

Community Participation (Day Services)

Disclaimer: The resources listed below are for informational purposes only, and do not represent a privileged association with SCS. By accessing these resources, you assume all risk, liability, and responsibility for the use of their services.

ABILITY FIRST OTTAWA

70 Bongard Ave Unit B
Nepean, ON K2E 7Z9
613-291-5422

abilityfirstottawa@gmail.com

<http://abilityfirstottawa.org/>

Assist persons with disabilities to reach their goals in employment skills, recreation, social skills and art. Encourages and inspires persons with disabilities to reach their full potential and dreams.

Ability First Ottawa (AFO) currently operates weekly afternoon/evening programs where people with developmental disabilities have the opportunity to participate in creative and productive activities within safe and friendly environment. This non-profit organization offers flexible programs devoted to the development and promotion of creativity, well-being, and community among persons with varies disabilities. Ages 10- 70.

Please note information is subject to change, please visit their Facebook page at Ability First Ottawa for information on virtual events.

**Fee for Service*

BAIRN CROFT

Orleans Branches
1344 Youville Drive
Unit 3, Orleans, ON
K1C 4R1
343-880-5171

Rockland Branches
2475 Laurier Street,
Floor 2, Rockland, ON
K4K 1A2
613-446-2005

613-841-6844 ext. 25

info@barincroft.ca

<http://bairncroft.com/>

Branches is a therapeutic day leisure program open to adults with Intellectual disability and Dual Diagnosis. Participants take part in activities to enhance their life skills, social/leisure, or vocational learning. Individuals can also participate in music/media options, regular physical movement activities, community integration creative expression activities, and a variety of adaptive skills options. Certified Behavior Analyst services may be provided if these supports are identified as part of the support plan.

**Fee for Service*

BEING STUDIO

211 Bronson Avenue, Room 304
Ottawa, ON K1R 6H5
613-234-8497
studio@beingstudio.ca
<http://beingstudio.ca>

At BEING, artists have access to the space, the tools, and the representation to create and commercialize their visual art and creative writing. Each artist is encouraged and supported in achieving their unique creative and professional goals, whether to become more prolific, profitable, or simply to find focus for their creative practice.

Different programming options are available:

In-studio Monday - Friday Programming: 10am-2:30pm (year-round programming with a 2-week summer and winter break)

In-studio Saturday AM program: 9am-12pm (session-based with no summer programming) Fall/early winter semester and late winter/Spring Semester

In-Studio Evening Programming: Starting Sept 2023

Online BEING Home programming (Zoom meetings): Mondays/Wednesdays/Fridays 10am-12pm with afternoon workshops on Tuesdays and Wednesdays (year-round programming with a 2-week summer and winter break)

Online PM Workshop subscription (Zoom meetings): \$100 per month. Afternoon workshops usually take place on Tuesdays and Wednesdays from 1-2pm and include sketching workshops, artists talks, virtual gallery tours, technique based workshops etc.

**Fee for Service*

CITY OF OTTAWA

The City of Ottawa's Variety Day Program is a therapeutic recreation program for adults with developmental disabilities targeted for individuals aged 21-55 years. Program criteria include ability to be in a group in a 1:5 ratio, interest in recreation activities, self-managed minor behaviors and stable medical conditions. Referral for the program is through Developmental Services Ontario (DSO), not through the City of Ottawa.

There are six Variety programs across the City of Ottawa:

- Ray Friel Recreation Complex(francophone)
- Bob MacQuarrie Recreation Complex - Orléans
- Routhier Community Centre
- Walter Baker Sport Centre
- Nepean Sportsplex
- Richcraft Recreation Centre-Kanata

**DSOER Registry Required*

CHRISTIAN HORIZONS

1335 Carling Ave.
Nepean, Ontario, K1Z 8N8
Corinne Vatcher: 343-551-2631
cvatcher@christian-horizons.org
<https://christianhorizons.org/services/>

Learn skills, give back, and get involved! Christian Horizons Social Recreation and Community Supports Program offers opportunities for adults over 18 to engage in activities within the community.

**DSOER Registry Required *Fee for Service*

DESTINY'S WAY

Barrhaven area

613-226-6222

info@destinysway.ca

<https://destinysway.ca/dayprogram/>

We invite adults in our special needs community to participate in a wide variety of innovative, creative and skill-building activities. They include exercises, meditation yoga, life skills program, awareness and being program, and our arts program. The purpose of this program is to enhance the day program experience for our clients by creating an atmosphere of freedom, empowerment, and collaboration within both spontaneous and intentional moments of each day. We are open Monday – Friday from 9:30am-3:30pm. For more information, please call 613-266-6222, email us at info@destinysway.ca, or check out our website.

**Fee for Service*

FAMILY HARMONIES FAMILIALES

“Nurturing a community of support for life”

330 Kent Street

Ottawa, ON K2P 2A6

Angèle Jodouin 613-302-5943

fhf@rogers.com

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

<https://www.facebook.com/familyharmoniesfamiliales/>

<https://www.instagram.com/ottfhf/?hl=en>

<https://www.youtube.com/channel/UCMSgrJz2ukAso0nAbNXIJhA>

Family Harmonies Familiales brings together people from all walks of life – many of whom live with disabilities and mental health challenges – to create a community of love and support. Tailored programming combines skill-building exercises and fun into meaningful daytime activities in a comfortable and positive atmosphere. With fun and engaging activities, the group members practice a variety of skills through natural-environment learning and have built a lovely community that supports each other and is always happy to welcome new friends!

The FHF approach is one of inclusivity and teamwork which has created a unique support system for members of our community. By encouraging and enabling others to pursue their full potential and empowering them to take charge of their own lives - we break down barriers and find creative solutions when obstacles arise.

In person program activities run Monday – Friday from 9:30am-3pm based out of the Montgomery Legion at 330 Kent St. Virtual activities take place on snow days and on other rare occasions such as when events occur that may make it difficult for participants to get to program.

**Fee for Service*

Fostering Forever Friendships

Heather Goelz 613-799-7021

fosteringforeverfriendshipsoffice@gmail.com
<https://www.fosteringforeverfriendships.ca/>

Fostering Forever Friendships is a Not-for-Profit Organization that runs an on-the-go day program for adults with exceptionalities 18-45 years old in Ottawa East.

"To foster friendships, independence and the continued growth of adults with exceptionalities in a safe and inclusive on-the-go environment"

Fostering Forever Friendships prides itself on being an on-the-go day program where participants are travel training, route planning and being involved in the overall public transportation process. We provide an abundance of opportunities where our participants can make friends, engage in creative outlets, partake in community events, participate in community outreach, and enhance daily living skills.

**Fee for Service*

HAZELWOOD HOUSE

Barrhaven, Ottawa, ON

613-799-1148

info@HazelwoodHouse.ca
<https://hazelwoodhouse.ca/the-day-program/>

Hazelwood House is a non-profit organization that provides day programming in a group setting to adults with developmental disabilities. The Hazelwood House Day Program is proud to provide a socially and community active program that:

- Fosters Purposeful Community Connections
- Encourages Growth
- Empowers Skill Development
- Builds Friendships
- Enhances Life Experiences
- Provides Fun & Engaging Activities

You can complete our online application form at <https://hazelwoodhouse.ca/the-day-program/>

**Fee for Service*

INNOVATIVE COMMUNITY SUPPORT SERVICES

2025 Lanthier Dr., Suite A

Orleans, ON K4A 3V3

613-824-9424 ext. 230

Joanne@icss.ca or Kelly@icss.ca
<http://www.icss.ca/>

ICSS Community Participation programs provide person-centred and flexible supports to individuals with a developmental disability, physical disability, challenging behaviours and/or a dual diagnosis in helping set goals and making healthy life choices in community programming. The Community Participation Worker will work directly with individuals to lead, observe, plan, and implement programs and activities that promote learning and development in daily living, recreational, social and life skills. Individuals will choose activities and be supported to fully participate within their community. ICSS has three community-based sites throughout East Ottawa. The goal of each site is to provide individuals with opportunities to participate in meaningful social, recreational and leisure

activities throughout the day. To ensure person-centered and flexible supports the individual works in a one-to-one support model with a trained, qualified, and caring professional.

SPREAD THE JOY- MILL STREET PROGRAM (Group programming in approx. 1-4 ratio)

Our Spread the Joy Mill Street location is a hub for creativity, innovation, learning, and doing. Our program is based around being creative, learning new skills, and being involved. Spread the Joy Mill Street is a designed space to empower individuals who attend to learn how to craft products such as soaps and bath products, jams, jellies and pickles, dog treats and paper crafts such as cards. Individuals who attend the program are involved in the ideals of what products we make, crafting the item, marketing and selling the item. If you love to be creative and keep busy this is the place for you.

**Fee for Service*

MAIN STREET COMMUNITY SERVICE

1002 Beaverbrook Road

Kanata, ON K2K 1L1

613-831-6606

admin@mscottawa.com

<https://www.mainstreetcommunityservices.com/programs--services.html>

Our Mission is to celebrate the individuality of children, youth and adults with developmental disabilities and complex mental health needs through the implementation of comprehensive innovative programs and services focused on improving quality of life.

We are dedicated to our Vision of meeting individual needs, community collectiveness and putting humanitarianism back into social services.

We are committed to creating an environment that encourages creativity and achievement. Our aim is to continuously be a leader in our field. The mainstay of our strategy will be to offer a level of client focus that is superior to that offered by our competitors.

Programs include; Developmental Day Program, After School Program, Ladies Night group (Sept-May), Summer and March Break Camps, and Supported Living/Respite.

**Fee for Service*

OTTAWA-CARLETON ASSOCIATION FOR PERSONS WITH DEVELOPMENTAL DISABILITIES (OCAPDD)

<https://www.ocapdd.on.ca/>

Loeb Centre

161 Donald Street

Ottawa ON K1N 1N1

613-421-1485 or 613-301-3638

Action!

(Formerly ARC Industries)

613-569-8993 ext. 521

Loeb Centre offers is a center-based leisure program with activities such as fitness, cooking, baking, arts and crafts, pet therapy, teaching nutrition, safety in the community, etc. Please call Diane Probert at 613-301-3638 for more information.

Arc Industries – a half day community inclusion program who offers activities within the community based on their needs, goals, and desires. Some of these activities include trail walks, bowling, swimming, gaming days, massage, art classes, volunteering, and more on a **half-day basis**. Services can be provided in both French and English. For more information, please contact Laura Mulligan at 613-569-8993 ext. 521

**DSOER Registry Required or Fee for Service*

OTTAWA CARLETON LIFE SKILLS

9-1 Brewer Hunt Way
Kanata, ON K2K 2B5
613 254-9400
info@ocl.ca
<http://www.ocl.ca/>

Community Participation Supports offers distinct environments based on the needs and interests of the participants. Each participant will complete a site tour, assessment interview and trial days to ensure CPS is a good fit for them. In each class, participants will have the opportunity daily for breaks and movement to encourage overall health and wellbeing.

Our Leisure Program: is dedicated to providing a more relaxed environment. It is designed to cater to a participant whom enjoys games, music, art, cooking, and socializing with peers all in a low demand, relaxed setting. Activities will be based on participants interests and abilities.

Social Connections 1 and 2: is for participants whom are looking to socialize and engage in a multitude of activities in a day. Participants will be offered many different activities such as music, art, academics, cooking, games, and exercise that are designed to maintain current abilities. This environment is flexible and offers activities to many interests and abilities.

Next Steps: focuses on activities that are based on a traditional classroom model. The classes are designed to help participants build skills on a wide variety of topics including socialization, academics, computers, health and wellbeing, communication, cooking, safety, and home skills.

**DSOER Registry Required or Fee for Service*

OTTAWA FOYERS PARTAGE- COMPUTER WISE

764 Belfast Rd.
Ottawa, ON K1G 0Z4
613-744-3562 ext. 101
computerwise@ofp.ca
<https://ottawafoyerspartage.org/makeshare/>

Our program is dedicated to ensuring those with complex care needs are provided with opportunities to engage with new technologies in environments that are fully accessible, offering personal care, adaptive/assistive software and hardware and compassionate support staff.

ComputerWise is a community. We provide participants with a positive and empowering space to socialize and connect with their peers, encouraging personal and professional development opportunities whenever possible. Our program's strength is in its commitment to community partnership that seeks to increase disability awareness by supporting social inclusion and celebrating diversity. We are dedicated to ensuring that each day at ComputerWise is safe, stimulating and rewarding.

**DSOER Registry Required or Fee for Service*

OTTAWA ROTARY HOME

823 Rotary Way
Ottawa, ON K1T 3W6
613-236-3200

<http://rotaryhome.on.ca/>

The adult day program runs Monday-Friday from 9am-3pm for a total of 42 weeks a year. The program's focus is to help young adults realize their potential while enjoying a stimulating environment with peers. Adults ages 21-35 with a physical disability. Our adult program is also able to respond to individuals and families with Passport funding who wish to purchase our services. For more information, please contact Jessica Thompson at JessicaT@rotaryhome.on.ca

**DSOER Registry Required or Fee for Service*

PARTNERS IN PARENTING

2405 St. Laurent, Unit S
Ottawa ON K1G 5B4
613-824-4200

<https://www.partnersinparenting.ca/dayservices>

ACE (Abilities, Challenges and Exceptionalities) is a social/recreational-based program for youth and adults with Special Needs. We have been in operation in the Ottawa area for 20 years! We have numerous recreational, life skills, and vocational activities scheduled throughout the week both program and community based. Our programming includes cooking, baking, music therapy, Zumba, yoga, and social enterprise through our iCAN group. Our participants enjoy weekly community-based outings to build on life skills and community involvement. Our staffing team is comprised of trained and compassionate individuals that provide a safe, stimulating, and engaging environment for our participants who have a range of abilities and needs. Please contact Amy Wolfe Gust for more information at amywolfe@partnersinparenting.ca or 613-614-0337.

ESP (Enhance Support program) We strive to provide quality 1:1 support to individuals with behavioural challenges or advance total care needs. The programming is individualized to the individual to assist them in their activities and daily tasks. We also aim to increase new adaptive and life skills through consistent routines and functional communication programs. Please contact Kayla Dunn for more information at kayladunn@partnersinparenting.ca or at 613-298-7738. ****PLEASE NOTE THAT DUE TO A STAFFING SHORTAGE, OUR ESP PROGRAM IS NOT UP AND RUNNING. Please see <https://www.partnersinparenting.ca/copy-of-life-program> for updates.****

LIFE (Learning in a Fun Environment) is a continuing education and skills-based program for individuals post 21 with special needs. Our program incorporates educational, life and social skills throughout their day. Individuals should be able to self-regulate and manage their behaviour in order to fully participate in this program. L.I.F.E. participants work through academics via an online literacy and numeracy program as well as develop vocational and employability skills through community and in house placements tailored to their likes. Our end goal is to provide individuals with a supportive, rewarding, and productive day to learn and grow with peers. Some participants secure paid employment in their field of interest. We are proud to have a multifaceted staff team supporting our L.I.F.E. participants in their future goals. Please contact Kayla Dunn for more information at kayladunn@partnersinparenting.ca or at 613-298-7738.

**Fee for Service*

SONSHINE FAMILIES

3735 St. Joseph Blvd. Unit 1
Orleans, ON K4A 0Z7
613-834-8187

margobabe@sonshinefamilies.ca

<https://sonshinefamilies.ca/services/our-day-programs/>

R.A.Y.S. (Reaching All Your Stars) Day Program is a recreational day program designed for adults who have complex medical needs and require total care.

RAYS' services include:

- Calendar & Weather with Morning Circles
- Group Programming
- Individual Program
- Community outings
- Swimming
- Range of Motions Exercises
- Make a Lunch
- Story Time
- Sing Along
- Sensory Crafts & Activities
- Adapted Sports Days
- Seated Yoga

RAYS provides an opportunity for our clients to get out in the community and participate to their full potential. Sonshine's RAYS program is open Monday to Friday from 9:00 a.m. to 3:00 p.m. For more information including schedules, please visit <https://sonshinefamilies.ca/services/r-a-y-s-day-program/>

B.E.A.M. (Behavioural Energy Activity Management) is a recreational day program which provides services to adults with developmental challenges.

BEAM's services include:

- Calendar and Weather
- Individual Programming
- Group Programming
- Crafts
- Community Outings
- Swimming
- Life skills (i.e. financial and personal management)
- Make-a-Lunch
- Story Time, and
- Sing-along.

BEAM offers a relaxed yet structured environment where attendees are encouraged to work at their own pace while adhering to the day's schedule. Sonshine's BEAM day program is open Monday to Friday from 8 am – 3 pm. For more information including schedules, please visit <https://sonshinefamilies.ca/services/beam/>

**Fee for Service*

TAMIR DAY SERVICES

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

Soloway Jewish Community Centre
21 Nadolny Sachs
Ottawa ON, K2A 1R9
Estelle Allen 613-851-7476

Tamir Foundations
235 Donald Street
Ottawa ON, K1K 1N1
Estelle Allen 613-851-7476

Tamir's Original Day Program is located on the Soloway Jewish Community Campus. The program emphasizes recreational and leisure activities as well as life skills development. Tamir has a second day program located at Donald St.

Tamir's Passages Program helps individuals gain work experience, educational and recreational options that are best suited to their skills, interests and needs. The focus of this program is community based work/volunteer and leisure activities.

**DSOER Registry Required or Fee for Service*

theSPACE

391 McArthur Ave
Vanier, ON K1L 6N5
613-263-5992

thespaceottawa@gmail.com

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

theSpace is a creative studio and social hub for adults with Autism and Intellectual disabilities. Our goal is to offer each individual personalized support and mentoring with a focus on identity building and learning through doing.

Daily workshops provide an opportunity for members to expand upon their knowledge of self, while learning new skill sets and creating community. Members work with various media, open-source and accessible software and a variety of platforms-- as suits their interests. Creative workshops run 9:30 to 3:30 pm (with half days available)

Check out our website or call/email to book a tour or stop by for a free Games Night!

**Fee for Service*

Walk of Grace

Passageways Community Resource Centre

3713 Navan Rd.
Navan, Ontario, K4B 1H9
613-612-1263

Elias Houkayem ehoukayem@walkofgrace.org

<https://www.walkofgrace.ca/day-program>

We believe in promoting and enhancing the social inclusion and the quality of life of participants. Through the efforts of a comprehensive care team, we shall provide an approach that takes into account the physical, intellectual, emotional, social and spiritual needs of each individual. Passageways Community Resource Center also addresses quality assurance measures. The Resource Center will promote social inclusion, individual choice, and independence, in order to foster any new learning and skills developed for each participant. PCRC admits participants from the ages of 18+ both male and female who are diagnosed with developmental disabilities such as, fetal alcohol syndrome, autism, down syndrome, cerebral palsy, global developmental delay, visually impaired, and Angelman syndrome and other exceptionality.

For more information and/or to register, please visit <https://www.walkofgrace.ca/day-program> or contact Elias Houkayem at ehoukayem@walkofgrace.org.

Work and Volunteer Experience (WAVE) PROGRAM

Dovercourt Recreation Centre

411 Dovercourt Ave.

Ottawa, ON K2A 0S9

Caitlin Booth cbooth@dovercourt.org

<https://www.dovercourt.org/wave/>

WAVE (Work and Volunteer Experience) Ottawa is a work and recreation program for adults with special needs open to participants of all levels of ability. Founded by Dovercourt Recreation Association in April 2013, WAVE operates out of the Dovercourt Recreation Centre. Through a combination of skills training, volunteer experience, and recreational activities WAVE staff help participants (referred to as apprentices) increase their independence at home, work, and in the community. The program also gives apprentices a chance to develop their social skills and build meaningful relationships with staff and peers.

The WAVE program runs Monday to Friday, 9:00 AM-3:00 PM. A typical day consists of work placements or skills training in the morning, followed by a recreational activity (usually swimming at Dovercourt or a walk through the community) in the afternoon. Throughout the day staff and apprentices work together to develop a wide range of different skills, including:

- Fine and Gross Motor Skills
- Communication and Social Skills
- Travel on Public Transit
- Goal Setting and Completion
- Job Application and Interview Skills

Staff work closely with apprentices to tailor activities to each individual apprentice's abilities, needs and goals. This ensures that the skills being taught are relevant and sets the apprentices up for success. If you or someone you know is interested in joining WAVE, know of a potential volunteer placement opportunity, or simply want more information about the program, please contact Caitlin Booth at cbooth@dovercourt.org

Y'S OWL MACLURE COOPERATIVE CENTRE

100 -1140 Morrison Drive, Suite 100

Ottawa, ON K2H 8S9

613-721-1500

Sheri Sullivan sheris@ysowlmaclure.org

www.ysowlmaclure.org/

Owl Learning Centre The Owl Learning Centre (OLC) focuses on fostering growth, skills development, and empowerment to make decisions related to independent living in individuals with Autism and/or Developmental Disabilities in the Ottawa area. The OLC is a training program designed to provide participants with a well-rounded set of skills for transitioning into adulthood and independent living. Individuals 18 and up who have left school will benefit from the use of person directed planning to develop the best program for both the individual and their families, based on assessment of the individual's current skill level in various areas and goals for independence. Individuals involved in OLC will have the opportunity to build skills in the areas of basic living, independence, community participation, and employment through workshops, hands-on training, community outings, and employment training opportunities in one of our social enterprises. Y's Owl also offers **outreach and employment supports** (see employment section or their website for more information).

For more information, please call Jessica Green at 613-721-1500 or email jgreen@ysowlmaclure.org