on his/her own)

– Increased cognitive function is made possible through the enhancement of certain areas of the brain as a result of regular physical activity

This program is for individuals with ASD. However, participants must demonstrate sufficient communication and self-help skills to participate. The program is not appropriate for individuals with significant behavioral and sensory challenges.

Initial consults and assessments will be conducted by Gregory Paquiot, MS, BCBA, CPT in order to determine if the child is a right fit for the fitness programs.

For more information please contact Valeria Fazio at vfazio18@gmail.com

## Multi-Activities and Other Offerings

### *****ACE (Abilities, Challenges, Exceptionalities)***** Christine Rondeau at Partners in Parenting  613-821-1127 ext 223

ACE is a recreational based day program that offers an educational component.  The program runs out of the Boys and Girls Club on McArthur St.  Many activities throughout the day including gym, computers, cookday, music therapy, swimming, sensory stimulation, games and educational activities, physio programs and range of motion. Clients range in abilities from total care to high behavioural. Hours:  Monday-Friday 9:00-3:00. Fee for service.

### Boys and Girls Club contact integration advisor – 613-232-0925 ext. 45

Provides support for children with disabilities (ages 6-18) to participate in any regular Boys and Girls programs or camps.

### Building Blocks

For description and contact information, refer to the sectionBehavioural Consultants**.**

### City of Ottawa please also see the Recreation Guide for Special Needs through the City of Ottawa website: [*http://ottawa.ca/en/residents/parks-and-recreation/recreation-guide/recreation-guide*](http://ottawa.ca/en/residents/parks-and-recreation/recreation-guide/recreation-guide)

If your child has special needs and you are interested in our shared care program, please contact the Co-ordinator Special Needs Portfolio for your area

**Central** **Christina McCormick 613-580-2424 ext. 29291**

**East Diane Cyr 613-580-2424 ext. 29300**

**West Jodie Gilvear 613-580-2424 ext. 41226**

**Please note**: I used to list the programs for the City of Ottawa but happily there are too many! Please go to the “special needs” section of the recreation guide (address above) and see if there is a program suitable for your family and child. (DB)

### City of Ottawa Health Promotion After School Shared Care - Pilot Program

Providing on site support using the Shared Care model, in After School Programs, while promoting fitness, health and wellness to children and youth with special needs.

The City of Ottawa, with funding from the Ontario Ministry of Health Promotion – is offering a Shared Care pilot program to Children and Youth with Special Needs. The After School Program will be offered at 10 sites across the city working within a 1:3 ratio. This pilot is an enhancement of the existing after school program and will promote physical fitness, healthy eating and nutrition and personal health education.

How much does it cost?: **$ 10.00 per day (Fee assistance is available, providing you qualify.)**

**Time Program is offered**: After School for 3 hours

How do I register? **Contact:** Supervisor Daniella Hamer at 613-580-2424 ext 12786 or cell at 613-222-6594.

**Alternative Contact:** Portfolio Coordinator Diane Cyr at 613-580-2424 ext 29300 or cell at 613-447-3441

**Produced by Parks & Recreations** [**www.ottawa.ca/recreation**](http://www.ottawa.ca/recreation)

### Friends for Fun Bowling Night

Mondays 7:00 - 8:00 p.m.

Merivale Bowling Centre $5.00

Contact : Anita Acheson: [a.acheson@sympatico.ca](mailto:a.acheson@sympatico.ca)

### GACSN Saturday Program

The GACSN Saturday Program is dedicated to providing Special Needs Children and Youth (ages 7 to 25, divided into two age groups) with a fun afternoon of swimming, arts & crafts, and meeting friends. The group also goes on various outings throughout the year (movies, bowling, museums).

Our mission is to provide participants with a safe, healthy and socially enriching environment. September to June

Every Saturday afternoon 12:30-3:30 PM.

Location: Hall D at the Bob MacQuarrie Recreation

Complex in Orleans, 1490 Youville Dr.

Price: $600.00/year in 1, 2 or 4 equal payments

For assessments, please contact [info@gacsn.org](mailto:info@gacsn.org).

### A Gym Tale V1.0 613-825-9165

Recommended by a listmate. This is a developmental play program with emphasis on coordination, movement, music and imagination. Geared towards the pre-school set—please check out their website for additional information: [www.agymtale.com](http://www.agymtale.com).

### Main Street Community Services <http://www.mainstreetcommunityservices.com/> 613-831-6606

We are a registered not for profit community agency working in partnership with other established community organizations to provide comprehensive social and health services. We are committed to the vision of empowering children, youth, individuals and families to achieve whole health, social well being and community collectiveness. More specifically we offer a variety of programs to children and their families especially those with an exceptionality including ADD/ADHD, Aspergers Syndrome, Autism, Downs Syndrome, PDD etc.

Summer & March Break Camps

At Main Street Community Services, we run two camps throughout the year. First is our larger Discovered Treasures Day Camp which runs for 6 weeks in the summer and serves over 200 children each year. Our Discovered Treasures Summer Camp offers children a chance to enjoy a number of sports; recreation and leisure activities; Martial Arts; arts and crafts; as well as relaxation training to help the children improve skills in related areas such as mental imagery, focus and shifting focus. All elements of the program are inclusive of the cost of registration and are made available to every child over the course of the summer. Second is our March Break Camp, which has limited enrollment. This camp offers the same opportunities as the Discovered Treasures Summer Camp, including sports and recreation, leisure activities, Martial Arts, and relaxation training to help improve social skills. Registration for March Break Camp begins in January of the new year.

### Ontario Early Years Centre

For families with children aged 0-6 who have a language, motor and/or social delay in their development. Enjoy a small group environment that offers free play, structured activities, circle and craft time. Staffed by an Early Childhood Educator, supported by OCTC.

For a listing of other Early Years Centres, please visit this website: <http://www.communityresourcecentre.ca/documents/RegularProgramScheduleCalendar_004.pdf>

### Ottawa Therapy DogsV2.0 <http://www.ottawatherapydogs.ca/>  613-261-6834

Ottawa Therapy Dogs is a volunteer-based, not-for-profit organization that provides animal-assisted therapy throughout the National Capital Region. Each year, more than 1,000 people benefit from our therapy dog programs and services.

### Prisms Options Programs [http://prismsoptions.wix.com/ special-needs](http://prismsoptions.wix.com/special-needs)

A variety of recreational weekday and Saturday programs including Prop Dancing, Beats Alive, Work out to the Rhythm, Adaptive Yoga as well as Reading to Learn and more.

For additional information, please visit our website or email

prismsoptionsprograms@gmail.com

### Sonshine Cove Len Goddard/Cathy Goddard 613-834-8187

Sonshine Cove is a year round camp located 100 km. north of Orleans. They provide camping experiences to children in Foster Care as well as children with a variety of special needs.

If you are interested, or would like more information, please call:

Len Goddard - Executive Director 834-8187 ext 22 or Cathy Goddard - Program Director 834-8187 ext 28 or visit their website at www.sonshinefamilies.ca click on Sonshine Cove.

### Spectrum Insights <http://www.spectruminsights.ca/> 613-220-5920 Offers programs for teens and adults with ASD, ADD, Aspergers, NLD and mild cognitive delay. Please see their website for the various programs they offer. Contact is John Anderson. *****TREATS N' TREASURES*****

Treats n' Treasures is a working storefront also on McArthur.  Clients with an ability to manage in a store setting, assist with all aspects of running the store.  Clients sell snacks, coffee, pop and make beaded jewelery and beading kits to sell, assist with stocking, customer service, cleaning. This is a day program. Hours: Monday-Friday 8-4. Fee for service.

 Contact: Christine Rondeau at Partners in Parenting  613-821-1127 ext 223 to set up a tour of either location.

There is an application and assessment process to ensure that we can meet the client's needs.

# Respite Care

### ABA Connections Ottawa

For description and contact information, refer to the sectionBehavioural Consultants**.**

### ****Christian Horizons**** 613-225-5900

This home will serve children with significant behavioral challenges.  They will have opportunities to learn new skills that will enable them to reintegrate into their families and communities.  For more information please contact:Jackie Monforton,Christian Horizons 613-225-5900- Ext.24, [jmonforton@christian-horizons.org](mailto:jmonforton@christian-horizons.org) or: Miriam Oliver, 613-225-5900 -Ext. 25 [moliver@christian-horizons.org](mailto:moliver@christian-horizons.org)

### ****Destiny's Way**** [www.destinysway.ca](http://www.destinysway.ca)

Destiny's Way provides day and overnight respite to families that have a child or loved one with Autism Spectrum Disorder and other diagnosed exceptionalities.

**Contact:** Jacqueline Mansell RPN (613) 226-6222 or email [jacqueline@destinysway.ca](mailto:jacqueline@destinysway.ca)

### Greenland Country Haven [*Greenland@ripnet.com*](mailto:Greenland@ripnet.com) 613-806-0690

Group home opening September 1st for teens and adults (16+) with special needs. Staff includes RN, PSWs, DSWs and a Supervisor. Ratio of staff to clients is 1:2 or 1:3 depending on individual needs. Respite and day programs are also available. It will be operating as a Home Share Program, where a couple or a single person will live on the premises in a supervisor/parent role. Please contact Debra McLean at [Greenland@ripnet.com](mailto:Greenland@ripnet.com) for more information. Due to numerous requests, we are also offering short-term weekend respite care for adolescents 12-16 years of age

### Ottawa-Carleton Association for Persons with Developmental Disabilities (OCAPDD) [*www.ocapdd.on.ca*](http://www.ocapdd.on.ca)

They offer respite services to families with autistic children for a week at a time.

### Ottawa Respite Connection https://www.facebook.com/groups/Ottawarespiteconnection/

Connect parents and workers through a Facebook group.

### Service Coordination [*dbara@respiteservices.com*](mailto:dbara@respiteservices.com) 613-748-1788 x 240

There is a website linking families and special needs workers. You can place an ad for free: [www.respiteservices.com](http://www.respiteservices.com) or contact Daniela Bara at [dbara@sccsottawa.on.ca](mailto:dbara@sccsottawa.on.ca) or call 613-748-1788 ext 240.

### Thinking in Pictures Educational Services (T.I.P.E.S)

For description and contact information, refer to the sectionBehavioural Consultants**.**

# Support Resources and Support Groups

## General Resources

### Autism Ontario—Ottawa chapter *www.autismontario.com/ottawa 613-*230-6305

Ottawa ON |(613) 230-6305

Email: [Ottawa@autismontario.com](mailto:Ottawa@autismontario.com)

Fax: 613-288-1423

### Child and Youth Health Network of Eastern Ontario [*www.child-youth-health.net*](http://www.child-youth-health.net)

Click on Respite Care and follow the link through Parks and Recreation Day Camps. The following description is taken right from the website:

The **CHILD** and **YOUTH HEALTH NETWORK** for **EASTERN ONTARIO**, facilitated through CHEO, began in the spring of 1997 with a focus on modelling integrated services for children and youth in Eastern Ontario. Over a dozen working groups bring parents and representatives from health, social services, education and recreation together on specific projects aimed at making a difference and improving services. The Steering Committee of 32 members represents a range of disciplines and geographic communities and provides strategic directions and critical information sharing. The **NETWORK** has proven itself to be a mechanism through which opportunities for better service delivery and integration can be both identified and created.

### eMental Health [*www.ementalhealth.ca*](http://www.ementalhealth.ca/)

eMental Health is a compendium of resources and information on mental health issues. Go to their home page and type in “autism” under the “Search by keywords”.

### Lanark Autism Support Group [*www.lanarkautismsupport.com*](http://www.lanarkautismsupport.com)

Meets the first Monday of every month from 7:30pm-9pm at the Lanark Community Programs in Carleton Place, 30 Bennett St)

For more information please visit our website at [www.lanarkautismsupport.com](http://www.lanarkautismsupport.com)

### Networking and Advocacy Group—United Families of Eastern Ontario (UFEO)

United Families of Eastern Ontario (UFEO) is a coalition of family networks and individuals committed to improving the lives of children and adults with Developmental Disabilities (including Autism Spectrum Disorders). Activities include:

* Facilitating the sharing of information between families and groups in the developmental disability community.
* Participating and partnering in the planning of services and supports for individuals with developmental disabilities
* Acting as an advocate on issues affecting families and individuals dealing with a developmental disability
* Raising awareness within the general public on issues of concern to the developmental disability community

There are currently 22 family-focused groups and 168 family and individual members. UFEO is representing families on several Ministry of Community and Social Services committees including the Systems Planning Table and Dual Diagnosis Advisory Group.

To become a member of UFEO (no fee), select “Join Now” from the menu at [www.ufeo.ca](http://www.ufeo.ca). Members receive invitations to information sessions and regular “alerts” on funding issues, Ministry requests for feedback, community workshops and other services/supports in the community.

Heather Fawcett is representing families of Autism Ontario—Ottawa and is the Acting Chair of the Steering Committee of UFEO. For more information contact [info@ufeo.ca](mailto:info@ufeo.ca).

### La Société franco-ontarienne de l'autisme

holds support groups. Their contact information is available on their website: [www.autismefranco.ca](http://www.autismefranco.ca).

## Support for Caregivers and Family Members

### Asperger’s Syndrome Parent Support Group

You are not alone! Share ideas, information and resources with other parents who have children with AS and related disorders. A confirmed diagnosis is not required. Interested professionals and adults with Asperger Syndrome are also welcome to attend. Please contact me at [isabelle.macnider@gmail.com](mailto:isabelle.macnider%40gmail.com) with speaker requests. The meeting is free and open to everyone. It is a safe non-judgmental space to share your successes and concerns with peers.

### Jewish Youth Library, non-sectarian servicesV2.2

**Friendship Circle**

Friendship Circle is a non-sectarian program that presents families of children with special needs and teenage and university volunteers the opportunity to form real friendships within a non-judgmental and supportive environment. Through weekly home visits, children with special needs experience the joy of friendship and their parents get a respite assured by the knowledge that their child is enjoying fun, meaningful activities with a good friend. Please visit our website at [www.jewishyouthlibrary.com](http://www.jewishyouthlibrary.com/) or email [office.jewishyouthlibrary@gmail.com](mailto:office.jewishyouthlibrary@gmail.com)

**Sibshops of Ottawa**

Sibshops is a non-sectarian program with fun, recreational workshops for siblings of children with special needs between the ages of 7 - 13 years old. Sibshops reflect a belief that brothers and sisters have much to offer one another - if they are given a chance. The workshops are a spirited mix of new games (designed to be unique, off-beat, and appealing to a wide ability range), new friends, and discussion activities. Please visit our website at [www.sibshopsofottawa.com](http://www.sibshopsofottawa.com/) or email us at [sibshopsofottawa@gmail.com](mailto:sibshopsofottawa@gmail.com)

### OPAC Ottawa Parents of Apraxic Children

Has your child been diagnosed with childhood apraxia of speech? Are you feeling overwhelmed with what to do, what to expect?

Come and join our parent support group. We meet for regular face to face meetings in Ottawa and use online tools to share and support each other. It can be comforting and empowering to know that you are not alone and that you can both give and receive help.

**OPAC Goals**:

- to meet for face-to-face meetings on a regular basis

- to provide support, sharing and networking opportunities amongst parents of children with CAS

- to raise awareness of apraxia in our communities and school systems

**OPAC Activities** include:

- sharing feelings and experiences

- exchange of information both in person and online via shared group website

- sharing information resources about CAS

- discussions on specific topics (i.e. therapies, school transitions, social skills etc.)

- building a resource list and virtual library of CAS resources

- resource lending amongst members

- family activities

For more information, email: [Ottawa.apraxia@gmail.com](mailto:Ottawa.apraxia%40gmail.com)

### Ottawa Children's Coordinated Access and Referral to Services

Special Needs Committee

Coordinated Access is a case resolution mechanism designed to provide recommendations and referrals for families, children and youth who have complex needs and are experiencing difficulties gaining access to support and services in the community. The role of Coordinated Access is to offer assistance in the form of recommendations (not direct services) in an attempt to resolve difficult situations. Case resolution is offered through the Coordinated Access committees comprised of various professionals whose agencies provide services in the Ottawa region. Coordinated Access has a Francophone and Anglophone committee to provide assistance to clients in their language of choice.

**Who refers people to Coordinated Access?**

Community agencies and other professionals make referrals to Coordinated Access. Their role is to assist families with the preparation needed to put together a presentation before a Coordinated Access committee. The submitting agency will gather all the documentation needed and help families fill out the Coordinated Access application form. They will also prepare the presentation to the committee. However, it is strongly recommended that parents/guardians remain actively involved in the application process and participate in the presentation. The submitting agency is also responsible to forward the recommendations of the committee to the family and assist them with their implementation.

**Who is eligible to be presented to the Coordinated Access committee?**

Coordinated Access is designed to assist children with a developmental delay who have complex needs and their families. These children and/or families must be able to demonstrate that they have attempted to use various community services, but have been unsuccessful in their attempts to resolve their current difficulties. In other words, Coordinated Access is designed to assist only those people whose needs have not been met by existing community services.

**For more information, contact:**

**Cathy Lonergan, Case Coordinator**

**613-729-0577 x 12547**

**cathy@coordinatedaccess.ca**

### Parents Lifeline of Eastern Ontario (PLEO)

A support group for parents of children with mental illness--not for autism specifically but for mental health issues which are sometimes a secondary diagnosis for our children. Please visit the website: [www.pleo.on.ca](http://www.pleo.on.ca) for schedule of meetings. Meetings are held at CHEO.

There's also an OCD (Obsessive Compulsive Disorder) one which holds meetings sporadically.

Parents of Children with OCD: Janet van den Heuvel 220-1507 [Janet.Vandenheuvel@ottawa.ca](mailto:Janet.Vandenheuvel@ottawa.ca)

**Therapeutic Innovations International** [www.therapyintl.com](http://www.therapyintl.com)

Stress Reduction for Parents  
We are supporting parents of children with autism, ADD/ADHD, and other special needs who struggle to find the balance between their child's needs and their own. We show parents how to manage the stresses that can come from the challenges we face (educationally, at home, and in the community). Support is offered through online group workshops and 1:1 virtual parent coaching sessions. The primary goal is to decrease parental stress, but we also coach parents on strategies that can be used to help reduce the stress experienced by their child. We use a combination of approaches that include; Cognitive Behavioral Training (CBT), Mindfulness-based practices and attitudes, Acceptance and Commitment Training (ACT), and HeartMath® techniques.  
    
Dr. Elizabeth Joy Shaffer, OTD, an occupational therapist and founder of Therapeutic Innovations International, has been working with children, families, health, and educational organizations around the world since 2001. She has extensive experience working with children on the spectrum and also raising them as she has two boys with autism. For more information, contact us at [tii@therapyintl.com](mailto:tii@therapyintl.com)

### SSAH Provincial Coalition's Website *www.ssahcoalition.ca*

We have now placed a "Bill of Rights for Families who use SSAH" (Special Services at Home—individualized funding for people and families with children who have disabilities).

### Walking in My Shoesv3.0 [wims@citizenadvocacy.org](mailto:wims@citizenadvocacy.org) 613-761-9522

ARE YOU THE PARENT/GUARDIAN OF A CHILD WITH A DEVELOPMENTAL DELAY? HAS YOUR CHILD BEEN DIAGNOSED WITH A DEVELOPMENTAL / PHYSICAL DISABILITY? WOULD YOU LIKE TO MEET OTHER PARENTS OF CHILDREN WITH SPECIAL NEEDS?

**Walking in My Shoes**(WIMS) is a monthly meeting for parents of children with special needs to meet, greet, and share experiences.

Meetings are held in the west and east. The west meeting is held the 2nd Tuesday of the month at Bridlewood Trails Retirement Community, 480 Brigitta Street, Kanata, ON and the east meeting is held the  3rd Tuesday of each month at 700 Industrial Ave, Suite 600. Both meetings are from 7:00-9:00pm.

During these meetings parents will have the opportunity to connect with other parents who are experiencing similar feelings and concerns related to their child’s special needs. You will have the opportunity to meet, share information and learn about resources and processes from each other and guest speakers.

Please visit the WIMS website for the meeting schedule and topics [wimsparents.ca](http://wimsparents.ca/).

Everyone is welcome.

For more information please email [wims@citizenadvocacy.org](mailto:wims@citizenadvocacy.org) or call Rachel Levine-Katz or Sari Musta-White at [613-761-9522](tel:613-761-9522).

## Support for Youth and Adults with Autism

### ABA Connections Ottawa

For description and contact information, refer to the sectionBehavioural Consultants**.**

### B Mindful Psychotherapy and Coaching Centre [*www.bmindful.ca*](http://www.bmindful.ca) 613-702-4632 x101

Contact: Sonia Tanguay. Offers bilingual psychotherapy and group therapy to young adults with Autism Spectrum Disorder. My areas of expertise include ASD, ADHD, anxiety, depression, emotional regulation, and social skills training. B Mindful Psychotherapy and Coaching Centre also offers mindfulness-based workshops and coaching. My private practice is located at 1073 Wellington St W, Ottawa, On, K1Y 2Y2 and it is conveniently accessible by public transportation.

### Richard Harman:

Group for depressed, anxious, withdrawn teens. In-depth focus on issues such as dependency, fear, guilt, uncertainty, relationships with others. Groups not specific to ASD. 103-99 Holland Avenue

613-725-0302

613-725-0302 (Toll Free)

613-725-0302 (Crisis Line)

TTY: 613-725-0302

[www.hollandprofessionalassociate...](http://www.hollandprofessionalassociates.com/)

[richard.harman@sympatico.ca](mailto:richard.harman@sympatico.ca)

### Families Matter Co-operative Inc. [*www.familiesmattercoop.ca*](http://www.familiesmattercoop.ca) *613-733-0122*

This is a member-driven, not-for-profit organization dedicated to meeting the needs of developmentally disabled individuals, their families and friends. Founded, managed and supported by people whose own lives have been directly touched by developmental disabilities, Families Matter Co-op brings information and families together to improve their quality of life.

Families Matter Co-op offers a single independent source for comprehensive access to information about resources and services for people with developmental disabilities. It is available online.. Families Matter Co-op coordinates member-driven support networks to connect people with developmental disabilities as well as their families and friends.

Families Matter Co-op is committed to raising awareness of the challenges facing people with developmental disabilities, their friends and families and to addressing those challenges through member-driven initiatives.

Telephone: Marge 613-733-0112 email: [famileismattercoop@sympatico.ca](mailto:famileismattercoop@sympatico.ca)

### Learning Disabilities Association of Ottawa Carleton

**Transitions**  An after school program for youth in grades **seven to nine** who have various learning disabilities. Give your child the tools to become their own advocate! The third Transitions group is starting this February and what better time to start preparing your child for the intricacies of high school, or perhaps they are already in grade nine and having a difficult time adjusting.

Transitions is based on the following topics:

·       Communication skills

·        Problem solving and critical thinking

·        Time management skills – patterning

·        Organizational skills

·        Self advocacy skills

·        Taking responsibility

·        Stress management and knowing your support network (concept of guidance counselors)

This is a ten week program starting in February - don't miss out! Facilitator:   Laura Burgess

Location:  180 Percy Street, the McNabb Community Centre

### Ottawa Resolution Service for Adults with a Development Disability

This is a relatively new service for an adult with a development disability who:

is at serious and imminent risk of harm to him/herself or others, and

is unable to access services; or

is at risk of family breakdown, if supports and services are not provided; or

is at risk of receiving a more intrusive response in the absence of supports; or

requires support that is beyond the current capacity of an individual agency and/or the service system. (Source: Because you asked ... Questions and Answers about the Ottawa Resolution Service, a publication of Citizen Advocacy, also available in French.)

**This is not a crisis service; it is, rather, a community based problem-solving service where all options appear to have been tried and exhausted.**

The Resolution Service operates through Citizen Advocacy on Parkdale, 613-761-9522.

# Life and Social Skills

### ABA Connections Ottawa

For description and contact information, refer to the sectionBehavioural Consultants**.**

### Children and Youth Social Skills/Life Skills/Siblings Groups

CAR also runs social skills groups for children 5 years and up with Autism Spectrum Disorders in general (including AS), life skills groups for pre-teens and teens, and siblings groups for children 7-12 years. Your family must be a member of Children at Risk for your child to participate in any CAR program. Contact CAR at 613-741-8255 or visit their website at [www.childrenatrisk.ca](http://www.childrenatrisk.ca).

### Children at Risk--Friendship and Life Skills groups

For description and contact information refer to section Agencies, Non-Profit Organizations and Charitable OrganizationsV2.0.

### Citizen Advocacy 613-761-9522 x 249

A fee-for-service program, this innovative program helps people articulate their hopes and dreams as they move into adulthood and take steps to achieve greater independence.   Planning for the future can be very scary and sometimes confusing.

We have a team of skilled Facilitators who have been specifically trained to focus on people’s abilities and potential.  They draw from a variety of facilitation tools and are able to offer an unbiased perspective.  Some of our Facilitators have worked within the developmental services sector, some are parents of a child with a disability and some have moved into retirement and want to continue contributing to the well-being of others.

Our Facilitators have now concluded their Practicum training where they had the opportunity to apply and sharpen their skills.  They are now eager to help more people move ahead and make navigating through the fear and the confusion both positive and productive.

If you are interested in learning more about Independent Facilitation and Planning or would like to meet with a Facilitator, please contact Christine Martinelli at 613 761 9522 ext 249.

**Community Living Ontario** [**www.communitylivingontario.ca**](http://www.communitylivingontario.ca)

Provides a program called Ottawa Student Links Free Mentorship which matches youth aged 14-21 with a mentor in their community who will guide them to explore further topics of their choice: <https://communitylivingontario.ca/what-we-do/student-links> Please contact Amy Dumont Student Links Coordinator-Ottawa Region at [adumont@communitylivingontario.ca](mailto:adumont@communitylivingontario.ca) for more information

**Early Learning ABA** [**www.earlylearningottawa.com**](http://www.earlylearningottawa.com) **343-542-5815**

Taken from their website: Early Learning ABA Ottawa, is founded with the hopes of providing children and families with the tools to help with skill development and behaviour reduction while creating an empowering, educational and safe environment. [info@earlylearningottawa.com](mailto:info@earlylearningottawa.com)

### Goldstein, Moncion, Greenbaum, and Associates:

Social skills groups for 6 to 18 years. Groups not specific to ASD.

2249 Carling Ave. Suite 314, Ottawa

Phone: (613) 596-2333

Email: [gmgassoc@magma.ca](mailto:gmgassoc@magma.ca)

### Jacquie Ballantine (SLP):

Leads a social language interaction group. Ages 4 to 14. Not specific to Autism Spectrum Disorders.

2 MacNeil Court, Kanata Phone: (613) 591-3686

### Main Street Community Services:

Social skills groups, mentoring groups for children 5-14. Some specific to AS and ADHD.

1250 Main Street, Unit C20 Stittsville Contact: (613) 831-6606

### OCTC (Ottawa Children’s Treatment Centre)

In partnership with CHEO's Autism Program, the Ottawa Children's Treatment Centre (OCTC) is offering new services and supports that will help children and youth with autism develop communication, social and daily living skills, learn better in school and become more independent.

For more information about OCTC's Autism Service, please contact Julie Caissie:

(613) 249-9355, ext. 310

jcaissie@octc.ca

<http://www.octc.ca/autism.php>

### Ottawa Recreation for Children on the Autism Spectrum (ORCAS).

Bowling, martial arts, baking, arts and crafts, etc. Ages 8 and up.

2211 Thurston Dr. **Please note: children must be clients of OCTC to participate.**

Phone: Katie Downey, (613) 688-2126 ext. 4342 or Emily Glossop 688-2126 ext. 4340

Email: [kdowney@octc.ca](mailto:kdowney@octc.ca) or [eglossop@octc.ca](mailto:eglossop@octc.ca)

Website[: www.octc.ca](file:///C:\Users\debbi\AppData\Local\Packages\microsoft.windowscommunicationsapps_8wekyb3d8bbwe\LocalState\Files\S0\7253\%20www.octc.ca)

### Prisms Options Programs

**Our Mission**

To provide teens and adults with special needs and especially those with developmental disabilities and autism, life enhancing experiences.

**Our Vision**

Established since 2011, Prisms Options Programs’ vision is to see persons with special needs enjoy recreational, social, educational and exercise programs adapted to suit their skills and ability levels.

For information on all of Prisms Options Programs please visit:

PRISMS OPTIONS PROGRAMS

<http://prismsoptions.wixsite.com/special-needs>

### Social Skills Group for Adults

For adults with Asperger Syndrome to develop social skills. Call Y’s Owl Maclure at 613-721-1500 for information. See [www.ysowlmaclure.org](http://www.ysowlmaclure.org) for info on employment support and other services.

### Social Skills for teens with Asperger’s SyndromeV2.2

I am offering a social skills/friendship group for teens with Asperger's Syndrome in Kanata. I have worked running similar groups for 20 years. This group focuses on developing friendships through inter active, language based games as well as necessary social skills.

The group will run alternate weeks at the Community Resource Center in Kanata on Tuesdays in the late afternoon or early evening. For further information please contact Kimberley Reimer at [westendfriendshipgroup@gmail.com](mailto:westendfriendshipgroup@gmail.com) or at (613) 256 9752.

### the*Space*

the*Space* is a new and exciting community gathering place for individuals with autism and intellectual disabilities with a focus on apprenticing for creative self-employment. Please visit the website for additional information: <https://www.thespaceottawa.ca/>

### The Social Learning Centre,

a tutoring service, is branching out to include social skills activities. Trisha  Kassotis 613-852-7297 or [socialearningcentre@rogers.com](mailto:socialearningcentre@rogers.com)

### Social Network for Youth

This is a social skills building program for individuals with developmental delays. We organize weekly gatherings for youth wanting to socialize in a casual environment with the support of facilitators. The group has a mixture of individuals with different developmental delays (Asperger's, autism, brain injuries, Down Syndrome..etc) but all benefit from increased social interactions. The age range is 13-21 (youth group) and over 21 for the graduate club. The organization is bilingual. The activities are once a week and vary depending on member requests. They are usually from 6:30-8:30pm and Tuesdays for the youth group. Activities include crafts, bowling, Midway, movies, dinner, BBQ, Ottawa 67's games or whatever the members are interested in. Activities are located across Ottawa and locations are easily accessible by bus. The cost is $50 for a yearly membership but interested individuals are welcome to attend a few outings to see if they would be interested in joining. The ratio is about 3 facilitators for 10-30 members so individuals must be fairly independent (some members attend with D.S.W staff). An informal assessment is done through observation of individual's interaction with other members. You can contact Aroha DeForest or Melanie Martin at 237-0113 ([snforyouth@hotmail.com](mailto:snforyouth@hotmail.com)) for more information and a recorded message about the next scheduled activity.

### Stronger You Martial Arts and Fitness— Jinzai! :

Karate for children with high functioning ASDs. Ages 7 and up. Social skills and personal awareness using circle discussion and role playing. Games to emphasize gross motor skills turn taking and build confidence. Also run summer camps for higher functioning children with ASDs.

3570 Strandherd Dr Barrhaven

Contact: Janet Heffernan (613) 823-6697

Email: [info@strongeryou.com](mailto:info@strongeryou.com)

Website: [www.strongeryou.com](http://www.strongeryou.com)

### Spectrum Intervention Group

For description and contact information, refer to the sectionBehavioural Consultants**.**

### Youth Action Social Group [*spectruminsights@yahoo.com*](mailto:spectruminsights@yahoo.com)

Please contact John Anderson for registration.

### Youth Empowerment and Transition Program

(Ottawa Independent Living Resource Centre) Youth activities, some involving life skills and social skills. Ages 16 to 25. Drop-in.

B10 - 75 Albert St., Ottawa

Phone: (613) 236-2558

Email: [info@oilrc.com](mailto:info@oilrc.com)

Website: [www.oilrc.com](http://www.oilrc.com/)

### Y’s Owl Maclure Co-operative Centre – Life Skills Training Program

The Y’s Owl Maclure **“Life Skills Training Centre”** offers a wide range of transitional support services for youth and adults with Autism and Developmental Disabilities.  In 2013 Y’s Owl Maclure launched this innovative employment and independent living program as a response to the increasing needs of young adults with Autism and Developmental Disabilities transitioning from secondary school settings into adulthood.

All of our services for youth and adults are guided by a Person Directed Planning approach that utilizes individual strengths, abilities, interest and personal goals.  Person-directed planning helps an individual to find the tools they need to live their dreams and meet their goals. This training program for individuals with Autism Spectrum Disorder and Developmental Disabilities will provide participants with a blended training experience in the Owl Café, Sweet Memories Baskets and Favours, etc., combined with classroom instruction. When students are ready for the next step, they may receive support in acquiring and maintaining employment, post secondary education and/or independent living.

**Age:** 18 – 28

**Diagnosis:** Asperger Syndrome, Autism, and Developmental Disabilities

**Time:** 9:00 - 3:30 pm

**Location:** Y’s Owl Maclure Co-operative Centre, Suite 100, 1140 Morrison Drive, Ottawa.

Transportation to and from the centre is the responsibility of the individual / family.

For more information about this program or to register contact Heather Ungar @

(613) 721-1500 or [heatheru@ysowlmaclure.org](mailto:heatheru@ysowlmaclure.org)

# Day Programs, Employment Skills & Supported Employment

### Autism Works OttawaV3.0 <http://www.autismservicesottawa.com/> 613-721-1500 ext. 219

Autism Works Ottawa is a division of Y’s Owl Maclure.

Autism Works Ottawa is a fee for service program that provides assistance to individuals with Autism Spectrum Disorder, age 14 years of age and up with navigating post secondary school, gaining work experience or are seeking employment. It is the first-of-its-kind customized employment program for teens, youth and adults with ASD. The program consists of two streams: Building Skills for Life (Stream A) and First Steps to Employment (Stream B). Autism Services Ottawa challenges traditional employment methods and builds on existing supported employment strategies, which focus on building skills for life and competitive employment.

For more information please contact Suzanne Ford, Director of Services at 613-721-1500 ext.219 or [suzanne@ysowlmaclure.org](mailto:suzanne@ysowlmaclure.org) or visit our website at [www.autismservicesottawa.ca](http://www.autismservicesottawa.ca/). You can also find us on Facebook!

New (2016): Autism Services Ottawa is pleased to announce their new location in Carleton Place, 135 Bridge St. 613-492-9000. The Owl Cafe-Meeting Place will provide employment opportunities, training, services and support to Lanark County. Contact us for more information.

### Causeway Work Centre [*www.causewayworkcentre.org*](http://www.causewayworkcentre.org/)

Causeway Work Centre is a community economic development organization that empowers and supports people in overcoming disabilities and other challenges to help them find rewarding work and live more independently

### Christian Horizons [https://www.christian-horizons.org](https://www.christian-horizons.org/)

Offers a day program called GROW for adults with developmental disabilities. Please contact Jacqueline Ayer at Tel: 613-225-5900 ext.44  [jayer@christian-horizons.org](mailto:jayer@christian-horizons.org) or view their website for the different programs offered.

### Family Matters Co-operative [*marge.mccabe@sympatico.ca*](mailto:marge.mccabe@sympatico.ca)

They are a grassroots group interested in pulling together families to work on issues such as   
housing, education, transportation, day programs, and community activities for adults with disabilities. [familiesmatter@hotmail.com](mailto:familiesmatter@hotmail.com)

### H'Art [*www.hartofottawa.ca*](http://www.hartofottawa.ca) 613-234-8497

H’Art is a place of business where artwork is created for sale to the public.  It is also a place of learning.  It is specifically designed for teens and adults with developmental disabilities and addresses a critical need and growing demand in our community to provide appropriate, challenging and rewarding opportunities which improve literacy, creativity, social and life skills in a business-like setting.  Their website is [www.hartofottawa.ca](http://www.hartofottawa.ca).

### Krackers Katering

Baking Division, on the job training. The Causeway Work Centre, 22 O’Meara Street.

Contacts: Francis Daly, 613 725-3494, Ext. 115

Gladys McClement, 613 838-8089

Don Palmer, 613 725-3494, Ext. 103

### the*Space*

"theSpace is a new creative studio which offers a range of activity sessions for individuals with autism and intellectual disabilities aged 16 and up.  
Our creative studio offers a safe third space where everyone can find their own special interest--and spark a new passion for learning or expanding existing skills and abilities!  
Our inclusive and non-judgmental process includes customized sessions run by our talented and experienced facilitators, insuring that learning through doing and sharing your own experience and identity with others is encouraged.  
Join us for a totally fun and engaging opportunity to take your interests and passions to the next level!"

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

### *****Lotus Centre for Special Music Education*****

**For description, refer to the section** Special Education Advocates

Horizon Education Consulting *www.horizoned.ca* 613-612-6842

Contact: Monika Ferenczy Email: info@horizoned.ca.

### Phoenix Paralegal *www.phoenixparalegal.ca* 613-294-4380

Contact: Tami Cogan. I am an educational advocate and focus on disability accommodations.  If there is anything I can do to help, please let me know. Email: info@phonenixparalegal.ca

### Tammy Robinson *tamrobinson@sympatico.ca* 613-523-9173

An advocate in the Ottawa area.

For assistance with services for children with special needs (provincial), visitwww.familynet.on.ca

### Child Advocacy Project (CAP) *1-416-977-4448 ext. 226*

CAP is dedicated to safeguarding the education rights of children and youth across Ontario. The volunteer lawyers who take CAP cases are experienced and trained in Education Law.  CAP lawyers work for free.  
CAP lawyers provide free legal services to:

arrowRtGray  Students who are involved in the Special Education process.  
arrowRtGray  Children and youth who are at risk of being suspended or expelled.  
arrowRtGray  Young people who are living independently.

# School-Related Problems, Issues and Information

In Version 2.0 of the document, I removed most of the information in this section. The Special Needs Roadmap contains the deleted information already.

## Ministry Information

The main ministry website provides links to lots of information (i.e.

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

**Special Education Overview**

Many, many links to almost every document about spec ed by the ministry:

http://www.edu.gov.on.ca/eng/general/elemsec/speced/speced.html

**How our schools are governed: The Education Act**

www.e-laws.gov.on.ca/html/statutes/english/elaws\_statutes\_90e02\_e.htm

## The Ontario Special Needs Roadmap For School

Do you struggle with knowing what to do to help your child with special needs in school.

The Ontario Special Needs Roadmap is the culmination of over a year and a half of research that has been compiled in this new interactive school roadmap to help parents navigate the system. The roadmap explains what the different processes mean and how they impact your child.

This roadmap is your GPS to navigate the education system in Ontario for all children with special needs.

www.specialneedsroadmaps.ca

## Advocacy

Ed Mahoney – https://www.facebook.com/MahonyAdvocacy/

## A Shared Responsibility: Ontario's Policy Framework for Child and Youth Mental Health, 2006

http://www.gov.on.ca/children/graphics/stel02\_179874.pdf  
Report of the Interim Parent Involvement Advisory Board, 2006  
http://www.edu.gov.on.ca/eng/parents/parentinvolvement.pdf  
Effective Education Practices for Students with Autism Spectrum Disorders  
http://www.edu.gov.on.ca/eng/general/elemsec/speced/autismSpecDis.html  
Making a Difference for Students with Autism Spectrum Disorders in Ontario   
Schools: From Evidence to Action, 2007  
http://www.edu.gov.on.ca/eng/document/nr/07.02/autismFeb07.pdf  
Education Funding Technical Paper 2008-9  
http://www.edu.gov.on.ca/eng/funding/0809/technical2008.pdf

## Regarding suspensions:

http://www.edu.gov.on.ca/eng/safeschools/NeedtoKnowSusp.pdf and if you need legal help to appeal a school decision:

https://www.lawhelpontario.org/legal-help-for-children/education-law-project/

## Post Secondary Transitions

This guide is a way for students with disabilities to arm themselves with knowledge they need to access resources at college and university and to make a successful transition from secondary to post-secondary school.   
http://www.transitionresourceguide.ca/

## **AUTISM ZEITGEIST**

For the newer members of the group or those in the IBI program ... please visit http://www.autismzeitgeist.com  
This IBI/ABA informational website was created by a mom to help families navigate the government's Autism Intervention (IBI) Program in Ontario. It's chock-full of information and resources ideal for families who are about to enter or who are already receiving IBI services. Download example ISP's, Behaviour Management Plans, DFO GuideBook, Service Option Contracts and view other important supervision information for this ministry funded program??

# Scholarships

The following information deals with scholarships for individuals interested in research in the area of autism and for students with ASD

For additional information, visit

http://www.autismontario.com/client/aso/ao.nsf/web/Scholarships?OpenDocument

### Eleanor Ritchie Post-Secondary Education Scholarships for Students with ASD

The Eleanor Ritchie Post-Secondary Scholarships is for students with ASD. These awards are named after Eleanor Ritchie, a long-standing member of ASO, in recognition of her dedication and support for individuals with ASD.

### Jeanette Holden Post-Secondary Education Entrance Scholarships for Siblings of Students with ASD

The Jeanette Holden Post-Secondary Entrance Scholarships for Siblings of Students with ASD. These awards are named after Dr. Jeanette Holden, a sibling of an individual with ASD, in recognition of her dedication to Autism research, and her contributions to unraveling the mystery of Autism.

### LiveWorkPlay [*www.liveworkplay.ca*](http://www.liveworkplay.ca) 613-235-9550

Enabling young people with developmental disabilities to live as included and contributing members of the community

### Ontario March of Dimes [*www.marchofdimes.ca/EN/programs/employment/Pages/default.aspx*](http://www.marchofdimes.ca/EN/programs/employment/Pages/default.aspx)

**Employment Services for Clients**  
Do you have a disability and are looking for work? Every year, March of Dimes Employment Services helps hundreds of people with disabilities achieve greater independence by providing job training and finding them employment.  
**Why March of Dimes?**   
Proven success  
80% of people we served last year found employment.  
Personal attention  
March of Dimes Employment Services offers dedicated Employment Specialists who help you set and reach your goals. We don't just find you the right job - we provide you with the job training, computer training and education needed to succeed.  
**Preparation**  
Job experience is tough to acquire when it seems like nobody will hire you. March of Dimes will help prepare you and your resume, teaching you to be a more appealing candidate on paper and in person. We'll help you acquire the job skills and experience you need to enter the labour market, tailoring our services to suit your strengths. Going beyond that, we will even work with employers to provide workplace accommodations for you if they are necessary. Whatever your needs, March of Dimes will help you find the best possible job for you.  
**Experience**  
For the past 55 years, March of Dimes has been dedicated to helping Canadians with disabilities achieve greater independence.

Call: 613-596-3463

### Ottawa-Carleton Association for Persons with Developmental Disabilities 613-569-8993

Executive Director: David Ferguson

Day programs, residential programs and family support programs for people with multiple disabilities.

### SCEL-supported community enhanced learning at the Hintonburg Community Centre 613-798-8874

SCEL Central offers a post 21 program specifically for young adults with autism. We operate at a ratio of 1:3, and currently can accommodate up to 12 individuals each day, Monday to Friday. Hintonburg's SCEL program has a close partnership with the WAVE (Work and Volunteer Experience) program operating out of Dovercourt, which also matches up many of our participants with volunteer positions, or paid employment. We also have a very close partnership with the Autism Unit at OTSS, as our program was originally created with their graduates in mind. Other activities on our agenda include things such as: cooking, yoga, zumba, swimming, bowling, community outings and music. If this program interests you for a loved one, or an individual you support please contact Hintonburg Community Centre attention SCEL Central Autism Program at or [emma.mitchell@ottawa.ca](mailto:emma.mitchell@ottawa.ca)

### Service Coordination

All services in Ottawa, post high school can be found through this link "service coordination".

<http://www.scsottawa.on.ca/SITE/English/Community%20Options.pdf>

### Y’s Owl Maclure Co-operative Centre – Life Skills Training Program

See section **Life and Social Skills** for a full description.

### Carleton Heights Community Centre

Social Recreation Special Needs  
1665 Apeldoorn Avenue, 613-226-2208  
This is a social recreation program for adults with developmental disabilities. Participants take part in a variety of social, recreational and educational activities. The objective of this program is to further develop life-skills through social recreation.   
Ages: 18-65yrs  
Monday to Friday; 9am-3pm  
 Building social skills  
 Physical activity  
 Cooking  
 Arts  
 Monthly outings  
  
Participants are to bring their own lunch and snacks and arrange for transportation to and from the program. Prior to registration an interview, must be conducted by contacting the Special Needs Portfolio Coordinator at 613-580-2424 ext. 29300.   
This program is intended for individuals who can participate in a full day program without the support of a one-on-one worker. A 5:1 ratio is applied within this program.   
Putting together the pieces of social recreation, complete your puzzle and join today!   
For more information, please contact Maureen Moynahan, Program Coordinator, 613-226-2208 ext. 222

### WAVE (Work and Volunteer Experience for Adults with Autism)

WAVE (Work and Volunteer Experience for Adults with Autism)​   
<https://www.dovercourt.org/wave/>   
WAVE (Work and Volunteer Experience) is a day program and job coaching service for adults with Autism. Founded by Dovercourt Recreation Centre (DRA) and funded by Unity for Autism the goal of the program is to help apprentices gain skills to be successful in work or volunteer placements. The WAVE program runs in three groups based on ratios (1:3; 1:6; 1:8). Each group focuses on slightly different skills with job and volunteer skills as the focus. Tasks around Dovercourt are undertaken by each group to help build skills. Placement in a group is determined upon an assessment. Attendance can be one day a week or several days of the week depending on need and program availability. Additionally, we offer a job coaching service where an apprentice begins by volunteering at a place of interest with the help of a 1:1 job coach, with hopes they can then go independently. Please visit our website for updated information and pictures.

# Group Homes and Residential Programmes

**Residential Resources - many of these groups also offer adult day programs (must be referred through Service Co-ordination**)

### Karis (formerly known as Christian Horizons) [*www.christian-horizons.org*](http://www.christian-horizons.org) *****613-225-5900*****

**Serving adults and children with exceptional needs.**

**Services provided:** Community Residences, Individual Support Services, Supported Independent Living Day Supports | Community Support Services Family Home Services.

### Developmental Services Ontario Eastern Region (DSOER) 613-748-1788

To assist in identifying services available to individuals over the age of 18 with a developmental disability. These services include residential, day programs, employment, health, community events, housing, respite, financial (ODSP/SSAH) and social programs

Access on Service Coordination’s website: [www.scsottawa.on.ca](http://www.scsottawa.on.ca)

### Innovative Community Support Services [*www.icss.ca*](http://www.icss.ca) *613-824-9424*

(Taken from their Mission Statement) A non-profit organization committed to creating and providing familes and individuals with innovative, high-quality and cost effective community based programs and services that promote a stron sense of well being while making a positive contribution to our culturally diversified community. Contact is Chantale Sauvé. See also their Sow and Grow Farm.

### *L’Arche Ottawa 613-228-7136*

L'Arche Ottawa began in the national capital region in 1972. Today we are 30 core members and 18 assistants living in 7 homes as well as members of the coordinating team and a number of live-out and part-time support persons.

We have a spacious, modern community center where we gather for Monday evening community nights and on many other special occasions.  If you're in the area, you are welcome to join us during a community gathering. We meet on most Monday evenings, but please call the office for exact times and dates.

### Ottawa-Carleton Association for Persons with Developmental Disabilities 613-569-8993

Three group homes (14 beds) as well as SSLUs for adults with developmental disabilities.

### Ottawa-Carleton Life Skills Incorporated 613-596-6140

Group homes and SSLUs for adults with developmental disabilities. Executive Director: David Ferguson

Day programs, residential programs and family support programs for people with multiple disabilities

### Ottawa Foyers Partage <https://ottawafoyerspartage.org> 613-230-6171

Three group homes (9 beds) for adults with multiple disabilities. Also a workplace at Computer Wise.

### Ottawa Independent Living Resource Centre Melissa D’Amora 613-236-2558

The Youth Empowerment & Transition Program assists youth with all/cross disabilities in the Ottawa area in achieving their personal goals of independence.  The program is particularly for youth 16 to 25 years old and focuses on empowerment and transition, therefore we offer a variety of activities including skills workshops, healthy eating, physical activities, and social outings. The program also provides support for those individuals who are dealing with transition, for example high school to college/university/work or living with parents/caretakers to living on your own. The skills and encouragement resulting from such a program will ultimately aid young adults to pursue an autonomous lifestyle in concordance with the Independent Living Movement.

Youth Empowerment and Transition Program

Ottawa Independent Living Resource Centre

B010 - 75 Albert St, Ottawa, ON K1P 5E7

Tel: (613) 236-2558

Fax: (613) 236-4562

[programs@oilrc.com](mailto:programs@oilrc.com)

### Tamir Foundation 613-725-3519

Residential and Outreach programs for people with developmental disabilities

### Total Communication Environment [www.tceottawa.org](http://www.tceottawa.org) 613-228-0999

Providing homes to developmentally handicapped individuals

### Ottawa Carleton Lifeskills Inc 613-254-9400

Executive Director: Jocelyne Paul

Life skills training and residential support

### Bairn Croft Residential Services Inc. [*www.bairncroft.com*](http://www.bairncroft.com) 613-841-6844

1439 Youville Drive, Orleans FAX: 613-841-5344 ext 221

Residential care for individuals with developmental delays and dual diagnosis, typically autism spectrum disorder.

### Ottawa Family and Social Services [www.ottawa.ca/en/family-and-social-services](http://www.ottawa.ca/en/family-and-social-services)

Application and assistance with residential care for individuals with developmental delays

<https://ottawa.ca/en/family-and-social-services/financial-and-social-assistance/apply-financial-assistance/residential-services-homes>

# Financial Support and Housing

### Assistance for Children with Severe Disabilities (ACSD).

It comes from the same ministry as SSAH. I've included the ministry's website, as well as two descriptions, they have different examples of what it can be used for.

Ministry Website (poor description, but official site):

<http://www.children.gov.on.ca/htdocs/English/topics/specialneeds/disabilities/index.aspx77>

A very well done description by Respite Services (Waterloo):

<http://www.respiteservices.com/Waterloo/index.aspx?ArticleID=340>〈=en-CA

Another good description from Peel region:

<http://www.cdrcp.com/cip/assistance-for-children-with-severe-disabilities-acsd>

### Easter Seal Society 1-888-377-5437 or (416) 696-1035

Grant for incontinence supplies for children and youth.

### Habitat for Humanity-NCR <https://habitatgo.com/>

We aim to build simple, decent, affordable homes for low income working families. We look to help provide long term solutions through our home ownership program by giving low income families a chance to own their own home by offering an interest-free mortgage and no down payment. There is an application process for interested families, and once someone has been selected, they partner with Habitat and volunteer their time to build their home with the help of the community. Contact: [communications@habitatncr.com](mailto:communications@habitatncr.com)

### Assistance for Children with Severe Disabilities 613-788-2399

<https://www.ontario.ca/page/assistance-children-severe-disabilities-program>

A program for families making less than $60,000 gross income per year to help with the additional costs of raising a child with a disability.

### *www.jenniferashleighfoundation.ca*

The Jennifer Ashleigh Foundation assists children who are chronically or seriously ill, are 21 years of age or under and whose permanent residence is in Ontario. Family income impacts on granting decisions. We will consider requests for assistance in the following areas as they are related to the child's illness:

Emergency financial relief

Respite for a pre-determined period of time

Developmental therapies (excluding Hyperbaric Oxygen Treatment)

Educational programs, materials, instruction

Specially adapted computer equipment and software

Medical treatments not covered by government health plans or insurance

Recreation that promotes a child's involvement in the community.

Please call the Foundation office at (905) 852-1799 and ask for a Request for Assistance form. The form may be completed by the child's parent, physician, therapist, social worker, teacher or community liaison.

### The BEAR Children’s Fund (radio station 106.9) *www.thebear.fm*

The BEAR Children’s Fund was established at the launch of The BEAR in September of 1994 for the purpose of donating money to assist children’s charities and causes that make the quality of life better for children in the Ottawa-Carleton region. Fund-raising for The BEAR Children’s Fund continues year round with 100% of all monies raised going into the fund to help children.

If you would like more information on how to receive help from The BEAR Children's Fund or make a donation call The BEAR Monday to Friday 8:30 to 5:00pm. Or write to:

The BEAR Children's Fund

1504 Merivale Rd

Ottawa, ON K2E 6Z5

Main Number: (613) 225-1069 Toll-free: 1-800-754-1069

Contest FAX: (613) 226-8480 Business FAX: (613) 226-3381

Studio line for requests & contests: (613) 750-1069

General Inquiries - [bearinfo@thebear.fm](mailto:bearinfo@thebear.fm)

### The Max Keeping Fund for kids <https://cheofoundation.com/donate/max-keeping-fund-for-kids/>

Max Keeping Fund for Kids will help families who may not have the financial means to cover all of the expenses relating to their child’s medical care.  These expenses can include travel, lodging, or specialized treatment or equipment that are not covered, or partially covered, by other sources. There is an application process for eligibility.

### Special Services at Home 613-787-4064

**Services:** Application for funding developmental programming and family relief.

Related to this is the following information about the funding and its uses:

SSAH Provincial Coalition's website: [www.ssahcoalition.ca](http://www.ssahcoalition.ca)

WE have now placed a "Bill of Rights for Families who use SSAH”. Please share this printable flyer with families who use SSAH, the only source for individualized funds in Ontario.

### Fee assistance program for the City of Ottawa (go to your local community centre)

If you are a recipient of ODSP or ACSD, you may qualify for fee assistance for community centre-based programs through the City of Ottawa. Fee assistance is salary based.

# Preschools

### *****The Beacon Learning Centre 613-741-3422*****

**The staff has experience working with children with ASD.**

### Bells Corners Nursery School [*www.bccns.ca*](http://www.bccns.ca) 613-828-6011

Has been recommended by parents on autism support Ottawa list. The Bells Corners Co-Operative Nursery school has a program called 'Step-by-step', which offers children on the spectrum a positive pre-school experience in a warm and inclusive environment.  You can find more information on the program here: <http://bccns.ca/our-programs/step-by-step/>

### Centre psychosocial pour enfants et familles d’Ottawa 613-789-2240 ext 212

Segregated preschool setting which is now operating 11 months of the year on a full-time basis. It will take up to 6 children and the service will now include community integration activities. Parents can obtain more information about registration, intake and needs by contacting Kathleen Riley at 742-0884 or [Kathleen.riley@cepeo.on.ca](mailto:Kathleen.riley@cepeo.on.ca) For more information on this initiative, please contact Le Chapitre francophone d’Ottawa (Denise Leroux: 834-4257 or Huguette Boisvert: 722-2482)

### Charlemagne Child Care Services [*www.charlemagneccs.com/index.html*](http://www.charlemagneccs.com/index.html) 613-834-0081

Has been recommended by parents on autism support Ottawa list.

Nursery school is offered by the Ottawa Catholic Care Corporation. They offer nursery school program, drop in groups and a toy library.

750 Charlemange Blvd. (located on the North Side of St. Peter’s High School).

### Children’s Integration and Support Services 613-736-1913

Part of Andrew Fleck Childcare Services and Childcare Information. Will assist you in finding a preschool (subject to availability) and provide support to child care/preschool in an integrated setting. English contact is Susan Spence (ext 231) French contact is Marie Josée Landry (ext. 233).

### Early Start Denver Model V1.0

This program is located Portia Learning Centre, Kanata, and is directed by Certified ESDM trainer, Rachael Riethman.

For additional information please contact Portia Learning Center at (613) 591-9966 or email [info@portialearning.com](mailto:info@portialearning.com).

### Glen Cairn Co-operative Nursery School (Kanata) *www.gccp.ca* 613-836-3318

Has experience working with children with ASD.

**Kanata Learning Centre** [**https://kanatalearningcentre.com/**](https://kanatalearningcentre.com/) **613-435-2729**

**Taken from their website: The Kanata Learning Centre came into existence in response to a growing awareness of the lack of resources within the school system and the community to support children and youth with learning needs. With extensive experience in school psychology and special education and a passion for helping children, our goal is to bridge that gap, enabling your child to reach his or her potential. We are the only education centre in Ottawa that has a full-time psychologist on staff to assist in the creation and implementation of our education plans.** office@kanatalearningcentre.com

### Katimavik Cooperative Nursery School [*www.kcns.ca*](http://www.kcns.ca) 613-860-0912

Also recommended by a parent.

### Royal Ottawa Hospital Marie Guinan 613-722-6521 ext 6516

Therapeutic school for children ages 3.8-5 (kindergarten equivalent). Half-days only, for children with developmental delays and not limited to ASD children. Referral required.

### South Nepean Autism Centre (S.N.A.C) [barfrc@on.aibn.com](mailto:barfrc@on.aibn.com)

For more information contact:

Dale O'Reilly Manager of S.N.A.C. Resource Centre

Barrhaven Childcare Centre

56 Kennevale Dr. Ottawa

613-825-9385 ext.14

# Day care Providers/Care-givers

### Andrew Fleck Day Care Centre [*group@afchildcare.on.ca*](mailto:group@afchildcare.on.ca)613-789-4100

George Street Andrew Fleck Day Care Centre

### Barrhaven Childcare Centre *barfrc@on.aibn.com* 613-825-9385 ext.14

Contact: Dale O'Reilly, Manager Resource Centre. 56 Kennevale Dr., Ottawa

### MTJB (More Than Just Babysitting) Child Care Centre 613-258-4710

The director’s name is Julie and the centre is in Kemptville.

### Jo Anne Sheldrick [*j.sheldrick@sympatico.ca*](mailto:j.sheldrick@sympatico.ca)

Private daycare provider in Metcalfe.

### Military Family Resource Centre Daycare 613-998-9358

Open to military and non-military families.

# Private Schools

**Aspire Academy** [academy@insideaspire.com](mailto:academy@insideaspire.com) **(613) 839-5605**

Taken from their website:

Aspire Academy is an innovative private school that uses the science of Applied Behaviour Analysis (ABA) to foster a love of learning. Please see their website for types of educational supports and services. Located at 2013 Old Carp Road in Carp Ontario, K0A 1L0

### Astolot *astolot@rogers.com* 613-260-5996

1187 Bank Street, Ottawa. Principal: Jennifer Cowan

### Edelweiss Private Academy [www.edelweissprivateacademy.com](http://www.edelweissprivateacademy.com) 613-225-9273

Edelweiss Private Academy was created to help children with exceptionalities achieve their academic goals. The program is geared towards children who are transitioning out of IBI into regular schools or for children who are not succeeding in the public education system. All classes have small ratios (6 to 1). The focus is to teach the provincially approved curriculum for grades 1 through 6 (elementary only) while catering to the children’s individual needs.

Please note that a psychologist will be required to supervise each child once a month. Please also note that the nature of the school may be accepted for coverage by your health benefits insurer.  As well, TIPES senior staff will be supervising each student once every other week. This amount will be paid to TIPES as they will be consulting to the school.

### Educarium 613-747-4646

419St. Laurent Blvd, Ottawa, K1K 2Z8. Principal: Pierrette Mathews

**Empowered Academy** [**https://empowered-academy.com/**](https://empowered-academy.com/)

Empowered Academy offers a safe non-judgemental atmosphere to support individuals to improve their overall well-being, managing emotional challenges, and enhancing their quality of life.  The Empowered Care Team is a diverse group of professionals who collaborate together to provide the highest quality of care.  Our team is made up of care coaches, psychotherapists, psychologists, registered social workers and substance abuse counselors. Each having knowledge and specialized skill set to best serve our members.  Each members provides comprehensive assessment to develop the best treatment plan to create the most successful wellness journey for our members. Our team provides a comprehensive holistic approach to ensure all aspects of mental health services are effectively managed.

1035 March Road, Kanata ON. Phone: 613 907-4052

General inquiries: [hello@empowered-academy.com](mailto:hello@empowered-academy.com)

### Heritage Academy of Learning Excellence 613-722-0133

207 Bayswater, Ottawa, K1Y 2G5. Principal: Louise Ward

### Kanata Academy 613-599-5399

2 Beaverbrook Rd, Kanata, K2K 1L1. Principal: Jean Slinn Higgins

### March Academy [*www.marchacademy.ca*](http://www.marchacademy.ca/) 613-832-3784

A private learning institution for students from grades 1 to 6, with a special emphasis on individual learning styles. (Director: Kerry Armitage) 325 Sandhill Road, Kanata

### Mindware Academy [*http://www.mindware.ca*](http://www.mindware.ca) 613-591-3485

Has grades 1-8, located at 985 Pinecrest. Also has summer camp programmes.

### Redeemer Christian High School 613-723-9262

82 Colonnade Rd N, Nepean, K2E 7L2. Principal: Leo Van Arragon.

### Turnbull Academy 613-729-2273

1132 Fisher Ave, Ottawa, K1Z 6P7. Principal: Gareth Reid/Dianne McArthur

### Tancook Bell 613-730-3970

15 Aylmer Ave, Ottawa, K1Y 1W1. Principal: Lee Anne Boucher/Bonney Hunt

# Educational Services

### Adaptive Learning Program Margo Gowing 613-727-1872

Educational program for adults with developmental delays

<http://www.ocdsb.ca/programs/continuweb/adaptive%20program/Pages/default.aspx>

### PRISMS OPTIONS PROGRAMS <http://prismsoptions.wix.com/home>

for Teens and Adults with Special Needs (including developmental disabilities and autism)

**About Prisms Options Programs**

(P.O.P) is a group of dedicated parents who invest their time and efforts to create continuing education programs as well as social and recreational opportunities for teens and adults who are differently-abled. It provides social, recreational and educational programs for teens and adults with special needs (including autism/developmental disabilities)or e-mail [prismsoptionsprograms@gmail.com](mailto:prismsoptionsprograms@gmail.com)

# Special Education Advocates

### Horizon Education Consulting [*www.horizoned.ca*](http://www.horizoned.ca) 613-612-6842

Contact: Monika Ferenczy Email: [info@horizoned.ca](mailto:info@horizoned.ca).

### Phoenix Paralegal [*www.phoenixparalegal.ca*](http://www.phoenixparalegal.ca) 613-294-4380

Contact: Tami Cogan. I am an educational advocate and focus on disability accommodations.  If there is anything I can do to help, please let me know. Email: [info@phonenixparalegal.ca](mailto:info@phonenixparalegal.ca)

### Tammy Robinson [*tamrobinson@sympatico.ca*](mailto:tamrobinson@sympatico.ca) 613-523-9173

An advocate in the Ottawa area.

For assistance with services for children with special needs (provincial), visit[www.familynet.on.ca](http://www.familynet.on.ca)

### Child Advocacy Project (CAP) *1-416-977-4448 ext. 226*

CAP is dedicated to safeguarding the education rights of children and youth across Ontario. The volunteer lawyers who take CAP cases are experienced and trained in Education Law.  CAP lawyers work for free.  
CAP lawyers provide free legal services to:

arrowRtGray  Students who are involved in the Special Education process.  
arrowRtGray  Children and youth who are at risk of being suspended or expelled.  
arrowRtGray  Young people who are living independently.

# School-Related Problems, Issues and Information

In Version 2.0 of the document, I removed most of the information in this section. The Special Needs Roadmap contains the deleted information already.

## Ministry Information

The main ministry website provides links to lots of information (i.e.

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

**Special Education Overview**

Many, many links to almost every document about spec ed by the ministry:

<http://www.edu.gov.on.ca/eng/general/elemsec/speced/speced.html>

**How our schools are governed: The Education Act**

[www.e-laws.gov.on.ca/html/statutes/english/elaws\_statutes\_90e02\_e.htm](http://www.e-laws.gov.on.ca/html/statutes/english/elaws_statutes_90e02_e.htm)

## The Ontario Special Needs Roadmap For School

Do you struggle with knowing what to do to help your child with special needs in school.

The Ontario Special Needs Roadmap is the culmination of over a year and a half of research that has been compiled in this new interactive school roadmap to help parents navigate the system. The roadmap explains what the different processes mean and how they impact your child.

This roadmap is your GPS to navigate the education system in Ontario for all children with special needs.

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

## Advocacy

Ed Mahoney – https://www.facebook.com/MahonyAdvocacy/

## A Shared Responsibility: Ontario's Policy Framework for Child and Youth Mental Health, 2006

<http://www.gov.on.ca/children/graphics/stel02_179874.pdf>  
Report of the Interim Parent Involvement Advisory Board, 2006  
<http://www.edu.gov.on.ca/eng/parents/parentinvolvement.pdf>  
Effective Education Practices for Students with Autism Spectrum Disorders  
<http://www.edu.gov.on.ca/eng/general/elemsec/speced/autismSpecDis.html>  
Making a Difference for Students with Autism Spectrum Disorders in Ontario   
Schools: From Evidence to Action, 2007  
<http://www.edu.gov.on.ca/eng/document/nr/07.02/autismFeb07.pdf>  
Education Funding Technical Paper 2008-9  
<http://www.edu.gov.on.ca/eng/funding/0809/technical2008.pdf>

## Regarding suspensions:

<http://www.edu.gov.on.ca/eng/safeschools/NeedtoKnowSusp.pdf> and if you need legal help to appeal a school decision:

<https://www.lawhelpontario.org/legal-help-for-children/education-law-project/>

## Post Secondary Transitions

This guide is a way for students with disabilities to arm themselves with knowledge they need to access resources at college and university and to make a successful transition from secondary to post-secondary school.   
<http://www.transitionresourceguide.ca/>

# Scholarships

The following information deals with scholarships for individuals interested in research in the area of autism and for students with ASD

For additional information, visit

<http://www.autismontario.com/client/aso/ao.nsf/web/Scholarships?OpenDocument>

### Eleanor Ritchie Post-Secondary Education Scholarships for Students with ASD

The Eleanor Ritchie Post-Secondary Scholarships is for students with ASD. These awards are named after Eleanor Ritchie, a long-standing member of ASO, in recognition of her dedication and support for individuals with ASD.

### Jeanette Holden Post-Secondary Education Entrance Scholarships for Siblings of Students with ASD

The Jeanette Holden Post-Secondary Entrance Scholarships for Siblings of Students with ASD. These awards are named after Dr. Jeanette Holden, a sibling of an individual with ASD, in recognition of her dedication to Autism research, and her contributions to unraveling the mystery of Autism.

# Tax Credit Information

### [*www.ccra-adrc.gc.ca*](http://www.ccra-adrc.gc.ca)

You will need the original T2201 (Disability Tax Credit Certificate). Please check the website for details.

**For back-dating disability tax credits** (taken from their website):**By mail**: Send both of the following to your

<http://www.cra-arc.gc.ca/tax/individuals/faq/t1filingaddress-e.html> tax centre:

a completed form:

http://www.cra-arc.gc.ca/E/pbg/tf/t1-adj/README.html T1-ADJ T1

Adjustment Request, or a signed letter providing the details of your request (including the years of the returns you want us to change), your social insurance number, an address, and a telephone number where we can reach you during the day; and supporting documents for the changes you want to make and, if you have not sent them to us before, supporting documents for your original claim.

**Note:** Previously, you could request adjustments to returns for 1985 or subsequent tax years. Under proposed legislation, after December 31, 2004, only requests relating to tax years ending in any of the 10 calendar years before the year you make the request, will be considered. For example, a request made in 2005 must relate to the 1995 or a subsequent tax year to be considered.

It is better to claim this tax credit under the parent (or similar to  
parent) with higher income because it may reduce his/her Ontario surtax. Please remember this credit is non-refundable, which means you won't be refunded more than the tax you paid for the tax year.

More information can be found on the website www.cra.gc.ca

http://www.cra.gc.ca/ with information regarding disabilities at same website plus /disability

Re: Claiming ABA hours Hours of service are fully deductible but materials are specifically excluded under Section 118.2 of the Tax Act. The exclusion of materials was confirmed by the Tax court in Mandas v The Queen in 2002 <http://www.canlii.org/en/ca/tcc/doc/2002/2002canlii900/2002canlii900.html>>

<http://www.canlii.org/en/ca/tcc/doc/2002/2002canlii900/2002canlii900.html>)

Materials used in therapy do not meet the definition of "medical devices" so are not deductible - not fair but that is the law. However, service providers can expense the cost of materials as a business expense since this is an "expenditure in the nature of trade" (where cost is reasonable, abuse of deductible rules would be deemed if expensive items [say over $250] was being expensed, expensive items need to be set up as assets and the Capital Cost Allowance [depreciation for tax purposes] rules apply). Doctor direction and supervision makes ABA therapy HST tax free since psychology services are statutorily tax exempt. If this is the first year of ABA therapy cost deduction an item to note is that you can refile for every year from the date of birth of the child (maximum 10 years back) and claim the disability tax credit for years prior to the diagnosis date.

### Sue Kent [*sbk@kentgroup.net*](mailto:sbk%40kentgroup.net)

Recommended by a parent for help with the Disability Tax credit.

### Denis Chainé, CPA, CA, Partner [*dchaine@logankatz.com*](mailto:dchaine@logankatz.com) (613) 228-8282 ext 115

### RSDP Tax Credit Information

Northern Lights [www.northernlightscanada.ca](http://www.northernlightscanada.ca) 613-668-7483

Northern Lights Canada has been contracted by the Government of Canada to provide information sessions related to the Registered Disability Savings Plan (RDSP). The RDSP is a savings program to help Canadians with disabilities and their families to save for the future. Our staff can provide a free information session for organizations and clients who would like to learn more about the RDSP, its features and benefits, steps involved in becoming eligible, as well as where to get additional information and assistance.

Northern Lights Canada is a privately-owned Canadian organization with 25 years of experience providing services for individuals living with disabilities. Our goal is to assist individuals to learn more about the RDSP in order to decide if it is right for them, however, we are not selling this plan. \*To arrange an information session at your location or for clients you serve, please contact Brad Scott at 613-668-7483 or register through our website, at \*www.northernlightscanada.ca.

For further information about the RDSP, please visit the Human Resources and Skills Development Canada website, at [www.disabilitysavings.gc.ca](file://C:\Users\debbi\AppData\Local\Packages\microsoft.windowscommunicationsapps_8wekyb3d8bbwe\LocalState\Files\S0\Users\user\AppData\Roaming\Microsoft\Users\user\AppData\Roaming\Microsoft\AppData\Local\Microsoft\Windows\Temporary%20Internet%20Files\Content.Outlook\AppData\Local\Microsoft\Windows\Temporary%20Internet%20Files\Content.Outlook\Users\user\AppData\Roaming\Microsoft\AppData\Local\Microsoft\Windows\AppData\Local\Microsoft\Windows\Temporary%20Internet%20Files\Content.Outlook\AppData\Local\Microsoft\AppData\Local\Microsoft\Windows\Temporary%20Internet%20Files\Content.Outlook\OM2QF8MV\www.disabilitysavings.gc.ca)

# Legal Issues, Guardianship and Trust Funds

### General Legal InformationV3.3

The information in this sub-section has been taken from e-mail discussions on the Yahoo support group. This information has not be verified.

1.

There is a wonderful non-profit Ontario organization called Partners for Planning (funded by the Law Foundation of Ontario) that provides free information and support on all legal and practical aspects of being a person with an intellectual disability or the parent of such a person (ODSP, Passport, guardianship issues, POA, RDSP, wills and estate planning, supported housing, residential placement etc.). Please everybody in this situation, check them out and sign up to get email alerts for their free legal webinars on the issues. [partnersforplanning.ca](http://partnersforplanning.ca/)

They even have a professional services directory if you need to find a lawyer, accountant, financial planner etc.

2.

Please also note that you can get up to three hours of free legal support through REACH Canada, which is a law group that specializes in supporting people with disabilities.  You can learn more through [www.reach.ca](http://www.reach.ca/)

[Connectingottawa.com](http://connectingottawa.com/)

The university of Ottawa Law School has a free legal clinic staffed by its students also, they might be able to help for some issues, worth a call if someone is desperate.

### Guardianship – General infoV3.3

The information in this sub-section has been taken from e-mail discussions on the former autismsupportOttawa Yahoo support group. This information has not been verified.

In response to one person’s request for information about become the legal guardian for an 18 year old, the following response was given (2015 e-mail, included with permission from author):

*“Depending on your daughter's skill set she may be able to sign a power of attorney agreement. This would be the easiest solution if it can be done. I think the first step is to arrange a consultation with a lawyer.*

*You can do this here for free*[*https://www.lsuc.on.ca/lsrs/*](https://www.lsuc.on.ca/lsrs/)

*They offer up to 30 minutes for a free verbal consultation with a lawyer either on the phone or in person. We met with a lawyer here in Ottawa the very next day. We received advice on applying for guardianship but the service is available for any legal issue. It is just a consultation (the lawyer will not complete forms) but still very worthwhile as a first step.*

**

*You should also contact the Office of the Public Guardian and Trustee*[*http://www.attorneygeneral.jus.gov.on.ca/english/family/pgt/*](http://www.attorneygeneral.jus.gov.on.ca/english/family/pgt/) *“*

In response to one person’s request for the process of obtaining guardianship, the following response was given (2015 e-mail, included with permission from author):

*“If your loved one can understand, agree to and sign over* ***power of attorney*** *to you then this is the best route to take. It is much less intrusive in terms of the individual's rights, less expensive and it is a simpler process. If obtaining power of attorney cannot be done because your loved one does not have the capacity to understand the significance of this decision then obtaining guardianship might be required. Either way you will need legal advice.*

*To seek* ***guardianship*** *your loved one will have to undergo a Capacity Assessment (sometimes the courts require 2 assessments). You will have to choose from a list of specialized assessors provided by the Capacity Assessment Office, Ministry of the Attorney General* [*1-866-521-1033*](tel:1-866-521-1033)*. You will be responsible for the cost of these assessments. Each assessor sets their own fees. The assessors came to our home for about an hour each. They were very friendly and accommodating (roughly $1000 each).*

*You will need to engage the help of a lawyer to prepare the application, management plan and affidavit. Most commonly (I think) the application is for guardianship with respect to property/finances only as the medical system allows for substitute decision makers with respect to health care but you will need to discuss your specific situation with your lawyer. We provided a very detailed history that helped the lawyer prepare the application and we contributed to the management plan.*

*You will be responsible for the lawyer's fees. You can ask for a ball park figure at the start of this process but the lawyer's fees will depend on how things unfold throughout the process.*

*The process could follow either a summary disposition (the judge reviews all the paperwork and makes a decision) or an open court date where you would be expected to be present in court and may be asked questions.*

*Prior to the application going to the courts it is reviewed by the Office of the Public Guardian (OPG). There is a fee for their services that you will be responsible for ($250 + taxes). If the application is not complete it may need to be amended and reviewed a number of times before it it is forwarded to the courts (at an added cost).*

*In our situation, every things flowed smoothly and everyone felt that obtaining guardianship was in our child's best interest. The application was accepted by the OPG first try and forwarded to the courts.*

*There are some instances where the Office of the Public Guardian becomes the official guardian then the parents can make an application for "Transfer of Guardianship" I do not know the details but my understanding is there is a backlog with the OPG and there can be delays with the transfer of guardianship to parents.*

*The OPG has a number of brochures available to the public that offer information about the whole process. You can reach them at Publications Ontario* [*1-800-668-9938*](tel:1-800-668-9938)*.*

*The Law Society of Upper Canada offers a free 30 minute consultation with a lawyer. For information about this service you can call* [*1-800-268-8326*](tel:1-800-268-8326)*.*

*My best advice is to secure a lawyer that is experienced in this area of the law. As I previously stated, we were very pleased with our lawyer Elizabeth Lockhart (*[*elockhartlaw@gmail.com*](mailto:elockhartlaw@gmail.com)*) “*

### Henson Trust

Gives you the information on establishing a trust fund and assigning a guardian for your disabled child in the event of your death.

<http://www.mcss.gov.on.ca/NR/MCFCS/ODSP/ISDIR/en/4_7.doc>

### Eric Honey [*honeymac@rogers.com*](mailto:honeymac@rogers.com) 613-722-2493

**Services:** Lawyer who deals with Henson Trusts, wills and estates and assists families with someone who has a disability and persons with disabilities.

### Lafrenière Sanna Estate Law [admin@estatelawboutique.com](mailto:admin@estatelawboutique.com) 613-836-9915

**Services:**

A local law firm with a focus in wills, estates, powers of attorney, and trusts, including Henson Trusts and providing for family members with disabilities.

Visit our website for blogs and brochures to begin answering your questions at <https://estatelawboutique.com/>

737 Silver Screen Road, Suite 10

Kanata, ON K2V 0H3

613-836-9915

### Kenneth C. Pope [*www.kpopelaw.ca*](http://www.kpopelaw.ca) 613-567-8230

**Services:** Specializes in wills with Henson Trusts, dealing with ODSP benefits and assistance with disability tax credits and caregiver credit back filing.

### Harland Tanner 613-238-2244

**Services:** Specializes in wills and estates.

# Personal Security and Safety

### Ottawa Autism Police RegistryV3.3

https://www.ottawapolice.ca/en/safety-and-crime-prevention/Autism-Registry.asp

### Amber Alert GPS Canada 1-888-770-9939

Child protection and tracking service. Please check out their website: [www.amberalertgps.ca](http://www.amberalertgps.ca)

### ChildTrac [*www.childtrac.ca*](http://www.childtrac.ca)

GPS device to locate loved ones.

### Finding the Way [*info@findingtheway.ca*](mailto:info@findingtheway.ca) 1-416-236-3929

Tracking number system designed to assist children with communication difficulties. Please check out their website: [www.findingtheway.ca](http://www.findingtheway.ca)

### Pocket Finder [*www.pocketfinder.com*](http://www.pocketfinder.com/)

Recommended by a list mate:

It's the size of a stopwatch (we put it in his coat sleeve pocket) and it uses GPS to track his location on-line, to a very precise area, in real time.  It also allows you to track where your child has been the entire day. Cost is $150 from the Apple Store, the first 2 months are free and it costs $12.95 per month.

### Brickhouse Security Systems [*http://www.brickhousesecurity.com/product/spark+nano+gps+tracking+device.do*](http://www.brickhousesecurity.com/product/spark+nano+gps+tracking+device.do)

Recommended by a list mate.

### Road ID *www.roadid.com*

Recommended by a list mate as an identity bracelet or ankle band:

“I highly recommend Road ID for anyone wanting an ID bracelet or ankle band or shoe ID for their autistic child (or themselves). They have other cool stuff as well, especially reflective products so you can be seen at night. If you use the URL <http://www.roadid.com/?referrer=3564> for Road ID, Alex will make commission on any sales made through that link.”

### Iloc Technologies [*www.iloctech.com*](http://www.iloctech.com)

Personal GPS and tracking devices

### Stuck on You [*www.stuckonyou.biz/canada*](http://www.stuckonyou.biz/canada)

**Services:** This site has clothing labels, vinyl wrist bands with your child's name and phone number, shoe labels etc, and other vinyl labels (ie nut free zone etc) that might be of some use.

# Transportation

### Para Transpo 613-244-1289

This is from a person from the OCDSB: “I have had a great deal of cooperation with para transpo accepting our students for the services they offer. At first they are refused but if called and the situation is discussed (i.e. the student is unable to take OC Transpo because of autism but needs transportation to go to work) they will agree to accept the individual with autism.”

# Resources (materials, pictures, equipment etc.)

### AutismPro Meaghan Seagrave [*seagrave@vecinc.com*](mailto:seagrave@vecinc.com) 506-474-8130

We are Virtual Expert Clinics ([www.vecinc.com](http://www.vecinc.com/)) and have a product that allows parents and professionals to design tailored intervention plans for children with ASD. Our product is called AutismPro ([www.autismpro.com](http://www.autismpro.com/) ).

Product**:** AutismPro – A web based application that allows parents and professionals to design tailored intervention plans for children with ASD. This educational, research based tool provides parents with immediate anywhere access for cost-effective and convenient treatment without having to wait for government sponsored services. It provides parents and professionals with 24-hour access to the information they need to answer questions on-the-fly or reference a child’s specific treatment program details including: What to do (Goals) and How to do it (Lesson Plans, Strategies and Supports). [www.autismpro.com](http://www.autismpro.com/)

Focus**:** Children with developmental delays from 9 months to 7 years.

Services Offered**:** Online tailored intervention curriculum planning

**NOTE: THIS TAKES YOU TO AN AMERICAN WEBSITE CALLED INSIGHT TO BEHAVIOR.** [**https://insightstobehavior.com/**](https://insightstobehavior.com/)

### Tangle Creations [*www.tanglecreations.com*](http://www.tanglecreations.com/)

On-line company that specializes in sensory toys. Recommended by a parent.

### Scholar’s Choice [*http://www.scholarschoice.ca/*](http://www.scholarschoice.ca/) 613-729-5665

100 Trainyards Drive. Store that sells educational materials and supplies. *Note: Scholar’s Choice is moving to more on-line services. Please visit their website:* [*https://www.scholarschoice.ca/*](https://www.scholarschoice.ca/)

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# Website Resources

Some of these websites are American and some are similar to online stores. Most of these websites have free downloadable sheets and activities you can do online and/or print off.

A general description (and thoughts) about the content of the web pages have been given. I’ve tried to classify each web page to make it easier to find what you are looking for. Some webpages didn’t really fit in any category so I’ve left them blank.

**Categories:**

Free – Web page contains free resources. Sometimes some of the information is free and then you have to pay for more.

Visuals – Use content to create visuals such as visual schedules or communication cards.

Online – Web page content isn’t printable, you access it online (i.e. interactive games or books).

Educational – Contains ‘school-related’ material such as math and reading printables.

Communication – Web site content mostly related to enabling communication skills.

Therapy Related – Resources for supporting therapy of children and adults with autism.

Note, in some cases I have found a particular link really useful. In this case I’ve **bolded** the link. CT

| **LINK** | **DESCRIPTION** | Free | Visuals | Online | Educational | Communication | Therapy Related |
| --- | --- | --- | --- | --- | --- | --- | --- |
| <http://www.primaryresources.co.uk/> | TEACHING RESOURCES for primary grades | x |  |  | x |  |  |
| [www.pictoselector.eu](http://www.pictoselector.eu/) | PECS | x | x |  |  |  |  |
| <http://www.handwritingforkids.com/handwrite/math/addition/index.htm> | Learning to write numbers and letters is an important tasks for children. | x |  | x | x |  |  |
| <http://abcteach.com/directory/teaching_extras/calendars/> | Calendars (i.e. Blank monthly, weather chart etc) | x |  |  | x |  |  |
| <http://www.primaryresourcecentre.com/> | Teacher Resources |  |  |  |  |  |  |
| <http://www.iteachautism.com/blog/category/social-interactions-and-making-friends/> | Various areas of interest related to social skills |  |  |  |  |  |  |
| <http://verbalbehavior.pbworks.com/w/page/8131340/Datasheets-and-templates> | Data sheets used for tracking therapy goals | x |  |  |  |  | x |
| <http://www.mes-english.com/flashcards/clothes.php> | This site hosts flashcards, worksheets and handouts to match, phonics worksheets, ESL games, certificate templates, and other activities all ready for printing. | x |  |  | x |  |  |
| <http://www.teacherplanet.com/resource/humanbody.php> | Teacher resources. Go to the home page of this site for more topics. I find this website hard to navigate (CT); although there does seem to be lots of different information. | x |  |  | x |  |  |
| <http://www.edu.gov.on.ca/eng/general/elemsec/speced/asdfirst.pdf> | Government document - This belongs in the “school-related” section of the document. |  |  |  |  |  |  |
| <http://www.superteacherworksheets.com> | Worksheets in various school topics. Mostly for grade level students (not JK/SK). Some free stuff though need to be a member to get access to most of the info. | x |  |  | x |  |  |
| <http://www.bbc.co.uk/schools/typing/> | Typing program | x |  | x |  |  |  |
| <http://www.boardmakershare.com/> | For more than 20 years, Boardmaker has been the go-to solution for providing symbol-based learning materials to students with special needs. Boardmaker Online is a complete system for delivering personalized instruction and therapy while also measuring student progress. |  | x |  |  |  |  |
| <http://www.setbc.org/pictureset/Default.aspx> | PictureSET is a collection of downloadable visual supports that can be used by students for both receptive and expressive communication in the classroom, at home, and in the community | x | x |  |  |  |  |
| <http://www.do2learn.com> | Easy to navigate.  Do2learn provides thousands of free pages with social skills and behavioral regulation activities and guidance, learning songs and games, communication cards, academic material, and transition guides for employment and life skills. | x | x |  |  |  |  |
| <http://www.123child.com> | We host over 200 different lesson plan themes for toddler, preschool and kindergarten teachers. | x |  |  | x |  |  |
| <http://childfun.com> | Craft and activity ideas | x |  |  |  |  |  |
| <http://www.randomhouse.com/seussville/> | Dr. Seuss related activities. Online games, teacher resources and printables. | x |  | x |  |  |  |
| <http://www.kidzone.ws/prek_wrksht/index.htm> | KidZone's printable preschool and kindergarten worksheets help younger kids learn their letters, numbers, shapes, colors and other basic skills.  KidZone's printable grade school worksheets help older children learn phonics, reading, creative writing, math, geometry, science and geography | x |  |  | x |  |  |
| <http://www.magickeys.com/books> | Illustrated children's stories for kids of all ages | x |  | x |  |  |  |
| <http://www.mrsjonesroom.com/teachers/worksheets.html#mini> | Free Kindergarten Worksheets Mini Books and Printables Online. Has links to **lots** of other online resources. | x |  |  | x |  |  |
| <http://www.raz-kids.com/main/ViewPage/name/sample> | Teacher resources. Looks like it’s subscription based. Free e-books. |  |  | x | x |  |  |
| <http://www.woodlands-junior.kent.sch.uk/interactive/onlinestory.htm> | Online story books. Looks like it’s subscription based. |  |  | x |  |  |  |
| <http://www.kizclub.com> | Teaching resources. Easy to navigate. | x |  |  | x |  |  |
| <http://teacher.scholastic.com/clifford1/> | Online stories (books) and activities. | x |  |  |  |  |  |
| <http://pbskids.org/lions/stories/> | For US based internet servers. |  |  |  |  |  |  |
| <http://www.starfall.com> | Online teaching. Preschool, JK/SK level. Easy to navigate. | x |  | x | x |  |  |
| <http://www.theideabox.com> | Ideas for crafts, activities, music & more | x |  |  |  |  |  |
| [www.tlsbooks.com](http://www.tlsbooks.com) | Tlsbooks offers you a variety of free printable worksheets to use at home or in the classroom. You'll find thousands of worksheets appropriate for students in preschool through sixth grade. | x |  |  | x |  |  |
| <http://harcourtbooks.com/freeforteachers> | Activity kits for purchase related to specific books. |  |  |  |  |  |  |
| Website specific to Autism |  |  |  |  |  |  |  |
| <http://www.positivelyautism.com/links.html> | Positively Autism's Collection of Autism ABA Materials, Lesson Plans, Data Sheets, Games, Work Tasks, and Other Educational Resources for Students with Autism. | x |  |  |  |  | x |
| <http://visuals.autism.net/main.php> | Geneva Centre for Autism E-Learning Visuals. English and French resources. | x | x |  |  |  |  |
| [www.sandbox-learning.com](http://www.sandbox-learning.com) | Success Stories are personalizable children's books. |  |  |  |  |  |  |
| Education websites (Math, English etc.) |  |  |  |  |  |  |  |
| <http://www.silverliningmm.com/gaaframe.htm> | The Great Action Adventure is an interactive CD-Rom which allows students to have fun learning about verbs. |  |  |  | x |  |  |
| [www.kidslearningstation.com](http://www.kidslearningstation.com) | This site is dedicated to providing high quality printable worksheets for teachers, parents and other care givers. | x |  |  | x |  |  |
| <http://www.abcteach.com/> | Teaching resources. Easy to navigate. | x |  |  | x |  |  |
| <http://www.familyeducation.com/home/> | Some activity ideas for kids. Also has other family related information (i.e. stages of learning) | x |  |  |  |  |  |
| <http://www.homeschoolmath.net/worksheets> | Here you can generate printable math worksheets for a multitude of topics: all the basic operations, clock, money, measuring, fractions, decimals, percent, proportions, ratios, factoring, equations, expressions, geometry, square roots, and more. We also offer pages that list worksheets by grade levels (grades 1, 2, 3, 4, 5, 6, and 7). | x |  |  | x |  |  |
| <http://www.schoolexpress.com/fwsindex.php> | Free printable worksheets. | x |  |  | x |  |  |
| <http://www.akidsheart.com/gamesd/index.html> | A play and learn site with free resources for kids and their teachers. | x |  | x |  |  |  |
| <http://www.123certificates.com/cool.php> | Free printable cool certificate templates for kids and cool awards to print: With matching incentives sheets. | x |  |  |  |  |  |
| <http://www.sitesforteachers.com/index.html> | Teacher resource. A page that has links to lots of other websites. | x |  |  | x |  |  |
| <http://www.touchmath.com/index.cfm?fuseaction=freestuff.welcome> | Teacher resource. Math skills. Some free printables. | x |  |  | x |  |  |
| [www.childcareland.com](http://www.childcareland.com) | Combines crafts with early learning skills. Unique printables. Some free stuff. | x |  |  | x |  |  |
| <http://www.teachervision.fen.com> | Teacher resource. Find 22,000 pages of classroom-ready lesson plans, printables, and resources. |  |  |  | x |  |  |
| [**http://tools.atozteacherstuff.com/word-shapes/wordshapes.html**](http://tools.atozteacherstuff.com/word-shapes/wordshapes.html) | Create your own custom word shapes worksheets! Prints out a list of words you select. | x |  |  | x |  |  |
| <http://www.internet4classrooms.com/skills_1st.htm> | Online activities for early learning skills. | x |  | x | x |  |  |
| <http://www.internet4classrooms.com/grade_level_help.htm> | Online activities for early learning skills. | x |  | x | x |  |  |
| <http://www.teachingideas.co.uk/english/contents06writingnonfiction.htm> | Teacher resource. We have thousands of free lesson plans and learning resources at <http://www.teachingideas.co.uk/> . | x |  |  | x |  |  |
| <http://www.engineeringinteract.org/resources.htm> | Links to other websites with online games. Looks like they are educational games. | x |  | x | x |  |  |
| <http://www.mathfactcafe.com/home/> | Free worksheets. | x |  |  | x |  |  |
| <http://www.amathsdictionaryforkids.com/dictionary.html> | Online math dictionary. | x |  | x | x |  |  |
| [**http://www.storylineonline.net/**](http://www.storylineonline.net/) | Online. Books read by real people. Streamed with Youtube. Very well done | x |  | x |  |  |  |
| Communication |  |  |  |  |  |  |  |
| <http://www.speakingofspeech.com/> | Speaking of Speech.com is the first and largest interactive forum for speech/language pathologists and teachers to improve communication skills in our schools | x |  |  |  |  | x |
| <http://www.readthewords.com> | Convert anything to speech. |  |  |  |  |  |  |
| [www.widgit.com/symbols](http://www.widgit.com/symbols) | Resource for symbols to create visuals. |  | x |  |  | x |  |
| <http://symbolworld.org/> | Free symbols for creating visuals. | x | x |  |  | x |  |
| <http://www.lifeprint.com> | American Sign Language University is a sign language resource site for ASL students and teachers. Here you will find information and resources to help you learn ASL and improve your signing. | x |  |  |  | x |  |
| <http://www.dkimages.com> | Stock photos. Fee based. |  | x |  |  |  |  |
| <http://www.languageguide.org/francais/> | Online, interactive learning of French language. | x |  |  | x |  |  |
| <http://www.languageguide.org/english/> | Online, interactive learning of French language. | x |  |  | x |  |  |
| <http://www.netrover.com/~kingskid/sightword/dolchgames.htm> | Online games to learn language. 50 to 75 percent of all words in text material are common Sight Words which are repeated. These 220 words are called the Dolch Sight Words. | x |  |  | x |  |  |
| [**http://www.free-clipart-pictures.net/kid\_clipart.html**](http://www.free-clipart-pictures.net/kid_clipart.html) | Free clipart. Lots of choices. Nice images. | x | x |  |  |  |  |
| <http://freedigitalphotos.net/> | Mostly real pictures. Many categories. | x | x |  |  |  |  |
| <http://www.mayer-johnson.com/downloads/trials/> | Link to free trial for boardmaker product. | x | x |  |  |  |  |
| Verbal Behaviour Resource |  |  |  |  |  |  |  |
| <http://www.vbntraining.com/resources/index.asp> | Training teachers who work with children with autism and other developmental disabilities is all we do! | x |  |  |  |  |  |
| Teens |  |  |  |  |  |  |  |
| <http://autism.about.com/od/transitioncollegejobs/Teens_and_Autism.htm> | Autistic adults are scientists, artists, educators, musicians and even public speakers. But making the transition from grade school to college or career is especially complex for young adults on the spectrum. Explore resources, options, ideas, tools and more to make the process easier, pleasanter, and more successful. | x |  |  |  |  |  |
| Bullying |  |  |  |  |  |  |  |
| <http://special-needs.families.com/blog/protect-your-special-needs-child-from-bullying> | Article on protecting your special needs child from bullying. | x |  |  |  |  |  |
| Books and other resources online |  |  |  |  |  |  |  |
| [www.autismawarenesscentre.org](http://www.autismawarenesscentre.org) | By hosting conferences across Canada and in the United Kingdom and by providing autism resource support both in Canada and abroad, the Autism Awareness Centre is committed to ensuring information reaches all communities, leading the way for change. | x |  |  |  |  |  |
| <http://www.autismtoday.com/> | With over 2,500 pages of content which is growing daily, Autism Today is the largest autism resource online and one of the leading autism and Aspergers resource distributor in the world. | x |  |  |  |  |  |
| Sensory-Motor and development items |  |  |  |  |  |  |  |
| [www.sfinds.com](http://www.sfinds.com) | Special Finds is a local resource for the Special Needs Community. Based in Ottawa, we carry chews, fidgets, weighted items and school supplies. We offer free delivery in Ottawa and product information sessions for teachers, therapist and private groups. [www.sfinds.com](http://www.sfinds.com/) and [www.facebook.com/SpecialFinds](http://www.facebook.com/SpecialFinds) |  |  |  |  |  |  |
| [www.fdmt.ca](http://www.fdmt.ca) | Recommended by someone on our list for educational and sensory tools. Not much information on the website unless you download the catalogue (DB). |  |  |  |  |  |  |
| [www.pacificpediatricsupply.com](http://www.pacificpediatricsupply.com) |  |  |  |  |  |  |  |
| [www.southpawenterprises.com](http://www.southpawenterprises.com) |  |  |  |  |  |  |  |
| [www.specialkidszone.com](http://www.specialkidszone.com) |  |  |  |  |  |  |  |
| [www.specialneedstoys.com](http://www.specialneedstoys.com) |  |  |  |  |  |  |  |
| [www.theraproducts.com](http://www.theraproducts.com) |  |  |  |  |  |  |  |
| [www.pfot.com](http://www.pfot.com) |  |  |  |  |  |  |  |
| [www.therapyshoppe.com](http://www.therapyshoppe.com) |  |  |  |  |  |  |  |
| <http://www.otplan.com/> | Occupational Therapy Plan - an activity idea search engine for pediatric occupational therapy activities. Match skills you want to work on, with materials you have, to a detailed occupational therapy treatment activity. |  |  |  |  |  |  |
| Sexuality |  |  |  |  |  |  |  |
| <https://teachingsexualhealth.ca> | If you go to the teacher portal, click on “lesson plan and resources”: there is a section on differing abilities that may be adapted to your child. It’s Alberta Education but looks useful for parents and educators. | x | x | x | x |  |  |
| Order Catalogues |  |  |  |  |  |  |  |
| [www.schoolspecialty.ca](http://www.schoolspecialty.ca) | * Special Learning Needs * Sensory Solutions * Sportime Physical Education |  |  |  |  |  |  |
| [www.stickids.com](http://www.stickids.com) | Supporting children with sensory processing and sensory motor challenges |  |  |  |  |  |  |
| <http://www.edu.gov.on.ca/eng/document/nr/07.02/autismFeb07.pdf> | Making a Difference: For students with Autism Spectrum Disorders in Ontario Schools  From Evidence to Action February 2007  Report of the Ministers’ Autism Spectrum Disorders Reference Group to: Minister of Education Ministry of Children and Youth |  |  |  |  |  |  |
| Other |  |  |  |  |  |  |  |
| <http://zeelyadventures.com/> | Discovering Emotions with Zeely. Available as an app. |  |  |  |  |  |  |

## Apps

| **LINK** | **DESCRIPTION** | Free | Visuals | Educational | Communication | Autism Info |
| --- | --- | --- | --- | --- | --- | --- |
| <http://www.provincialautismcentre.ca/uploads/assets/ASD%20iTouch%20apps%20Welsford%202010.pdf> | Apps for iTouch and iPad devices: |  |  |  |  |  |
| <http://itunes.apple.com/WebObjects/MZStore.woa/wa/viewMultiRoom?fcId=399470755> | Apple has created a "Special Education" category in the iTunes App store. You can find it on the App Store home page (it's a picture halfway down the page) or you can follow this link to go directly there: |  |  |  |  |  |
| [http://brainparade.com/products/links-to-other-apps/.](http://brainparade.com/products/links-to-other-apps/) | Jim McClafferty has posted a link to some great review sites in his blog at: As well there is discussion on Brain Parade fan page in |  |  |  |  |  |
| <http://www.facebook.com/brainparade.> | facebook (Brain Parade is his company) and links to resources as well at |  |  |  |  |  |
|  | There's an App Friday page that holds a one-hour party every Friday where developers announce sales or give away promo codes for free apps. |  |  |  |  |  |
|  | The A4cwsn (apps for children with special needs) page has a related page called "free apps" that compiles a daily list freebies. It also has a related website with quite a few video reviews of apps. Look especially at the reviews for TapikeoHD and the Abilipad there. |  |  |  |  |  |
|  | The Technology in Education FB page is oriented toward special ed, and it has extensive lists of apps - categorized - on its website. It probably has some archived sessions from online educational events that really had some great contributions. |  |  |  |  |  |
|  | I also find good leads on FB from Moms with Apps, the iMums, and AT4asd. |  |  |  |  |  |
|  | Take a look at the grasshopperapps.com site and sign up for the "free the app" option if anything there looks halfway appropriate - their apps are amazingly customizable (turn photos of the kid's own stuff into puzzles and spelling games, for example). When an app first comes out, it is free for a very short time - with Free the App you get a notice of those apps. |  |  |  |  |  |
|  | The key to success with the "code tosses" is to already have iTunes store open to the "redeem a code" page, refresh the FB page constantly (F5 key on a PC), and copy the code using the CTRL-C key combo and paste it into the iTunes "redeem" box using CTRL-V (normal paste doesn't work). (Information shared from another list—I don’t pretend to know what the technical stuff means but there are some i-Savy parents out there! DB) |  |  |  |  |  |