



**Social Planning Council**  
of Cambridge and North Dumfries

20  
YEARS

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## Introduction

The Social Planning Council of Cambridge and North Dumfries is pleased to present this Directory of Community Services and Agencies for People with Disabilities. This publication is a comprehensive listing of all disabilities services offered within Cambridge and the surrounding areas, including services for children, recreational services, life skills programs, and respite care. It is hoped that you will find this directory useful for yourself, a loved one, or a client.

The criterion for being included in this directory is that all organizations must be non-profit, with the exception of organizations that provide a unique for-profit service to the community. The listed organizations must provide a direct service to the members of the Cambridge and North Dumfries community. Finally, the organizations listed must have at least one area of the organization that provides a service to differently abled individuals and/or their families.

It is the hope of the Social Planning Council of Cambridge and North Dumfries that you find this directory to be useful and informative. If you know of any organizations that meet the criteria that are not listed in this directory, feel free to give us a call at 519-623-1713 Ext. 225

Sincerely,

The Social Planning Council of Cambridge and North Dumfries

## Services for Children

### Autism Ontario: Waterloo Chapter

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

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

An online community that provides information and referral and advocacy on behalf of persons with ASD and their families. Increases public awareness about autism and the day-to-day issues faced by individuals with autism, their families and the professionals with whom they interact. Also provides information and education, supporting research and advocating programs and services for the autism community.

### Bartimaeus

226-820-0531

23-500 Fairway Rd S, Ste., 205, Box 205, Kitchener N2C 1X3

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

Email: [cheryl@bartimaeus.com](mailto:cheryl@bartimaeus.com)

Behaviour Programming – develop and implement programs that re-enforce acceptable and productive behaviours. Parental Support – assisting parents in making appropriate care plans and accessing services. Respite Services – planned and supportive breaks for families provided in the family home

### Bartimaeus - Education Services

519-575-2002

23-500 Fairway Rd S, Ste., 205, Box 205, Kitchener N2C 1X3

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

Our service supports students in crisis situations, students moving from specialized programs back into the mainstream, interim behavioural plans and programs, and teachers, school administrators and other stakeholders working with challenging students or situations.

### Bluevale Collegiate Institute - Life Skills Program

80 Bluevale St. N Waterloo, ON N2J 3R5

519-885-4620

A program designed to meet the needs of exceptional students at the intermediate and secondary levels. Focus: personal life management, social skills, math skills, practical language and literacy, community access/awareness, vocational training and preparation for work.

### Canadian National Institute for the Blind

CNIB Helpline: 1-800-563-2642

180 King St S, Suite 160 Waterloo, ON N2J 1P8

519-742-3536

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

Some of the programs offered by CNIB include: Low vision services including professional assessments, and instruction on how to maximize vision; Training to help manage the essentials of daily living; Orientation and mobility instruction, focusing on how to move safely around the home, community, workplace or school; Training and support for accessible computer technology;

Counselling and support to help overcome the emotional and practical challenges of vision loss.

### Carizon Family & Community Services

**Cambridge** Office: 1145 Concession Rd. Cambridge, ON N3H 4L5

519-623-9380

**Kitchener Office:** 400 Queen Street South Kitchener, ON Canada, N2G 1W7  
519-743-6333

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

Carizon was created in 2013 by the merging of Mosaic Counselling and Family Services and KidsLINK (Notre Dame of St. Agatha office). The organization offers help in areas such as children's mental health, youth engagement and development, family violence, and counselling on either an individual or family level.

### **Carizon - Partners Program**

35 Dickson St Cambridge, ON N1R 7A6

519-749-2932

1770 King St. East, Suite 1, Kitchener, ON N2G 2P1

519-749-8305

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

Carizon helps children, youth, and their families to overcome social, emotional and behavioural challenges. Programs and services assess and treat mental health challenges, including depression, bi-polar disorder, schizophrenia, conduct disorder, attention deficit hyperactivity disorder (ADHD), anxiety disorder and eating disorders.

### **Community Living Cambridge**

519-623-7490

160 Hespeler Rd Cambridge, ON N1R 6V7

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

Email: [info@communitylivingcambridge.ca](mailto:info@communitylivingcambridge.ca)

Community Living Cambridge serves Cambridge community members with a developmental disability, and provides events and activities to enrich their lives. Support is offered through a variety of programs such as residential group homes, employment support programs, pre-school services and alternative day programs designed to meet each individual's needs.

### **The Easter Seal Society**

519-568-8556

Toll Free: 1-866-646-4318

Email: [info@easterseals.org](mailto:info@easterseals.org)

525 Highland Rd. West Suite 13, Kitchener, ON N2M 5P4

The Easter Seal Society helps families with children and young adults to the age of 19 years with physical disabilities with such things as funding for equipment that has been prescribed, transportation, and information about community resources.

### **Front Door - Access to Child and Youth Services**

519-749-2932

1770 King St E Kitchener, ON

Website: <http://frontdoormentalhealth.ca/>

Front Door provides a one-stop first contact for families and young people who are looking for assistance and services for a child experiencing a mental health concern.

### **Galt Rotary Club of Cambridge**

750 Coronation Blvd Cambridge, ON N1R 8E3

519-621-0610

They provide services for children with disabilities and other projects in the community.

### Here 24/7 Crisis Line

**Cambridge:** 3-9 Wellington St. Cambridge, ON N1R 3Y4  
1-844-437-3247

**Kitchener:** 67 King St. E. Kitchener, On N2G 2K4  
1-844-437-3247

**Guelph:** 147 Delhi St. Guelph, ON N1E 4J3  
1-844-437-3247

Website: [www.here247.ca](http://www.here247.ca)

Here 24/7 is a crisis line agency that is partnered with the Canadian Mental Health Association. Their main goal is to provide individuals in crisis during issues that stem from mental illness and connect them with the proper services.

### KidsAbility Centre for Child Development

**Cambridge:** 250 Hespeler Rd Cambridge, ON N1R 3H3  
1-888-372-2259

**Kitchener:** 65 Hanson Ave. Kitchener ON N2C 2H6  
519-886-8886

**Waterloo:** 500 Hallmark Dr. Waterloo ON N2K 3P5  
519-886-8886

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

Pediatric rehabilitation for children with communication, developmental or physical disabilities. Assessment and therapy services provided include: Physiotherapy, Occupation therapy, Speech language pathology, Social work, Therapeutic recreation, Special clinics: orthopaedic, orthotics, seating and mobility and augmentative communication.

### Kids Country Club: Parents of Technologically Dependent Children of Ontario (P.T.D.C.)

Toll Free: 1-866-233-6966  
519-651-2875

335 Guelph Ave. Cambridge, ON N3C 2V3

Website: [www.ptdc.on.ca](http://www.ptdc.on.ca)

Respite care for children from birth to 18 years of age who are described as medically fragile and/or technologically dependent.

### K-W Habilitation Services - Preschool Outreach

519-744-6307

99 Ottawa Street South, Kitchener ON N2G 3S8

Email: [generalinquiries@kwhab.ca](mailto:generalinquiries@kwhab.ca)

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

Our team of ECE Resource Consultants and ECE Enhanced Staff work together with any licensed early learning and child care setting in Kitchener, Waterloo or Wilmot Township. The kinesiologist works with any licensed early learning and child care setting in the Region of Waterloo. Our purpose is to facilitate the inclusion of children from 0 to 6 years of age who have developmental concerns. Weekend parent relief is also available.

### K-W Habilitation Services - Weekend Respite

519-884-8080

115 University Ave. East, Waterloo, Ontario N2J 2W1

Email: [blevanswhitley@kwhab.ca](mailto:blevanswhitley@kwhab.ca)

Website: <http://www.kwhab.ca/>

K-W Habilitation offers a weekend respite and support to parents of children between the ages of 6-17 that have been diagnosed with a developmental disability. This program runs two weekends every month and allows the children to become involved in community activities.

### **K-W Kids: North Dumfries Family Resource Centre**

519-632-9828

Calvary Church, 173 Northumberland St, Ayr, ON N0B 1E0

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

North Dumfries Family Resource Centre is a drop-in centre that provides caregivers and children with: Community resources.

### **Learning Disabilities Association of Ontario**

519-743-9091

171 Fredrick St, Kitchener, ON N2H 2M6

Website: <http://www.ldao.ca/>

The Learning Disabilities Association of Ontario provides advocacy and research for people with learning disabilities helping them become empowered.

### **Lutherwood Mental Health Services - Partners Program**

519-749-2932

35 Dickson St. Cambridge, ON N1R 7A6

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

The Partners Program, created through a joint initiative between Lutherwood and Carizon, is an in-depth and focused program approach designed to bring all the assistance your family needs into your home. Working around family schedules, one dedicated Partners Family Support Worker helps your family regain a state of balance. Through a positive strength-based approach, the Family Support Worker builds on what works for your family and enhances that by helping you make the supportive connections you need within your world.

### **Special Needs Access Point (SNAP)**

99 Regina St. S. Waterloo, ON N2J 4G6

519-883-2022

Email: [SNAP@regionofwaterloo.ca](mailto:SNAP@regionofwaterloo.ca)

Website: [communityservices.waterlooregion.ca/en/childrensServices/specialSNAP](http://communityservices.waterlooregion.ca/en/childrensServices/specialSNAP)

SNAP is the single point of access for special needs services for children, 0-6, attending or planning to attend licensed child care in the Region of Waterloo.

### **Sunbeam Residential Development Centre - Developmental Services Access Centre Waterloo Region**

1120 Victoria St N, Suite 205 Kitchener, ON N2B 3T2

519-741-1121

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

Developmental Services Access Centre (DSAC) serves as the single point of access for clinical services, service coordination assistance, residential services, respite, and passport/day programs to children and adults in Waterloo Region who have a developmental disability.

Referrals are accepted from clients and families or those acting on their behalf. Referral forms are available on the website or at the office

### **Waterloo Collegiate Institute - Life Skills Program**

300 Hazel St. Waterloo, ON N2L 3P2

519-884-9590

Website: [www.wci.wrdsb.ca/](http://www.wci.wrdsb.ca/)

A program designed to meet the needs of exceptional students at the intermediate and secondary levels. Focus: personal life management, social skills, math skills, practical language and literacy, community access/awareness, vocational training and preparation for work.

### **Waterloo Region District School Board - Fast Forward Program**

519-570-0003

51 Ardelst Ave. Kitchener, ON N2C 2R5

Email: [info@wrdsb.on.ca](mailto:info@wrdsb.on.ca)

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

The Waterloo Region District School Board offers the Fast Forward Program in high schools throughout the Waterloo Region. The program provides assistance to exceptional students that have an IPRC or IEP.

### **Waterloo Region Down Syndrome Society**

519-896-4488

Email: [info@wrdsb.ca](mailto:info@wrdsb.ca)

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

Invites members and non-member families and their extended family and friends to monthly meetings and social activities and recreational opportunities.



## Life Skills Services for Adults

### Autism Ontario: Waterloo Chapter

226-748-3372

Website: <http://www.autismspectrumconnection.com/blogs/autismonta~2>

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

Is an online community that provides information and referral and advocacy on behalf of persons with autism and pervasive developmental disorders (PDD) and their families. Increases public awareness about autism and the day-to-day issues faced by individuals with autism, their families and the professionals with whom they interact. Also provides information and education, supporting research and advocating programs and services for the autism community.

### Aldaview Services - Community Participation

332 Hamilton Rd. New Hamburg, ON N3A 2K2

519-662-5174

Website: [www.tcmhomes.com/Aldaview/aldaview.html](http://www.tcmhomes.com/Aldaview/aldaview.html)

Aldaview Services operates a day program in which individuals choose from a number of employment, life skills and recreation and leisure activities.

### Cambridge Committee for Physically Disabled Adults - Cambridge Capables

50 Ainslie St. N. Cambridge, ON N1R 3J5

519-621-9835

Provides social, educational and recreational activities for adults living with physical disabilities in the community.

### Canadian Mental Health Association

**Cambridge:** 3-9 Wellington St. Cambridge, ON N1R 3Y4

519-740-7782

**Kitchener:** 67 King St. E. Kitchener, ON N2G 2K4

519-744-7645

**Guelph:** 147 Wyndham St. N. Guelph, ON N1H 4E9

519-836-6220

Website: <http://www.cmha.ca/>

Provides resources to the community at large, individuals with mental health issues and their families, including information, education, referral and support services.

### Canadian National Institute for the Blind

CNIB Helpline: 1-800-563-2642

180 King St S, Suite 160 Waterloo, ON N2J 1P8

519-742-3536

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

Some of the programs offered by CNIB include: Low vision services including professional assessments, and instruction on how to maximize vision; Training to help manage the essentials of daily living; Orientation and mobility instruction, focusing on how to move safely around the home, community, workplace or school; Training and support for accessible computer technology;

Counselling and support to help overcome the emotional and practical challenges of vision loss. Orientation and mobility instruction, focusing on how to move safely around the home, community, workplace or school; Training

and support for accessible computer technology;  
Counselling and support to help overcome the emotional and practical challenges of vision loss.

### **Christian Horizons**

519-650-0966

4278 King St. E. Kitchener, ON N2P 2G5

Email: [info@christian-horizons.org](mailto:info@christian-horizons.org)

Website: [www.christian-horizons.org/](http://www.christian-horizons.org/)

Christian Horizons empowers individuals with exceptional needs, enabling them to embrace their God-given potential and enjoy hope and opportunity in everyday living. Services include Individual Support Services, Supported Independent Living, Day Supports/ Community Support Services, Family Home Services, Community Residences

### **Community Living Cambridge**

519-623-7490

160 Hespeler Rd Cambridge, ON N1R 6V7

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

Email: [info@communitylivingcambridge.ca](mailto:info@communitylivingcambridge.ca)

Community Living Cambridge serves Cambridge community members with a developmental disability, and provides events and activities to enrich their lives. Support is offered through a variety of programs such as residential group homes, employment support programs, pre-school services and alternative day programs designed to meet each individual's needs.

### **Elmira District Community Living**

519-669-3205

118 Barnswallow Dr Elmira, ON N3B 2Y9

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

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

We recognize and support persons with a developmental disability to share in all elements of living in their community. Services offered include sheltered vocational supports, employment supports, volunteer placement, community based recreation, residential supports, residential respite, and children's resource services.

### **Extend-A-Family Association - Waterloo Region**

519-741-0190

91 Moore Ave Kitchener, ON N2H 3S4

Email: [info@eafwr.on.ca](mailto:info@eafwr.on.ca)

Website: [www.eafwr.on.ca](http://www.eafwr.on.ca)

Extend-A-Family (EAF) serves families in the Kitchener-Waterloo region who have a son or daughter with a disability living at home.

Extend-A-Family is a non-profit organization committed to enhancing the well-being of individuals with mental and/or physical disabilities and the families of those who care for them.

### **K-W Habilitation Services**

519-744-6307

99 Ottawa St. S. Kitchener, On N2G 3S8

Email: [info@kwhab.ca](mailto:info@kwhab.ca)

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

K-W Habilitation Services believes that individuals with developmental disabilities have the right to live in the community, to participate therein and have the right to those resources which would realize these goals. K-W Habilitation Services acknowledges that the primary responsibility for achieving these goals rests with individuals and their families. Services offered include linking individuals with their communities.

### **Kitchener-Waterloo Access-Ability**

519-885-6640

659 King St. E. Suite 250, Kitchener, ON N2G 2M4

Email: [kwa@kwa.on.ca](mailto:kwa@kwa.on.ca)

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

KW Access-Ability is a non-profit information and resource centre. They are committed to providing an environment that supports self-determination for physically challenged people, based upon the principles of choice, equality, co-operation and mutual respect. Services include: Small Business Support, Employment Support, Mentor Program, Networking, Hockey Program, and Internet Access.

### **Lutherwood Mental Health Services - Partners Program**

519-623-9380

35 Dickson St. Cambridge, ON N1R 7A6

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

The Partners Program, created through a joint initiative between Lutherwood and KidsLINK, is a high intensity and focused program approach designed to bring all the assistance your family needs into your environment. Partners is based on the belief that the best place to help resolve family difficulties is where the family is experiencing them - whether in the home, school or neighbourhood. Working around family schedules, one dedicated Partners Family Support Worker helps your family regain a state of balance. Through a positive strength-based approach, the Family Support Worker builds on what works for your family and enhances that by helping you make the supportive connections you need within your world.

### **Self Help Alliance**

**Cambridge:** 1-9 Wellington St. Cambridge, ON N1R 3Y4

519-623-6024

Email: [Cambridge@self-help.ca](mailto:Cambridge@self-help.ca)

**Kitchener:** 67 King St. E Kitchener, ON N2G 2K4

519-570-4595

Email: [kitchener@self-help.ca](mailto:kitchener@self-help.ca)

**Guelph:** 147 Wyndham Street N., Suite 207, Guelph ON N1H 4E9

519.763.4014

Website: [www.self-help-alliance.ca](http://www.self-help-alliance.ca)

The Self Help Alliance (S.H.A.) is a non-profit organization for individuals who are or have previously experienced mental health issues.

The centres are non-judgmental, inclusive, and safe places that incorporates education, resources, peer support and recovery groups.

### **Sunbeam Residential Development Centre - Developmental Services Access Centre Waterloo Region**

1120 Victoria St N, Suite 205 Kitchener, ON N2B 3T2

519-741-1121

Website: <http://www.sunbeamcentre.com/>

Developmental Services Access Centre (DSAC) serves as the single point of access for clinical services, service coordination assistance, residential services, respite, and passport/day programs to children and adults in Waterloo Region who have a developmental disability.

Referrals are accepted from clients and families or those acting on their behalf. Referral forms are available on the website or at the office

### **Sunbeam Residential Development Centre - Day Program Services**

519-893-6200

2749 Kingsway Dr. Kitchener, ON N2C 1A7

While all of Sunbeam residents receive a day program either at their group home or at our Program building on Kingsway Drive; community based adults (living at home) can attend a full time or half time day program at Kingsway Drive. A limited enrollment of 25 clients (at the present time) are involved in activities of daily living (life skills), sensory, leisure, social, and recreational skills training both on site and in the community.

### **Traverse Independence**

519-741-5845

1382 Weber St E, Unit 1 Kitchener, ON N2A 1C4

Email: [ABIRef@travind.ca](mailto:ABIRef@travind.ca)

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

Traverse Independence provides personal support services to adults with physical disabilities. Traverse Independence also serves clients with Acquired Brain Injury in several ways: ABI Group Home, The Opportunity Centre, ABI Outreach, and ABI Transitional Housing both in Kitchener and Fergus.

### **Waterloo Region Down Syndrome Society**

519-896-4488

Email: [info@wrdss.ca](mailto:info@wrdss.ca)

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

Invites members and non-member families and their extended family and friends to monthly meetings and social activities and recreational opportunities.

## Employment Services for Adults with Disabilities

### Aldaview Services - Achieve Program

519-662-5174

332 Hamilton Rd. New Hamburg, ON N3A 2K2

Website: [www.tcmhomes.com/Aldaview/aldaview.html](http://www.tcmhomes.com/Aldaview/aldaview.html)

The Achieve program provides support to people from the community. Individuals must be able to develop goals and plans that will enable them to participate in work or leisure activities. Participants receive support based on their need to transition into community opportunities and the amount of support required or desired. All referrals for the Achieve program must come from the Developmental Services Access Centre – Waterloo Region.

### Aldaview Services - Community Participation

519-662-5174

205 Peel St. New Hamburg, ON N3A 1E7

Website: [www.tcmhomes.com/Aldaview/aldaview.html](http://www.tcmhomes.com/Aldaview/aldaview.html)

Aldaview Services operates a day program in which individuals choose from a number of employment, life skills and recreation and leisure activities. Employment support is coordinated at the Peel St. location and range from in-house contracts to volunteer and paid work placements in various businesses in the community. Individuals who are unable to work, choose not to work or are retired enjoy life skills and recreation and leisure activities coordinated at the Riehl Home and 220 Hamilton Road.

### Bartimaeus - Workplace Services

23-500 Fairway Rd S, Ste 205, Box 205, Kitchener N2C 1X3

519-519-575-2002

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

For adults with special needs, services are available to assist in skill development, learning appropriate work behaviours, and to provide support and encouragement.

### Canadian Mental Health Association

519-740-7782

For Appointment: 519-749-3700

9 Wellington St, Unit 3 Cambridge, ON N1R 3Y4

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

Community Employment Services provides you with information about employment services in your community and helps you connect to them. This service identifies your employment goals and assists with the development of a personal life plan that focuses on employment. Bridging Employment Supports is a one-year pilot project helping people between the ages of 16 and 65 with disabilities learn about, and access, employment resources to obtain paid, competitive employment.

### Community Living Cambridge

519-623-7490

160 Hespeler Rd Cambridge, ON N1R 6V7

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

Email: [info@communitylivingcambridge.ca](mailto:info@communitylivingcambridge.ca)

Community Living Cambridge serves Cambridge community members with a developmental disability, and provides events and activities to enrich their lives. Support is offered through a variety of programs such as residential group homes, employment support programs, pre-school services and alternative day programs designed to meet each individual's needs.

## Community Living Cambridge: Vocational and Alternate Day Programming, ARC Industries

519-621-0680

466 Franklin Blvd. Cambridge, ON N1R 8G6

Website: <https://arcindustriescambridge.ca>

Community Living Cambridge serves those in the community with mental or intellectual disabilities by providing events, activities and programs to enrich their lives and help them participate meaningfully in the community and achieve their goals. Programs are designed to meet individual needs and to provide access to community resources such as residential group homes, employment support programs, pre-school services and alternative day programs.

## Extend-a-Family Association, Waterloo Region, WALES Program

91 Moore Ave Kitchener, ON N2H 3S4

519-741-0190

Email: [info@eafwr.on.ca](mailto:info@eafwr.on.ca)

Website: [www.eafwr.on.ca](http://www.eafwr.on.ca)

WALES (Working Adults Learning Empowering Skills) Program: participants work towards goals and dreams and participate in the community in a variety of ways, including volunteer and paid employment.

## Elmira District Community Living

519-669-3205

118 Barnswallow Dr Elmira, ON N3B 2Y9

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

We recognize and support persons with a developmental disability to share in all elements of living in their community. Services offered include sheltered vocational supports, employment supports, volunteer placement, community based recreation, residential supports, residential respite, and children's resource services.

## K-W Habilitation Services

519-744-6307

99 Ottawa St. S. Kitchener, ON N2G 3S8

Email: [info@kwhab.ca](mailto:info@kwhab.ca)

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

K-W Habilitation Services believes that individuals with developmental disabilities have the right to live in the community, to participate therein and have the right to those resources which would realize these goals. K-W Habilitation Services acknowledges that the primary responsibility for achieving these goals rests with individuals and their families. Services offered include skills review and job development. Also offer employment training at the Kinsmen Training Centre.

## Kitchener-Waterloo Access-Ability

519-885-6640

659 King St. E. Suite #250 Kitchener, ON N2G 2M4

Website: [www.kwa.on.ca](http://www.kwa.on.ca)

Email: [kwa@kwa.on.ca](mailto:kwa@kwa.on.ca)

KW Access-Ability is a non-profit information and resource centre. They are committed to providing an environment that supports self-determination for physically challenged people, based upon the principles of choice, equality, co-operation and mutual respect. Services include: Small Business Support, Employment Support, Mentor Program, Networking, Hockey Program, and Internet Access.

### **Learning Disabilities Association of Ontario**

519-743-9091

537 Fredrick St, Kitchener, ON N2B 2A7

Website: [www.ldakw.on.ca](http://www.ldakw.on.ca)

Email: [Ldakw@golden.net](mailto:Ldakw@golden.net)

The Learning Disabilities Association of Ontario provides advocacy and research for people with learning disabilities helping them become empowered.

### **Ministry of Community and Social Services: Ontario Disability Support Program**

519-623-1230

73 Water St. N. Suite 605, Cambridge, ON N1R 7L6

Website: [www.mcsc.gov.on.ca/en/mcsc/programs/social/](http://www.mcsc.gov.on.ca/en/mcsc/programs/social/)

The Ontario Disability Support Program (ODSP) provides income support and employment support to people with disabilities in financial need, or who want and is able to work and need support. Ontarians 65 years or older who are not eligible for Old Age Security may qualify for ODSP supports if they are in financial need.

### **Ontario March of Dimes: West Central Region**

519-579-5530

236 Victoria St. N Unit 1B, Waterloo, ON N2H 5C8

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

This non-profit organization offers services for adults with physical disabilities, including the purchase and rental of assistive devices, employment programs, vocational and physical assessments, rehabilitation services and Return to Work program.

## Recreational Services

### Able Sail Conestoga

256 King Street North, Waterloo, Ontario Canada N2J 4T9  
519-638-5241

Website: [www.kwsailing.org](http://www.kwsailing.org)

Email: [information@kwsailing.org](mailto:information@kwsailing.org)

This program encourages youth & adults with disabilities to learn how to sail.

### Autism Ontario - Summer Camp

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

Autism Ontario has a fund to reimburse families for the cost of a one-to-one worker for their child to attend summer camp.

### Belwood Lodge and Camp

519-843-1211

322 Third St., R.R. # 1 Belwood, ON N0B 1J0

Email: [info@belwoodlodgeandcamp.co](mailto:info@belwoodlodgeandcamp.co)

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

A residential camp dedicated to meeting the summer recreational needs of children and adults who are mentally challenged. Our programs are designed to provide campers with exceptional experiences while ensuring their safety and a positive holiday experience. Respite time for families and care givers.

### Community Living Cambridge - Recreation & Leisure

160 Hespeler Rd. Cambridge, ON N1R 6V7  
519-623-7490

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

The recreation and leisure department of Community Living Cambridge holds a range of activities throughout the year. Everything from various day trips to ongoing programs can be registered for.

### Cambridge Ice Hounds - Special Hockey Program

519-740-4681 x4689

Email: [icehounds@gmail.com](mailto:icehounds@gmail.com)

Ice hockey for individuals with developmental disabilities

### Cambridge Skating Club

519-623-8404

Galt Arena Gardens, 98 Shade St. Cambridge, ON

Email: [info@CambridgeSkatingClub.com](mailto:info@CambridgeSkatingClub.com) or [CambridgeSkatingClub@gmail.com](mailto:CambridgeSkatingClub@gmail.com)

Website: <http://cambridgeskatingclub.com/>

The Cambridge Skating Club offers a Special Olympics Ontario Preschool and Learn to Skate program for special needs children. This program will follow guidelines from Skate Canada's Canskate program.

### The Carousel Dance Centre

519-746-8877

550-D7 Parkside Dr. Waterloo, ON N2L 5V4

Email: [admin@carouseldancecentre.ca](mailto:admin@carouseldancecentre.ca)

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

The Carousel Dance Centre offers a Dance for Everybody class for two different age groups as well as a camp for individuals with special needs between the ages 10-25.



### City of Cambridge - Integrated Programming

519-623-1340

Email: [accessibility@cambridge.ca](mailto:accessibility@cambridge.ca)

The City of Cambridge welcomes people with special needs in recreational programs. Information about aquatic programs such as swimming lessons and recreational swims may be obtained by calling the W.G. Johnson Centre (654-9001) or the John Dolson Pool (623-0270).

### Golf Clinic for Persons with Disabilities

519-741-2200 x7544

200 King St. W. Kitchener, ON N2G 4G7

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

The city of Kitchener offers a golf clinic for persons with disabilities that are interested in golf. The clinic begins in May and covers various areas of the game.

### Hespeler Minor Softball – Adapted Division

226-924-4672

101 Holiday Inn Dr. PO Box 29071, Cambridge, ON N3C 0E6

Email: [registrar@hmssoftbal.com](mailto:registrar@hmssoftbal.com)

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

Hespeler Minor Softball offers an Adapted Division for children ages 4-12 that have been diagnosed with developmental disabilities. Each player can have a chance to be paired with a volunteer if needed.

### Kitchener Ice Pirates

519-579-2229 x203

135 Lennox Lewis Way, Kitchener, ON N2C 0A3

Email: [icepirates@kitchenerminorhockey.ca](mailto:icepirates@kitchenerminorhockey.ca)

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

A hockey team for children and young adults with developmental disabilities that is offered across the Waterloo Region that is designed for their specific needs.

### Kitchener-Waterloo Boccia Ball Program

519-741-2200

Blessed Sacrament School, 367 the Country Way, Kitchener, ON N2E 2S3

A strategy sport accessible to persons of all physical ability. Participants throw, kick, or use a ramp to propel a soft leather ball towards a target. The KW program is open to participants ages 8 and up with physical and/or developmental disabilities.

### K-W Sidewinders - Sledge Hockey Club

7B – 871 Victoria St. N. Suite 326, Kitchener, ON N2B 3s4

Email: [kwsidewinders@gmail.com](mailto:kwsidewinders@gmail.com)

A Sledge Hockey team and skill development program for youth and adults with physical disabilities. Participants use a sledge, a specially designed sled with skate blades to propel themselves on the ice.

### Personal Assistance for Leisure Activities Card (PAL Card)

519-741-2200 x7225

200 King St. W. Kitchener, ON N2G 4G7

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

Personal Assistance for Leisure Activities Card is a program that provides individuals with a disability with a personal attendant to help them participate in recreational and leisure activities that are offered by the municipality and PAL card partners.

## Pride Stables - Central Ontario Developmental Riding Program

519-653-4686

584 Pioneer Tower Rd. Kitchener, ON N2P 2H9

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

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

Pride Stables, Central Ontario Developmental Riding Program offers therapeutic horseback riding lessons to people with disabilities. Therapeutic horseback riding utilizes the horse as a medium of therapy. The combination of the horse's movement, which simulates the human walking motion, and its higher body temperature, serves to supply passive heat massage to the riders' muscles, thereby either relaxing spastic muscles or stimulating lax muscles. Riders also participate in exercises improving their muscle strength and flexibility in their upper body.

## Special Olympics Ontario

519-578-3113

Email: [kw@specialolympicsontario.ca](mailto:kw@specialolympicsontario.ca)

Website: [www.kw.specialolympicsontario.com](http://www.kw.specialolympicsontario.com)

Year round sports training program for teens and adults who have a developmental handicap. A non-profit volunteer organization.

## Spinners Wheelchair Activity Days – SWAD

905-359-6283

Email: [hageya197@rogers.com](mailto:hageya197@rogers.com)

Website: <http://www.wheelchairbasketball.ca/>

Spinners Wheelchair Activity Days (SWAD) is a program for individuals with a physical disability. SWAD and Wheelchair Basketball Canada bring a program to that provides a place for people that use wheelchairs to play basketball.

## Sports for Special Athletes

519-584-2418

PO Box 3040, Station C, Kitchener, ON N2G 4R5

Email: [registrar@sportsforspecialathletes.org](mailto:registrar@sportsforspecialathletes.org)

Website: [www.sportsforspecialathletes.org](http://www.sportsforspecialathletes.org)

Integrated sport participation for athletes with special needs. Sports include: bowling, curling, basketball, powerlifting, floor hockey, speed skating, blast ball, softball, lawn bowling, mini golf.

## SunBlast Summer Playground

519-886-8886 X 1259

Email: [tdettweiler@kidsability.ca](mailto:tdettweiler@kidsability.ca)

KidsAbility, 250 Hespeler Rd Cambridge, ON, N1R 3H3

This summer playground is offered by the SunBlast parent committee, KidsAbility, City of Cambridge, and Community Living Cambridge. It is designed for children with disabilities and their siblings and friends.

## Sunrise Therapeutic Riding and Learning Centre

519-837-0558

6920 Concession 1, RR 2 Puslinch, ON N0B 2J0

Email: [info@sunrise-therapeutic.ca](mailto:info@sunrise-therapeutic.ca)

Website: [www.sunrise-therapeutic.ca](http://www.sunrise-therapeutic.ca)

A therapeutic riding and equestrian centre that develops the full potential of children and adults with special needs. Sunrise offers therapy, recreation, horse riding, as well as life skills and farm-related activity programs.

### **Twin City Spinners Wheelchair Sports**

519-650-3903

Email: [brucer@sentex.net](mailto:brucer@sentex.net)

Website: <http://www.wheelchairbasketball.ca/>

The Twin City Spinners is a manual wheelchair basketball program for persons ages 8 and up. In affiliation with the Ontario Wheelchairs Sport Association and Wheelchair Basketball Canada, the TC Spinners try to promote recreation for individuals that use wheelchairs.

### **YMCA of Cambridge**

519-623-9622

250 Hespeler Rd. Cambridge, ON, N1R 3H3

Programs such as: Summer Camps, Adapted Aquatics \*Inclusion Facilitator Support is available for summer camp programs.

### **Waterloo Track 3 Ski School**

519-748-9802

396 Morrison Rd. Kitchener, ON N2A 2Z6

Email: [track3@golden.net](mailto:track3@golden.net)

Waterloo Track 3 Ski School is a downhill skiing for children with disabilities.

### **Woolwich Sledge Hockey**

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

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

The objective of the Woolwich Sledge Hockey programs is to contribute to the health and wellbeing of people with disabilities by providing opportunities in sledge hockey.

## Home Services

### City of Cambridge Friendly Visiting Program

519-772-8787

Email: [info@cscmow.org](mailto:info@cscmow.org)

Breslau location 61 Woolwich St. N. P.O. Box 29 Breslau, ON NOB 1M0

Cambridge location 887 Langs Dr. Unit 4a Cambridge N3H 5K4

Volunteers are matched with an isolated senior or adult with physical disabilities to provide companionship and to visit once a week for 2-3 hours.

### Christian Horizons

519-650-3241

Suite 101, 4275 King St. E. Kitchener, ON N2P 2E9

Email: [jward@christian-horizons.org](mailto:jward@christian-horizons.org)

Website: [www.christian-horizons.org/](http://www.christian-horizons.org/)

Christian Horizons empowers individuals with exceptional needs, enabling them to embrace their God-given potential and enjoy hope and opportunity in everyday living. Services include Individual Support Services, Supported Independent Living, Day Supports/ Community Support Services, Family Home Services, Community Residences

### Comfort Keepers

519-804-1615

614 Coronation Blvd. Unit 201A, Cambridge, ON N1R 3E8

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

Comfort Keepers is a non-medical, private duty home care agency, providing senior care, elder care, personal care, respite care and companion care to help the elderly and disabled adults through assisted living in the privacy of their own homes.

### Community Care Concepts of Woolwich, Wellesley, and Wilmot

519-664-1900

Toll Free: 1-855-664-1900

929 Arthur St. S. Elmira, ON N3B 2Z2

Email: [info@communitycareconcepts.ca](mailto:info@communitycareconcepts.ca)

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

Programs Include: Congregate Dining, Assisted Transportation Program, Friendly Visiting Program, Home Maintenance Service, Homemaking Service and Meals on Wheels

### Community Care Concepts of Woolwich, Wellesley, and Wilmot - Friendly Visiting Program

519-664-1900

Toll Free: 1-855-664-1900

929 Arthur St. S. Elmira, ON N3B 2Z2

Email: [info@communitycareconcepts.ca](mailto:info@communitycareconcepts.ca)

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

Volunteers are matched with an isolated senior or an adult with disabilities for companionship.

### Community Care Concepts of Woolwich, Wellesley, and Wilmot - Inside and Outside Maintenance

519-664-1900

Toll Free: 1-855-664-1900

929 Arthur St. S. Elmira, ON N3B 2Z2

Email: [info@communitycareconcepts.ca](mailto:info@communitycareconcepts.ca)

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

Match clients with screened individuals or businesses that assist with repairs and maintenance to the home of a senior or an adult with a disability.

### Community Support Connections - Meals on Wheels and More

519-772-8787

887 Langs Dr. Unit 4A, Cambridge, ON N3H 5K4

Email: [info@cscmow.org](mailto:info@cscmow.org)

Website: [www.communitysupportconnections.org](http://www.communitysupportconnections.org)

Provides services to older adults including Meals on Wheels, Home Help, Home Maintenance, Homemaking, Reassurance and Security Checks, Snow Removal, and a Dine and Dash Club. Also have a Waterloo office.

### Extend-a-Family Association of Waterloo Region - Special Services at Home

519-741-0190 X228

91 Moore Ave, Kitchener, ON N2H 3S4

Email: [denisedl@eafwr.on.ca](mailto:denisedl@eafwr.on.ca)

Website: [www.eafwr.on.ca](http://www.eafwr.on.ca)

Coordinates individual support services.

### Independent Living Centre of Waterloo Region

519-571-6788

127 Victoria St. S. Suite 201, Kitchener, ON N2G 2B4

Email: [info@ilcwr.org](mailto:info@ilcwr.org)

Website: [www.ilcwr.org](http://www.ilcwr.org)

Provides services to individuals 16 years of age or older with physical disabilities including assistance with daily living and financial assistance.

### Waterloo Wellington Community Care Access Centre

Information & Referral: 310-2222

**Cambridge:** 73 Water St. N. Suite 501, Cambridge, ON N1R 7L6

519-748-2222

**Guelph:** 450 Speedvale Ave. W, Suite 201, Guelph, ON N1H 7G7

519-823-2550

**Waterloo:** 141 Weber St. S. Waterloo, ON N2J 2A9

519-748-2222

Toll Free: 888-883-3313

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

The Waterloo Wellington CCAC coordinates health services such as nursing, physical therapy, occupational therapy and personal support for people who are recovering from illness or injury, and for those who are living with chronic illness or disability.

## Supportive Living/ Respite Homes

### Aldaview Services

205 Peel St. New Hamburg, ON N3A 1E7  
519-662-5174

Website: [www.tcmhomes.com/Aldaview/aldaview.html](http://www.tcmhomes.com/Aldaview/aldaview.html)

Services offered include group living and supported independent living, as well as respite care.

### Christian Horizons

519-650-0966

4278 King St. E. Kitchener, ON N2P 2G5

Email: [info@christian-horizons.org](mailto:info@christian-horizons.org)

Website: [www.christian-horizons.org/](http://www.christian-horizons.org/)

Christian Horizons empowers individuals with exceptional needs, enabling them to embrace their God-given potential and enjoy hope and opportunity in everyday living. Services include Individual Support Services, Supported Independent Living, Day Supports/ Community Support Services, Family Home Services, Community Residences

### Community Living Cambridge

519-623-7490

160 Hespeler Rd Cambridge, ON N1R 6V7

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

Community Living Cambridge serves Cambridge community members with a developmental disability, and provides events and activities to enrich their lives. Support is offered through a variety of programs such as residential group homes, employment support programs, pre-school services and alternative day programs designed to meet each individual's needs.

### Elmira District Community Living

519-669-3205

118 Barnswallow Dr Elmira, ON N3B 2Y9

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

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

We recognize and support persons with a developmental disability to share in all elements of living in their community. Services offered include sheltered vocational supports, employment supports, volunteer placement, community based recreation, residential supports, residential respite, and children's resource services.

### Extend-a-Family Association Waterloo Region - FamilyHome Program

519-741-0190

91 Moore Ave Kitchener, ON N2H 3S4

Email: [michelleb@eafwr.on.ca](mailto:michelleb@eafwr.on.ca)

Website: [www.eafwr.on.ca](http://www.eafwr.on.ca)

The FamilyHome Program is a community living alternative for adults with a developmental challenge. A community family brings them in to their home to be a part of their family life.

### Kids Country Club: Parents of Technologically Dependent Children of Ontario (P.T.D.C.)

519-651-2875

Toll Free: 877-550-5613

335 Guelph Ave. Cambridge, ON N3C 2V3

Email: [cambridge@ptdc.on.ca](mailto:cambridge@ptdc.on.ca)

Website: [www.ptdc.on.ca](http://www.ptdc.on.ca)

Respite care for children from birth to 18 years of age who are described as medically fragile and/or technologically dependent.

### **K-W Habilitation Services - Residential Services**

519-744-6307

99 Ottawa St. S. Kitchener, ON N2G 3S8

Email: [cgefucia@kwhab.ca](mailto:cgefucia@kwhab.ca)

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

KWHS Residential Services currently operates three Children's homes and twenty Adult homes assimilated throughout the cities of Kitchener and Waterloo. Homes are designed to meet the individual support needs of the residents providing up to 24 hour – seven days per week support and supervision. Supported Independent Living is another residential support option where a number of people live semi-independently and either share rent or rent their own homes. Services are offered to enhance the independent living abilities of the people receiving support. Assistance is typically requested in the areas of banking, budgeting, grocery shopping and cooking however, support varies and may be provided in any aspect of daily living.

### **Parents for Community Living**

519-742-5849

30 Dupont St. E. Unit 102, Waterloo, ON N2J 2G9

Email: [info@pclkw.org](mailto:info@pclkw.org)

Website: [www.pclkw.org](http://www.pclkw.org)

Parents For Community Living provides respite at two different sites - one for adults and one for children. PCL's Adult Respite home is located on Evelyn Cres. in Kitchener. The home supports 2 adults on a permanent basis and 6 adults each weekend, Friday-Sunday. 7 homes with 4 individuals with 24 hour support

### **Sunbeam Residential Development Centre - Developmental Services Access Centre Waterloo Region**

519-893-6200

2749 Kingsway Dr. Kitchener, ON N2C 1A7

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

Services offered include several group homes.

### **Traverse Independence**

519-741-5845

1382 Weber St E, Unit 1 Kitchener, ON N2A 1C4

Website: <http://www.traverseindependence.ca/>

Traverse Independence provides personal support services to adults with acquired brain injuries and physical disabilities. In the Supportive Housing Program, individuals rent their own apartments and through attendant staff utilize support services to live independently.

## Financial

### Government of Canada

1 800 O-Canada (1-800-622-6232)

Service Canada, Canada Enquiry Centre, Ottawa ON K1A 0J9

Website: [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

The Government of Canada offers several different financial benefits to people living with disabilities, including: Assisted Living, Bureau of Pensions Advocates, Canada Pension Plan Children's Benefit, Canada Pension Plan Disability Benefits, Canada Pension Plan Disability Vocational Rehabilitation Program, Canada Student Loans Program - Permanent Disability Benefit, Child Disability Benefit (CDB), Clothing Allowance, Disability Award Program, Disability Pensions, Entrepreneurs with Disabilities Program, Federal Excise Gasoline Tax Refund Program, and Grant for Students with Permanent Disabilities

### Ontario Disability Support Program

519-623-1230

Toll Free: 1-888-214-0738

73 Water St N, Suite 605, Cambridge, ON N1R 7L6

<http://www.mcsc.gov.on.ca/en/mcss/programs/social/odsp/>

Ontario Disability Support Program (ODSP) provides financial assistance and other benefits to eligible people with disabilities and their families. This includes accommodation and basic living expenses, as well as prescription drugs and basic dental care.

### Ontario Works

Intake & Information: 519-883-2100

150 Main St. Cambridge, ON N1R 8H6

Ontario Works provides emergency support to eligible families and individuals including shelter costs, basic living expenses, prescription drugs and employment training. An intake screening process is required.

### Service Canada - Cambridge Centre

1-800-622-6232

350 Conestoga Blvd, Unit C2, Cambridge, ON N1R 7L7

Helps people with accessing Disabilities Canada Pension Plan Disability Benefits, Seniors Allowance for the Survivor Program, Canada Pension Plan Retirement Pension or Old Age Security.

### Waterloo Region Social Services Department

519-740-5700

150 Main St, Cambridge, ON N1R 8H6

The Waterloo Region Social Services Department (Cambridge Branch) provides resources on the topics of Income Support, Family Support, Employment Services and Special Services.