

Access Waterloo Region

accesswaterlooregion.ca

*Information for Persons with Disabilities,
their Families, Caregivers, and Professionals within Waterloo Region.*

Advocacy and Supports * Education * Financial Assistance
Health * Personal Care and In-Home Supports * Recreation
Respite and Residential Programs * Transportation
Work, Day Programs and Volunteer Supports

**2013 -
2014**

COMMUNITY CONNECTIONS 2013

ORGANIZING COMMITTEE



Waterloo Catholic District School Board

35 Weber Street West, Unit A, Kitchener Ontario N2H 3Z1
[P] (519) 578-3660



Waterloo Region District School Board

51 Ardelt Avenue, Kitchener, Ontario N2C 2R5
[P] (519) 579-0300



Community Living Cambridge

160 Hespeler Road, Cambridge, Ontario N1R 6V7
[P] (519) 623-7490



Independent Living Centre of Waterloo Region

127 Victoria Street South, Suite 201, Kitchener, Ontario N2G 2B4
[P] (519) 571-6788



K-W Habilitation Services

108 Sydney Street South, Kitchener, Ontario N2G 3V1
[P] (519) 744-6307



KidsAbility – Centre For Child Development

500 Hallmark Drive, Waterloo, Ontario N2K 3P5
[P] (519) 886-8886



Developmental Services Resource Centre

1120 Victoria Street North, Suite 205, Kitchener, Ontario, N2B 3T2
[P] (519) 741-1121



Extend-A-Family

91 Moore Avenue, Kitchener, Ontario N2H 3S4
[P] (519) 741-0190



Waterloo Region Family Network

745 Bridge St W, Unit 8, Waterloo N2V 2G6
[P] (519) 804-1786



City Of Kitchener

200 King Street West, Box 1118, Kitchener, Ontario N2G 4G7
[P] (519) 741-2286

We also thank those people who volunteer their time to participate in the planning committee as consumer representatives. We value their input and assistance.

ACCESS WATERLOO REGION 2013

Resources for Persons with Disabilities

Throughout each year, several community agencies, the Waterloo Catholic District School Board and the Waterloo Region District School Board work in partnership to provide and promote the publication of this **BOOKLET** and organize the **INFORMATION EVENING** every spring. In April 2008, the Committee also launched the **WEBSITE** to help make information and resources more accessible.

The intent of this **BOOKLET** is to provide people living in Waterloo Region with information and access to resources that are available in our community. It offers an easy way to search for options and make decisions about programs that may meet needs and interests.

The information in this BOOKLET, as well as additional links, will be available for online viewing and downloading on the website

www.accesswaterlooregion.ca

Thank you to all of the individuals and agencies who have given freely of their time in assisting with publishing this valuable resource.

We gratefully acknowledge the **COMMUNITY INFORMATION CENTRE OF WATERLOO REGION**, a program of the **SOCIAL PLANNING COUNCIL OF KITCHENER-WATERLOO**, for assisting with the annual updating and formatting of this booklet. The **COMMUNITY INFORMATION CENTRE** also maintains a larger database of all programs and services for the people of Waterloo Region.

Information changes often and updates are always welcome. If your information has changed, or you know of a new service being offered, or if you have suggestions, please contact the **COMMUNITY INFORMATION CENTRE** at **519-579-3800**.



SOCIAL PLANNING COUNCIL of Kitchener-Waterloo

300-151 Frederick St, Kitchener ON N2H 2M2

Tel: 519-579-3800 ~ 1-877-579-3859

Fax: 519-578-9185

Email: admin@waterlooregion.org

Web: www.waterlooregion.org

Á

COMMUNITY INFORMATION CENTRE of Waterloo Region

Access Waterloo Region Inclusion Criteria

1. Organizations must provide direct service to individuals or families with a member with disabilities.
2. Organizations must operate on a non-profit basis, or be a government agency, or be licensed or accredited by the government (e.g. nursing homes, group homes, nursery schools/child care centres, private schools or recreation programs.)
3. Service must be located in Waterloo Region or be available to those living or working in Waterloo Region.
4. Services should be perceived as permanent and ongoing and have been in place for at least one year; projects or pilot programs may be eligible if of sufficient duration.
5. The organization must provide publishable contact information (e.g. mailing address, telephone number, website).
6. Exceptions to these criteria can be made at the discretion of the Social Planning Council if the service in question is determined (in consultation with the AWR Advisory Committee) to be of significant benefit to individuals and families in Waterloo Region.

How To Use This Book

It's important to note that the Access Waterloo Region book does not use page numbers; rather, each service, program or support has a unique **entry number** next to its name.

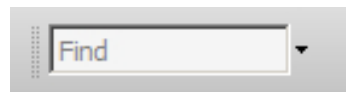
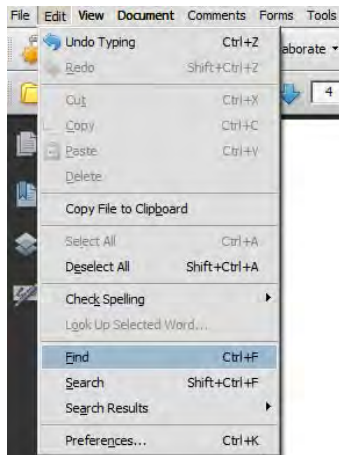
You can look up information in two ways:

- Using the **Table of Contents**, you can browse for services, programs and supports by general section. Please note that many organizations provide more than one type of service, so the general sections are meant as a general guideline.
- Using the **Name Index**, you can find organizations listed by their official names in alphabetical order, along with the corresponding entry number for each record. For more information, please see the page entitled **How To Use The Name Index**.

How To Search The PDF Version

If you've downloaded the PDF version of the Access Waterloo Region 2013 book, there are tools within the Adobe Reader program that can facilitate your search for specific programs. The following assumes you have the latest version of Adobe Reader installed on your computer - the Reader program is free, and is available from **www.adobe.com**.

Reader has a built-in search function that will search for a string of text, much like using Google. It's usually in the toolbar at the top of the Reader screen - in the latest version, it's a box with the word **Find** written in grey inside - but you can also find it by going to the **Edit** drop-down menu and selecting **Find**. Reader will search for whatever string you type in, and will highlight wherever that word appears in the document from the point that you started the search.



For example, if you start at the beginning of the document and type "**Extend-A-Family**" (without the quotes) into the Find box, Reader will find the first instance of that phrase near the bottom of the inside cover. Next to the Find box are two arrows pointing left and right; click the **right** button and it will continue searching forwards through the document.

Keep in mind that there are some words, like "disabilities" or "Cambridge" or "youth", which appear with great frequency throughout the PDF, so be careful when using those.

Table of Contents


2013

The numbers listed refer to the information entry, not the page number.

Section	Page Colour	Entry Numbers
1. Advocacy and Supports <i>These programs and services provide assistance, mutual support and information to individuals with disabilities, their families and service providers. Advocacy work often focuses on raising public awareness and disability-related issues.</i>	yellow	1-72
2. Education <i>Life-long formalized learning supports commencing at birth.</i>	blue	73-108
3. Financial Assistance <i>Financial supports that can assist individuals and their families with costs associated with disabilities.</i>	buff	109-127
4. Health <i>Specialized mental and physical health programs for people with disabilities, including therapy and counseling services.</i>	hospital green	128-193
5. Personal Care and In-Home Supports <i>Personal support services to those who require assistance with the activities of daily living.</i>	taupe	194-209
6. Recreation <i>Year-round recreation, leisure and social activities within the community which are inclusive and/or specialized for individuals with disabilities.</i>	salmon	210-241
7. Respite and Residential Programs <i>Respite Services provide temporary relief to families and individuals from the physical and emotional demands involved in caring for a family member who has a disability.</i> <i>A variety of community based residential services exist for people who have disabilities and need alternate supported living arrangements.</i>	ivory	242-262
8. Transportation <i>Specialized/adaptive transportation for people with disabilities.</i>	pink	263-270
9. Work, Day Programs and Volunteer Supports <i>Programs that assist adults who have disabilities to participate in community, volunteering and obtaining employment, including specialized day programs.</i>	goldenrod	271-289

HOW TO USE THE NAME INDEX

Organizations are listed in the Name Index by official name, in alphabetical orders, with entry numbers immediately following. These numbers are your guide to locating agencies within the Access Waterloo Region book.

Cross-references have been added for programs names, acronyms, and common names, as well as names that begin with “K-W”, “Cambridge”, “Waterloo Regional”, etc. These entries are indicated by a small arrow like this:  This arrow points to the proper name of the program or organization as well as the proper entry number. Example:

Access-Ability

 27 K-W Access-Ability

There are several alphabetical sorting rules that should be noted:

1. Leading articles are ignored in alphabetical sorting “The Children’s Wish Foundation...” sorts as “Children’s Wish...”.
2. “K-W” sorts as “Kitchener-Waterloo”.
3. “St” sorts as “Saint”.
4. In order to list all the services offered by a specific level of government sequentially, the names of the services are prefaced by the corresponding level of government. For example:

Canada. Canada Revenue Agency, Community Volunteer Income Tax Program

Kitchener. Community Services Department, Inclusion Services

Ontario. Ministry of Children and Youth Services, CPRI

Access Waterloo Region Name Index 2013

Able Sail	
➔ 219	Conestoga Sailing Club
Aboutface	1
Access-Ability	
➔ 28	K-W Access-Ability
Achieve Program	
➔ 261	Tri-County Mennonite Homes
ADP	
➔ 120	Ontario. Ministry of Health and Long Term Care
Aldaview Services	
➔ 261	Tri-County Mennonite Homes
ARCH Disability Law Centre	2
Arts and Soul Workshop	
➔ 213	Cambridge. Cambridge Libraries and Galleries
Assertive Community Treatment Team (ACT)	
➔ 262	Waterloo Regional Homes for Mental Health
Attention Deficit Hyperactivity Disorder Parent Support Group of Kitchener Waterloo	3
Autism Ontario	
Waterloo Region Chapter	4
A Balanced Approach	128
Bartimaeus	194
Belwood Country Retreat	
➔ 210	Belwood Lodge and Camp
Belwood Lodge and Camp	210
Best Buddies	
➔ 17	Extend-A-Family Waterloo Region
Betty Thompson Youth Centre	
➔ 160	Intensive Family Support Services
The BLADES Special Hockey	211
Brain Injury Association Waterloo Wellington	5
Bridgelands	
➔ 173	Lutherwood
Bridging Employment Supports	
➔ 131	Canadian Mental Health Association
Cambridge Association for the Mentally Handicapped	
➔ 243	Community Living Cambridge

Access Waterloo Region Name Index 2013

Cambridge Career Connections

➔ 278 John Howard Society of Waterloo-Wellington

Cambridge Committee for Physically Disabled Adults (Cambridge Capables) 212

Cambridge Family Early Years Centre 73

Cambridge Memorial Hospital 129

Mental Health Services 130

Cambridge. Cambridge Libraries and Galleries

Cambridge Galleries 213

Art Ventures 214

Cambridge. Community Services Department

Inclusion Services 215

Canada. Human Resources and Skills Development

Canada Pension Plan

Disability Benefits 109

Canadian Council of the Blind

Waterloo Regional Club 6

Canadian Cystic Fibrosis Foundation

Kitchener-Waterloo and District Cystic Fibrosis Chapter 7

Canadian Hearing Society

Waterloo 8

Hearing Care Counselling 9

Canadian Mental Health Association

Grand River Branch

Centre for Mental Health 131

The Canadian Red Cross Society

Cambridge Branch 133

Kitchener-Waterloo Branch 134

CAPC

➔ 12 Community Action Program for Children of Waterloo Region

Carousel Dance Centre 216

CCAC

➔ 187 Waterloo Wellington Community Care Access Centre

CCFF

➔ 7 Canadian Cystic Fibrosis Foundation

Central Ontario Developmental Riding Program 217

Central West Specialized Developmental Services

Dual Diagnosis Service 135

Centre for Sight Enhancement

➔ 185 University of Waterloo

Access Waterloo Region Name Index 2013

Child Advocacy Project

➔ 47 Pro Bono Law Ontario

Child Care Subsidy

➔ 125 Waterloo Region. Social Services Department

Child Parent Resource Institute

➔ 178 Ontario. Ministry of Children and Youth Services

Children's Wish Foundation of Canada

Ontario Chapter
Kitchener 110

Christian Horizons

West District 242

CIC

➔ 50 Social Planning Council of Kitchener-Waterloo

CICWR

➔ 50 Social Planning Council of Kitchener-Waterloo

CJI

➔ 13 Community Justice Initiatives of Waterloo Region

Clay Days Pottery Studio 218

CMH

➔ 129 Cambridge Memorial Hospital

CNIB

Waterloo/Wellington District 10
Vision Rehabilitation Services 11

CODRP

➔ 217 Central Ontario Developmental Riding Program

Committee for Physically Disabled Adults

➔ 212 Cambridge Committee for Physically Disabled Adults (Cambridge Capables)

Community Action Program for Children of Waterloo Region 12

Community Care Access Centre (Waterloo Wellington)

➔ 187 Waterloo Wellington Community Care Access Centre

Community Care Concepts of Woolwich, Wellesley and Wilmot 195

Assisted Transportation Program 263
Friendly Visiting Program 196
Home Maintenance and Repair 197
Homemaking Service Program 198
Meals on Wheels 199
Wilmot Adult Day Program 271

Community Health Centre

➔ 191 Woolwich Community Health Centre

Community Information Centre

➔ 50 Social Planning Council of Kitchener-Waterloo

Access Waterloo Region Name Index 2013

Community Justice Initiatives of Waterloo Region	13
Community Living Cambridge	243
Community Options/Community Connections	272
Community Participation Support/Adult Developmental Services	200
Job Track	273
Preschool Services	74
Residential Services	244
Supported Employment Services	274
Vocational and Alternate Day Programming ARC Industries	275
Community Living Dances	
➔ 29 K-W Association for Community Living	
Community Support Connections - Meals on Wheels and More	201
Cambridge Site	202
Community Support Services of Ayr and North Dumfries	
➔ 139 Family Counselling Centre of Cambridge and North Dumfries	
COMSOC	
➔ 178 Ontario. Ministry of Children and Youth Services	
Conestoga College Institute of Technology and Advanced Learning	75
Disability Services Office	76
LINC	77
Conestoga Sailing Club	219
Connect Counselling Services	
➔ 8 Canadian Hearing Society	
CPA	
➔ 53 Spinal Cord Injury Ontario	
CPP	
➔ 109 Canada. Human Resources and Skills Development	
CPRI	
➔ 178 Ontario. Ministry of Children and Youth Services	
Crohns and Colitis Foundation of Canada Kitchener/Waterloo Chapter	14
Cystic Fibrosis Foundation	
➔ 7 Canadian Cystic Fibrosis Foundation	
Design at Riverside	
➔ 213 Cambridge. Cambridge Libraries and Galleries	
Developmental Riding Program	
➔ 217 Central Ontario Developmental Riding Program	
Disability Benefits	
➔ 109 Canada. Human Resources and Skills Development	
Disabled Person Parking Permits	
➔ 266 Ontario. Ministry of Transportation	

Access Waterloo Region Name Index 2013

Down Syndrome Plus	15
Down Syndrome Society	
➔ 68 The Waterloo Regional Down Syndrome Society	
Dystonia Support Group	
➔ 19 Golden Triangle Dystonia Support Group	
EAF	
➔ 17 Extend-A-Family Waterloo Region	
Early Years Centre	
➔ 41 Our Place, Family Resource and Early Years Centre	
➔ 32 Kitchener-Waterloo YMCA	
➔ 73 Cambridge Family Early Years Centre	
Easter Seals Canada	
Access 2 Entertainment	111
Easter Seals Ontario	
Financial Assistance	112
Incontinence Supplies Grant Program	113
ECE Centre	
➔ 184 University of Waterloo	
Edith MacIntosh Children's Centre	
➔ 105 Waterloo Region. Social Services Department	
Elmira Children's Centre	
➔ 106 Waterloo Region. Social Services Department	
Elmira District Community Living	245
Children's Resource Program	78
Day Support	276
Residential Services	246
Respite Services	247
Epilepsy Ontario	
Epilepsy Waterloo-Wellington	16
Erinoak Kids	
Central West Autism Intervention Services	136
Central West Infant Hearing Program	137
Extend-A-Family Association	
➔ 17 Extend-A-Family Waterloo Region	
Extend-A-Family Waterloo Region	17
Familyhome Program	248
Respite Program	249
Special Services at Home	203
Working Adults Learning Educational Skills	277
Family Counselling Centre of Cambridge and North Dumfries	138
Community Support Services of Ayr and North Dumfries	139
Family Resource Centre	
➔ 71 Wilmot Family Resource Centre	

Access Waterloo Region Name Index 2013

Family Support Unit

➔ 126 Waterloo Region. Social Services Department

Family Violence Project

➔ 12 Community Action Program for Children of Waterloo Region

Fetal Alcohol Syndrome Support Group

➔ 64 Waterloo Fetal Alcohol Syndrome Support Group

FibroMoves

➔ 31 Kitchener-Waterloo Fibromyalgia Support Group

Food for Thought

➔ 23 Independent Living Centre of Waterloo Region

Fragile X Research Foundation of Canada

K-W Fragile X Support Group 18

Freeport Health Centre

➔ 144 Grand River Hospital

Front Door: Access To Child and Youth Services 140

Mobile Crisis Services 142

Geneva Centre for Autism 79

Get Set Learn

➔ 94 Project READ Literacy Network Waterloo-Wellington

Golden Triangle Dystonia Support Group 19

Golden Triangle Taxi 264

Grand River Hospital 144

Freeport Site

Communication Technology Clinic 145

Neuro Rehabilitation Clinic 146

Prosthetic and Orthotic Clinic 147

Pulmonary Rehabilitation Program 148

KW Site

Mental Health and Addiction Program 149

Adolescent Outpatient Services 150

Adult Inpatient Service 151

Adult Outpatient Services 152

Child and Adolescent Inpatient Service 153

Child and Family Centre 154

Community Outreach Treatment Team 155

Hazelglen Outreach Mental Health Service 156

Preschool Diagnostic and Treatment Services 157

Young Adult Program 80

GRT

➔ 270 Waterloo Region. Transportation and Environmental Services

Habilitation Services

➔ 252 K-W Habilitation Services

Holland Bloorview Kids Rehabilitation Hospital 158

Access Waterloo Region Name Index 2013

Home and Vehicle Modification Program

➔ 117 Ontario March of Dimes

Homes for Mental Health

➔ 262 Waterloo Regional Homes for Mental Health

Homewood Health Centre 159

Huntington Society of Canada 20

ILC

➔ 21 Independent Living Centre of Waterloo Region

ILCWR

➔ 21 Independent Living Centre of Waterloo Region

Independent Living Centre of Waterloo Region 204

Access and Awareness

Individual Advocacy Program 21

Information and Referral Program 22

Peer Resource and Advocacy 23

Public Awareness and Education 24

Youth in Transition 25

Attendant Services

Direct Funding Program 205

In-Home Respite 250

Outreach Program 206

University of Waterloo Attendant Service Project 207

Intensive Family Support Services 160

Interfaith Community Counselling Centre 161

JDRF

➔ 26 Juvenile Diabetes Research Foundation

Job Track

➔ 273 Community Living Cambridge

John Howard Society of Waterloo-Wellington

Community Programmes

Cambridge Career Connections 278

Juvenile Diabetes Research Foundation

Region of Waterloo Chapter 26

The Kidney Foundation of Canada

Western Ontario Chapter 27

Kids in Camp

➔ 215 Cambridge. Community Services Department

Kids Can Play Association of Cambridge 114

KidsAbility

➔ 214 Cambridge. Cambridge Libraries and Galleries

Access Waterloo Region Name Index 2013

KidsAbility Centre for Child Development	162
Firefly Therapy Services	165
KidsAbility School	81
Technical Resources	166
kidsLINK	167
Child Care SNAP	83
Early Identification/Early Intervention Program	84
Preschool Support Services	85
Respite Services	251
kidsLINK	
➔ 160 Intensive Family Support Services	
➔ 141 Front Door: Access To Child and Youth Services	
KiJengle	
Inclusive Music Education and Music Therapy	168
Kinsmen Training Centre	
➔ 282 K-W Habilitation Services	
K-W Access-Ability	28
PHIRST LINK	279
K-W Association for Community Living	29
KW Counselling Services	169
OK2BME	30
Therapeutic Counselling	170
Walk-In Counselling Clinic	171
Kitchener-Waterloo and District Cystic Fibrosis Chapter	
➔ 7 Canadian Cystic Fibrosis Foundation	
Kitchener-Waterloo Fibromyalgia Support Group	31
K-W Habilitation Services	252
Day Options	
Adult Developmental Services	280
Community Placement Program	281
Kinsmen Training Centre	282
Preschool Outreach	86
Residential Services	253
Weekend Parent Relief	254
KW Health Centre	
➔ 144 Grand River Hospital	
K-W Sidewinders Sledge Hockey Club	220
K-W Sport for Physically Disabled Legacy Fund	
➔ 223 Kitchener, Community Services Department	
K-W Synchronized Swim Club	221
Kitchener-Waterloo YMCA	
YMCA Ontario Early Years Centre	32

Access Waterloo Region Name Index 2013

Kitchener. Community Services Department

Aquatics and Athletics	
Adapted Aquatics Program	222
Inclusion Services	223

Kiwanis Transit	265
------------------------	-----

KWHS

➔ 86	K-W Habilitation Services
------	---------------------------

LAO

➔ 34	Legal Aid Ontario
------	-------------------

LEAP

➔ 126	Waterloo Region. Social Services Department
-------	---

Learn Now!

➔ 87	Learning Disabilities Association of Kitchener-Waterloo
------	---

Learning Disabilities Association of Kitchener-Waterloo	33
Learn Now	87
Summer Start	88

Legal Aid Ontario	34
--------------------------	----

Leisure Access Cards

➔ 223	Kitchener. Community Services Department
-------	--

Leisure Buddy

➔ 215	Cambridge. Community Services Department
-------	--

Leisure Possibilities	224
------------------------------	-----

Links To Work

➔ 131	Canadian Mental Health Association
-------	------------------------------------

The Literacy Group of Waterloo Region	89
--	----

Lutherwood

Employment Services	283
New Frontier Self Employment Program for Persons with Disabilities	284
Ontario Employment Services	285
Mental Health Services	
Betty Thompson Youth Centre	
Safe Haven	172
Children's Mental Health Services	173
Lutherwood Family Counselling Services	174

Lutherwood

➔ 160	Intensive Family Support Services
➔ 141	Front Door: Access To Child and Youth Services

MCSS

➔ 178	Ontario. Ministry of Children and Youth Services
-------	--

Meals on Wheels

➔ 201	Community Support Connections - Meals on Wheels and More
-------	--

Access Waterloo Region Name Index 2013

Medical Resources Information Line

➔ 144 Grand River Hospital

Mennonite Foundation of Canada

Youth Memorial Fund 115

Mosaic Counselling and Family Services 175

Cambridge Office 176

Motor Vehicle Accident Counselling

➔ 171 KW Counselling Services

Mount Zion Evangelical Lutheran Church

Open Sesame Headstart Preschool 91

MS

➔ 35 Multiple Sclerosis Society of Canada

Multiple Sclerosis Society of Canada

Cambridge Unit 35

Waterloo District Chapter 36

MusicConnect Music Therapy 177

National Electric Wheelchair Hockey League

➔ 28 K-W Access-Ability

The National Organization for Albinism and Hypopigmentation

Southern Ontario Chapter 37

National Service Dogs 208

Neuro Rehabilitation Clinic

➔ 146 Grand River Hospital

New Frontier Self Employment Program for Persons with Disabilities

➔ 284 Lutherwood

NEWHL

➔ 28 K-W Access-Ability

NOAH

➔ 37 The National Organization for Albinism and Hypopigmentation

Northern Lights Canada

Employment Services Centre 286

Notre Dame of St Agatha

➔ 167 kidsLINK

ODSP

➔ 118 Ontario, Ministry of Community and Social Services

Ontario Association For Families of Children with Communication Disorders 38

Ontario Disability Support Program

➔ 118 Ontario, Ministry of Community and Social Services

Access Waterloo Region Name Index 2013

Ontario Employment Services

➔ 286 Northern Lights Canada

Ontario Lupus Association

Kitchener Waterloo 39

Ontario March of Dimes

AccessAbility Services

Assistive Devices Program 116

Home and Vehicle Modification Program 117

West Central Region

Waterloo Office 287

Ontario Special Olympics

Kitchener Waterloo 225

New Hamburg 226

Ontario Special Olympics Cambridge 227

Woolwich 228

Ontario. Ministry of Children and Youth Services 40

CPRI 178

Ontario. Ministry of Community and Social Services

Ontario Disability Support Program 118

Ontario. Ministry of Education

Provincial Schools Branch

Deaf Resources Services 92

Deafblind Resource Services 93

Ontario. Ministry of Health and Long Term Care

Assistive Devices Program 120

Cleft Lip and Palate/Craniofacial Dental Program 121

Special Drugs Program 122

Ontario. Ministry of Training, Colleges and Universities

Student Financial Assistance Branch

Ontario Student Assistance Program 123

Ontario. Ministry of Transportation 266

Opportunity Centre

➔ 60 Traverse Independence

➔ 5 Brain Injury Association Waterloo Wellington

OSAP

➔ 123 Ontario. Ministry of Training, Colleges and Universities

Our Place, Family Resource and Early Years Centre 41

PAL Cards

➔ 236 Waterloo. Community, Culture and Recreation Services

➔ 223 Kitchener. Community Services Department

➔ 215 Cambridge. Community Services Department

Para-Nordic Program

➔ 235 Waterloo Region Nordic Sports Club

Parents for Children's Mental Health

Waterloo Chapter 42

Access Waterloo Region Name Index 2013

Parents for Community Living Kitchener-Waterloo	255
Parents of the Deaf and Hard of Hearing Association	
KW and District	43
Parents of Technologically Dependent Children of Ontario	
Respite Care Program	
Kids Country Club, Cambridge	256
Parkinson Society Southwestern Ontario	
Afternoon Kitchener-Waterloo Parkinson's Support Group	44
PCL	
➔ 255 Parents for Community Living Kitchener-Waterloo	
Pet Helpers of Ontario	45
PHIRST LINK	
➔ 279 K-W Access-Ability	
Phoenix Specialized Care	
Adults in Motion	288
Physically Handicapped Information Resource Service on Technology	
➔ 279 K-W Access-Ability	
Pioneer Youth Services	257
Planned Lifetime Networks, Waterloo-Wellington-Oxford	46
Preston Gallery	
➔ 213 Cambridge, Cambridge Libraries and Galleries	
Pride Stables	
➔ 217 Central Ontario Developmental Riding Program	
PRLN	
➔ 94 Project READ Literacy Network Waterloo-Wellington	
Pro Bono Law Ontario	47
Project READ Literacy Network Waterloo-Wellington	94
Red Cross CarePartners	179
Red Cross Society	
➔ 133 The Canadian Red Cross Society	
Safe Haven	
➔ 172 Lutherwood	
Saint Elizabeth	
Waterloo Region	180
Saint Mary's Counselling Service	
➔ 182 St Mary's General Hospital	
St Mary's General Hospital	181
St Mary's Counselling Service	182

Access Waterloo Region Name Index 2013

SCAN		
➔	144	Grand River Hospital
Self Help Alliance	48
Shalom Counselling Services Waterloo	183
Social Planning Council of Kitchener-Waterloo		
	Community Information Centre of Waterloo Region	50
Special Hearts	51
Special Olympics		
➔	225	Ontario Special Olympics
Spina Bifida and Hydrocephalus Association of Ontario	52
Spinal Cord Injury Ontario		
	Waterloo Wellington Office	53
Sports for Special Athletes	229
SSAH		
➔	203	Extend-A-Family Waterloo Region
Stroke Recovery Canada		
➔	287	Ontario March of Dimes
Summer Start		
➔	88	Learning Disabilities Association of Kitchener-Waterloo
Sunbeam Residential Development Centre	258
	Developmental Services Ontario Central West Region	54
	Developmental Services Resource Centre Waterloo Region	55
	Cambridge Satellite Office	56
	Elmira Satellite Office	57
	Sunbeam Early Years Drop-In Centre	230
SunBlast Playground Program		
➔	215	Cambridge. Community Services Department
Sunrise Therapeutic Riding and Learning Centre	231
Sunshine Foundation: Dreams For Kids	124
SWAD	232
Telecare Cambridge	58
TopSpin Table Tennis Club	233
Tourette Syndrome Foundation of Canada		
	Waterloo Wellington Chapter	59
Traverse Independence	259
	Brain Injury Services	
	Group Home	260
	The Opportunity Centre	60
	Outreach Program	61

Access Waterloo Region Name Index 2013

Tri-County Mennonite Homes	
Aldaview Services	261
Twin City Spinners Wheelchair Sports	234
United Taxi	267
University of Waterloo	
Access Ability Services	95
Department of Psychology	
Early Childhood Education Centre	184
School of Optometry	
Centre for Sight Enhancement	185
Optometry Clinic	
Paediatric and Special Needs Clinic	186
University of Waterloo Attendant Service Project	
➔ 207 Independent Living Centre of Waterloo Region	
UW	
➔ 185 University of Waterloo	
Vasculitis Foundation Canada	62
Victorian Order of Nurses	
VON Peel Waterloo Wellington Dufferin	
PATER	268
Views for the Visually Impaired	
Kitchener-Waterloo Chapter	63
Voice for Hearing Impaired Children	
➔ 70 Waterloo-Wellington VOICE for Hearing Impaired Children	
Volunteer Action Centre of Kitchener-Waterloo and Area	
Supported Volunteering	289
Volunteer Lawyers Service	
➔ 47 Pro Bono Law Ontario	
VON PATER	
➔ 268 Victorian Order of Nurses	
Voyageur Transportation	269
WALES	
➔ 277 Extend-A-Family Waterloo Region	
Waterloo Catholic District School Board	96
St Louis Adult Learning and Continuing Education Centres	97
Core Essentials	99
Waterloo Fetal Alcohol Syndrome Support Group	64
Waterloo Region Anaphylaxis Support and Education	65
Waterloo Region Community Legal Services	66

Access Waterloo Region Name Index 2013

Waterloo Region District School Board	101
Special Education Services	102
Waterloo Region Family Network	67
Waterloo Region Nordic Sports Club	235
The Waterloo Regional Down Syndrome Society	68
Waterloo Regional Homes for Mental Health	262
Waterloo Wellington Community Care Access Centre	187
Waterloo Wellington Myalgic Encephalomyelitis Association	69
Waterloo-Wellington VOICE for Hearing Impaired Children	70
Waterloo. Community, Culture, and Recreation Services	236
Home Support Services	209
Waterloo Memorial Recreation Complex	
Adapted Aquatics	237
Waterloo Region. Region of Waterloo Public Health	
Child and Family Health	188
Waterloo Region. Social Services Department	
Children's Services	
Cambridge Children's Centre	103
Child Care Subsidy	125
Christopher Children's Centre	104
Edith MacIntosh Children's Centre	105
Elmira Children's Centre	106
Infant and Child Development Program	190
Kinsmen Children's Centre	107
Employment and Income Support	
Ontario Works	126
Social Planning, Policy and Program Administration	
Community Outreach Program	127
Waterloo Region. Transportation and Environmental Services	
Grand River Transit	
MobilityPLUS	270
Weights and More	
➔ 241 Young Men's Christian Association of Cambridge	
Wellesley Township Community Health Centre	
➔ 191 Woolwich Community Health Centre	
Wilfrid Laurier University	
Accessible Learning Centre	108
Wilmot Family Resource Centre	71
Woolwich Community Health Centre	191
Wellesley Township Community Health Centre	192
Woolwich Counselling Centre	193

Access Waterloo Region Name Index 2013

Woolwich Sledge Hockey 238

Workshop Solutions 72

YAP

➔ 80 Grand River Hospital

Young Men's Christian Association of Cambridge

Chaplin Family YMCA
Adapted Aquatics 239
Just Hanging Out 240
Weights and More 241

Section 1: Advocacy & Supports

These services and programs provide assistance, mutual support and information to individuals with disabilities, their families and service providers. Advocacy work often focuses on raising public awareness and disability-related issues.

Additional Resources

Persons With Disabilities Online (www.pwd-online.ca). This site provides access to services and information for persons with disabilities, family members, caregivers and all Canadians. Topics include accessibility, advocacy, assistive technology, community and citizen participation, employment, health, safety and security, housing, learning and skills development, recreation and active living, tax and financial benefits, transportation and travel.

Aboutface

1

Address: 1057 Steeles Ave W, Box 702, Toronto M2R 3X1

Phone: 1-800-665-3223, (416) 597-2229 **Fax:** (416) 597-8494

Email: info@aboutface.ca

Website: www.aboutface.ca

Contact: Emily Tye, Office Administrator ~ 1-800-665-3223 ext 21

Eligibility: Individuals with facial differences (congenital or accidental) ~ their parents

Services: Self help group ~ educational programs for parents, preschools and elementary schools ~ friendly visiting in hospitals ~ resource library ~ adult workshops ~ youth camping retreats

Hours: Mon-Fri 8:30am-5pm

Language: English ~ French

ARCH Disability Law Centre

2

Address: 425 Bloor St E, Ste 110, Toronto M4W 3R4

Phone: (416) 482-8255, 1-866-482-2724 **Fax:** 1-866-881-2723

Email: archlib@lao.on.ca

Website: www.archdisabilitylaw.ca

Eligibility: Individuals with disabilities

Services: Summary advice ~ limited representation ~ advocacy for law reform ~ information and referral

Serves: Ontario

Hours: Office hours Mon-Fri 9am-12pm, 1-5pm

Language: English ~ interpreters available

Attention Deficit Hyperactivity Disorder Parent Support Group of Kitchener Waterloo

3

Location: Sheppard Public School, 278 Weber St E, Kitchener

Email: info@adhdparentsupportgroupkw.com

Website: www.adhdparentsupportgroupkw.com

Contact: Sandra Roberts, Executive Member ~ (H) 519-749-8440

Eligibility: Parents, relatives, and teachers of children with Attention Deficit Hyperactivity Disorder ~ adults with ADHD

Services: Self help group ~ resource library

Hours: Meets 3rd Wed of month 7-9pm

Autism Ontario, Waterloo Region Chapter

4

Email: waterloo@autismontario.com

Website: www.autismontario.com

Contact: Amanda Bell, Chapter President ~ 519-804-2068

Eligibility: Families of children with autism or Pervasive Developmental Disorders

Services: Information and referral ~ public education ~ quarterly monthly magazine

Serves: Waterloo Region

Brain Injury Association Waterloo Wellington

5

Address: Opportunity Centre, 5A-607 King St W, Kitchener N2G 1C7

Phone: 519-579-5300 **Fax:** 519-579-0118

Email: biaww@bellnet.ca

Website: www.biaww.com

Contact: Patti Lehman, Executive Director ~ 519-897-4891

Eligibility: Individuals with brain injuries ~ their families and friends

Services: Support group ~ drop in recreation program; lunch provided ~ some evening programs ~ Lidz on Kidz provides education program and bicycle helmets for children ~ resource library ~ support group for caregivers

Serves: Waterloo Region ~ Wellington County

Hours: Mon-Fri 8am-3:30pm

Canadian Council of the Blind, Waterloo Regional Club

6

Address: c/o Cecilia Beechey, 130 Weston Pl, Waterloo N2J 3W1

Location: First United Church, 16 William St W, Waterloo

Website: www.ccbnational.net

Contact: Cecilia Beechey, Secretary ~ (H) 519-572-5435 ~ cbeechey@rogers.com

Eligibility: Individuals who have significant visual impairments

Services: Social and recreational activities ~ advocacy

Serves: Waterloo Region

Hours: Meets 4th Wed of month 6:30pm (Jan-Jun, Sept-Nov)

Canadian Cystic Fibrosis Foundation, Kitchener-Waterloo and District Cystic Fibrosis Chapter 7

Address: Box 2151 Stn C, Kitchener N2H 6M1
Location: 69 Sydney St S, Kitchener
Phone: 519-772-2300 **Fax:** 519-772-2301
Email: kwdfcf@golden.net
Website: www.cysticfibrosis.ca
Contact: Katie Schultz, President ~ (H) (289) 238-9508 ~ mrskatie Schultz@gmail.com
Services: Public education ~ supports research
Serves: Waterloo Region ~ Bruce County ~ Grey County ~ Wellington County

Canadian Hearing Society, Waterloo 8

Address: 120 Ottawa St N, Ste 200, Kitchener N2H 3K5
Phone: 519-744-6811, 1-800-668-5815 **Fax:** 519-744-2390
Email: info@chs.ca
Website: www.chs.ca
Contact: Aarda Griffith, Receptionist
Eligibility: Individuals who are deaf, deafened or hard of hearing ~ their families
Services: Connect Counselling Services: support, counselling, case management, mental health and addiction services ~ technical device information ~ community consultations and advocacy for accessibility ~ American Sign Language (ASL) classes ~ sign language interpreting services ~ advocacy ~ speakers bureau ~ resource library ~ Assistive Devices Program (ADP) registered vendor
Serves: Waterloo Region ~ Bruce County ~ Grey County ~ Wellington County
Hours: Office Mon-Fri 9am-5pm
Language: English ~ American Sign Language

Canadian Hearing Society, Waterloo, Hearing Care Counselling 9

Address: 120 Ottawa St N, Ste 200, Kitchener N2H 3K5
Phone: 519-744-6811 **Fax:** 519-744-2390
Email: info@chs.ca
Website: www.chs.ca
Eligibility: Individuals 55 years and over experiencing hearing loss
Services: Counselling, support, technical devices, hearing help classes
Serves: Waterloo Region ~ Bruce County ~ Grey County ~ Wellington County
Hours: Office Mon-Fri 9am-5pm
Language: English ~ American Sign Language

CNIB, Waterloo/Wellington District 10

Address: Allen Square, 160-180 King St S, Waterloo N2J 1P8
Phone: 519-742-3536 **Fax:** 519-742-4003
Website: www.cnib.ca
Contact: Jennifer Urosevic, Manager of Services and Operations ~ 519-742-3536 ext 5162
Eligibility: Individuals who are visually impaired, blind or deaf blind
Services: Referrals to community resources ~ consultation regarding and demonstration of technical aids ~ public education ~ advocacy
Serves: Waterloo Region ~ Wellington County
Hours: Tue 9am-4pm ~ other hours by appointment

CNIB, Waterloo/Wellington District, Vision Rehabilitation Services 11

Address: Allen Square, 160-180 King St S, Waterloo N2J 1P8
Phone: 519-742-3536, 1-800-265-4127 **Fax:** 519-742-4003
Website: www.cnib.ca
Contact: Jennifer Urosevic, Manager of Services and Operations ~ 519-742-3536 ext 5162
Eligibility: Individuals with vision loss
Services: Orientation and Mobility: teaches safe travel within home and community ~ Independent Living Skills: life skills training ~ Low Vision Services: teaches maximization use of residual vision, use of magnifiers and other aids ~ consumer products ~ Deafblind Services: case management, counselling, referral, literacy programs, intervention services, and assistive technology ~ Library Services: access to titles in braille, printbraille and talking books, descriptive videos, newspapers and magazines; telephone, reference and online services
Serves: Waterloo Region ~ Wellington County
Hours: Tue 9am-4pm

Community Action Program for Children of Waterloo Region **12**

Address: 400 Queen St S, Kitchener N2G 1W7

Phone: 519-749-1229 **Fax:** 519-749-8096

Services: Works in partnership with community organizations to provide supports for children birth-6 years, their families and communities

Serves: Waterloo Region

Hours: Office Mon-Fri 9am-5pm

Community Justice Initiatives of Waterloo Region **13**

Address: 49 Queen St N, 3rd Flr, Kitchener N2H 2G9

Phone: 519-744-6549 **Fax:** 519-744-6502

Email: info@cjiwr.com

Website: www.cjiwr.com

Contact: Chris Cowie, Executive Director ~ 519-744-6549 ext 103 ~ chrisc@cjiwr.com

Services: Provides programs based on restorative justice

Serves: Waterloo Region

Hours: Mon-Thu 8:30am-4:30pm ~ evenings and weekends by appointment

Language: English ~ Translators in other languages available

Crohns and Colitis Foundation of Canada, Kitchener/Waterloo Chapter **14**

Address: c/o Marlene Scheel, 600-60 St Clair Ave E, Toronto M4T 1N5

Location: Real Canadian Superstore, 875 Highland Rd, Community Room, Kitchener

Phone: 1-855-311-6366

Email: ccckw@gmail.com

Website: www.cffc.ca

Contact: Marlene Scheel, Chapter Development Coordinator

Eligibility: Individuals with inflammatory bowel diseases, Crohn Disease or Ulcerative Colitis

Services: Public education ~ supports research ~ fundraising

Serves: Waterloo Region ~ City of Guelph

Hours: Meets 2nd Wed of month 7pm

Down Syndrome Plus **15**

Address: c/o Wendy Newbery, 33 Filbert St, Kitchener N2H 1Y1

Contact: Wendy Newbery ~ (H) 519-743-0297

Eligibility: Families of children diagnosed with Down Syndrome plus another diagnosis

Services: Self help group ~ information exchange ~ workshops

Serves: Waterloo Region

Epilepsy Ontario, Epilepsy Waterloo-Wellington **16**

Address: 165 Hollinger Cres, Unit 5, Kitchener N2K 2Z2

Phone: 519-745-2112 **Fax:** 519-745-2435

Email: epilepsy@epilepsyww.com

Website: www.epilepsyww.com

Contact: Karen Reeves, Executive Director ~ karen@epilepsyww.com

Eligibility: Individuals with epilepsy ~ their friends and families

Services: Individual and group support ~ individual counselling ~ telephone support ~ public education ~ resource library ~ advocacy and public awareness

Serves: Waterloo Region ~ Wellington County

Hours: Mon-Fri 9am-5pm

Extend-A-Family Waterloo Region **17**

Address: 91 Moore Ave, Kitchener N2H 3S4

Phone: 519-741-0190 **Fax:** 519-741-0392

Email: kwextend@eafwr.on.ca

Website: www.eafwr.on.ca

Contact: Maria de Boer, Executive Director ~ 519-741-0190 ext 222 ~ mdeboer@eafwr.on.ca

Eligibility: Individuals with developmental difficulties ~ children and youth up to 18 years with physical disabilities

Services: Promotes community integration and expansion of social networks ~ summer programs for teens and young adults ~ Best Buddies: befriending program for adults with disabilities; must already be enrolled in EAF program (program in partnership with Wilfred Laurier University)

Serves: Waterloo Region

Hours: Mon-Fri 9am-4:30pm

Fragile X Research Foundation of Canada, K-W Fragile X Support Group 18

Address: c/o Teresa Burch, 62 Corfield Dr, Kitchener N2A 3W9

Email: kwfragilex@live.ca

Website: www.fragilexcanada.ca

Contact: Teresa Burch ~ (H) 519-894-3689 ~ (F) 519-894-6333

Eligibility: Families of individuals with Fragile X

Services: Support group ~ public education

Serves: City of Kitchener ~ City of Waterloo ~ surrounding area

Golden Triangle Dystonia Support Group 19

Address: c/o Judy Harsch, 7 Christopher Crt, Apt 808, Guelph N1G 4V6

Location: Seniorens Haus, 483 Ottawa St S, Kitchener

Website: www.dystoniacanada.org/goldentriangle

Contact: Judy Harsch ~ (H) 519-767-9721 ~ jjmarie@rogers.com

Eligibility: Geared to individuals with dystonia

Services: Support group

Serves: Waterloo Region ~ City of Guelph

Hours: Meets 1st Sun of month 2-4pm (Sept-May)

Huntington Society of Canada 20

Address: 151 Frederick St, 4th Flr, Kitchener N2H 2M2

Phone: 519-749-7063, 1-800-998-7398 **Fax:** 519-749-8965

Email: info@huntingtonsociety.ca

Website: www.huntingtonsociety.ca

Contact: Bev Heim-Myers, Chief Executive Officer and Executive Director

Eligibility: Individuals with Huntington disease ~ their families and caregivers

Services: Individual and family support ~ supports research ~ public education ~ chapter meetings for mutual support ~ recreational and therapeutic retreats and day programs

Serves: Canada

Hours: Mon-Fri 8:30am-5pm

Language: English ~ French

Independent Living Centre of Waterloo Region, Access and Awareness, Individual Advocacy Program 21

Address: 127 Victoria St S, Ste 201, Kitchener N2G 2B4

Phone: 519-571-6788 **Fax:** 519-571-6388

Website: www.ilcwr.org

Contact: Paula Saunders, Director of Access and Awareness ~ paula@ilcwr.org

Services: Helps individuals with disabilities become self advocates on issues of accessibility, human rights, housing, transportation, and other issues ~ consultation on barrier free design

Serves: Waterloo Region

Hours: Mon-Fri 9am-4:30pm

Independent Living Centre of Waterloo Region, Access and Awareness, Information and Referral Program 22

Address: 127 Victoria St S, Ste 201, Kitchener N2G 2B4

Phone: 519-571-6788 **Fax:** 519-571-6388

Email: info@ilcwr.org

Website: www.ilcwr.org

Contact: Jim Ducharme, Reception

Services: Information on and referral to community services and resources ~ resource lending library

Serves: Waterloo Region

Hours: Mon-Fri 9am-4:30pm

Independent Living Centre of Waterloo Region, Access and Awareness, Peer Resource and Advocacy **23**

Address: 127 Victoria St S, Ste 201, Kitchener N2G 2B4
Phone: 519-571-6788 **Fax:** 519-571-6388
Website: www.ilcwr.org
Contact: Dan Lajoie, Peer Resource and Advocacy Coordinator ~ dan@ilcwr.org
Services: Promotes support networks for individuals with disabilities ~ Food for Thought: healthy eating workshops for people with disabilities
Serves: Waterloo Region
Hours: Mon-Fri 9am-4:30pm

Independent Living Centre of Waterloo Region, Access and Awareness, Public Awareness and Education **24**

Address: 127 Victoria St S, Ste 201, Kitchener N2G 2B4
Phone: 519-571-6788 **Fax:** 519-571-6388
Website: www.ilcwr.org
Contact: Andrena Lockley ~ andrena@ilcwr.org
Services: Kids on the Block: educational program for school aged children using puppets and speakers about issues affecting people with disabilities ~ appearances for schools and other groups on request ~ speakers bureau lists individuals with physical disabilities who will share personal experiences
Serves: Waterloo Region
Hours: Office Mon-Fri 9am-4:30pm

Independent Living Centre of Waterloo Region, Access and Awareness, Youth in Transition **25**

Address: 127 Victoria St S, Ste 201, Kitchener N2G 2B4
Phone: 519-571-6788 **Fax:** 519-571-6388
Website: www.ilcwr.org
Contact: Andrena Lockley, Public Awareness and Education Coordinator ~ 519-571-6788 ext 7474 ~ andrena@ilcwr.org
Eligibility: Youth and young adults 15-29 years with disabilities
Services: Weekly after school program promoting independence and easing transition into adulthood ~ participant guided programming ~ social activities, meals ~ teen program for youth 15-18 years ~ young adult program for youth 18 years and over
Serves: Waterloo Region
Hours: Thu 3:30-7:30pm (Sept-Jun)

Juvenile Diabetes Research Foundation, Region of Waterloo Chapter **26**

Address: 103-684 Belmont Ave W, Kitchener N2M 1N6
Phone: 519-745-2426 **Fax:** 519-745-2626
Email: waterloo@jdrf.ca
Website: www.jdrf.ca
Contact: Margot Fitzpatrick, Regional Manager ~ mfitzpatrick@jdrf.ca
Services: Supports diabetes research ~ public education ~ periodic meetings for parents with diabetic children for mutual support ~ individual support ~ speakers available
Serves: Waterloo Region ~ Bruce County ~ Grey County ~ Perth County ~ Wellington County
Hours: Mon-Fri 9am-5pm

The Kidney Foundation of Canada, Western Ontario Chapter **27**

Address: 379 Dundas, Ste 119, London N6B 1V5
Phone: 1-800-667-3597, 1-888-879-9902 (Patient Services)
Website: www.kidney.ca
Contact: Candice Coghlan, Fund Development Officer ~ 1-800-667-3597 ext 24 ~ ccoghlan@kidney.on.ca
Services: Information on kidney disease ~ patient services, including short term and emergency financial assistance with medical and other expenses ~ one to one peer support ~ resources ~ dialysis camps ~ organ donor awareness
Serves: Waterloo Region ~ Bruce County ~ Dufferin County ~ Grey County ~ Huron County ~ Perth County ~ Wellington County
Hours: Mon-Fri 8:30am-4:30pm ~ summer hours Mon-Thu 8:30am-4:30pm, Fri 8:30am-12pm (Summer hours Jul-Aug)

K-W Access-Ability **28**

Address: 659 King St E, Kitchener N2G 2M4

Phone: 519-885-6640 **Fax:** 519-885-4526

Email: kwaa@kwa.on.ca

Website: www.kwa.on.ca

Contact: Edward Faruzel, Executive Director ~ efaruzel@hotmail.com

Eligibility: Individuals with physical disabilities

Services: Resource centre; information, referral, advocacy ~ information on social, recreational, educational, vocational opportunities, human services, computer and technical aids ~ community involvement program encourages members to explore and develop social, recreational, and educational opportunities ~ individual program planning helps participants develop goals and problem solving skills to use agency programs and community resources effectively ~ free computer and Internet access ~ two for one bus and travel application forms available for individuals 19 years and over ~ telephone and parking application forms

Serves: City of Kitchener ~ City of Waterloo ~ surrounding area

Hours: Mon-Fri 9am-5pm

K-W Association for Community Living **29**

Address: 108 Sydney St S, Kitchener N2G 3V2

Phone: 519-744-6307 **Fax:** 519-571-1629

Contact: Susan Hipperson

Eligibility: Individuals with developmental disabilities ~ their families

Services: Support ~ advocacy ~ public education ~ social activities: Friday night social club, Community Living Dances

Serves: City of Kitchener ~ City of Waterloo

KW Counselling Services, OK2BME **30**

Address: 480 Charles St E, Kitchener N2G 4K5

Phone: 519-884-0000 ext 222 **Fax:** 519-884-7000

Email: ok2bme@kwcounselling.com

Website: www.ok2bme.ca

Contact: Carrie Grieg, Public Educator/Counsellor ~ 519-884-0000 ext 213

Eligibility: Children and youth 5-18 years who are lesbian, gay, bisexual, transgendered or questioning ~ their families

Services: Support group and outreach ~ educational and recreational activities ~ therapeutic counselling

Serves: Waterloo Region

Hours: Mon-Thu 8:30am-8pm, Fri 8:30am-5pm

Kitchener-Waterloo Fibromyalgia Support Group **31**

Address: 125 Ruskview Rd, Kitchener N2M 4S1

Location: Highland Baptist Church, 135 Highland Rd W, Kitchener

Email: kwfibromyalgia@gmail.com

Website: kwfibromyalgia.webs.com

Contact: Kathy Zador, FibroMoves Program ~ (H) 519-742-7984

Eligibility: Individuals with Fibromyalgia ~ their families and caregivers

Services: Support group ~ library, guest speakers, social activities ~ FibroMoves Program: warm water pool exercise; offered at Forest Heights, Breithaupt, and Sunbeam pools

Serves: Waterloo Region

Hours: Meets 3rd Tue of month 7-9pm ~ meets 2nd Tue in Dec (Feb-Jun, Sept-Nov)

Kitchener-Waterloo YMCA, YMCA Ontario Early Years Centre **32**

Address: 161 Roger St, Waterloo N2J 1B1

Phone: 519-741-8585 **Fax:** 519-741-9641

Email: oeycinfo@ckwymca.ca

Website: www.ykids.ca

Contact: Sarah Steenbeek ~ ssteenbeek@ckwymca.ca

Eligibility: Parents and caregivers of children up to 6 years

Services: Provides support and information

Hours: Mon-Wed, Fri 9am-4pm; Thu 9am-7pm; Sat 9am-1pm

Learning Disabilities Association of Kitchener-Waterloo

33

Address: c/o Annette Zegers, 537 Frederick St, Box 23002, Kitchener N2B 2A7
Location: Suddaby Public School, 171 Frederick St, Kitchener
Phone: 519-743-9091 **Fax:** 519-743-9027
Email: ldakw@golden.net
Website: www.ldakw.on.ca
Contact: Annette Zegers, Executive Director
Eligibility: Adults with learning disabilities ~ parents of children with learning disabilities
Services: Individual support ~ public education ~ workshops ~ speakers available ~ resource library
Serves: Waterloo Region
Hours: Mon-Thu 8am-3pm (Sept-June)

Legal Aid Ontario

34

Address: Atrium on Bay, 40 Dundas St W, Ste 200, Toronto M5G 2H1
Phone: 1-800-668-8258
Email: info@lao.on.ca
Website: www.legalaid.on.ca
Services: Issues legal aid certificates to people who qualify under provisions of Legal Services Act so they may engage lawyer paid by Legal Aid; not all legal services covered ~ provide duty counsel services for people who arrive in criminal, family or youth courts without lawyer ~ sponsors outreach programs ~ offers Family Law advice to clients by appointment
Serves: Ontario
To Apply: Needs test required ~ financial assessment required

Multiple Sclerosis Society of Canada, Cambridge Unit

35

Address: 32 Stephen St, Cambridge N1S 3R8
Location: Lions Hall, 50 Ainslie St N, Cambridge
Phone: 1-800-268-7582 (Ontario office)
Website: www.mssociety.ca
Eligibility: Individuals with multiple sclerosis ~ their families
Services: Individual support ~ self help group ~ public education
Hours: Meets 4th Thu of month 7-9pm (Dec-Jun, Sept-Jan)

Multiple Sclerosis Society of Canada, Waterloo District Chapter

36

Address: 35 Belmont Ave W, Kitchener N2M 1L2
Phone: 519-569-8789 **Fax:** 519-569-8475
Email: info.waterloo@mssociety.ca
Website: www.mssociety.ca
Contact: Lissa Kuzych, Director of Client Services
Eligibility: Individuals with multiple sclerosis ~ their families
Services: Financial assistance for prescribed equipment ~ information and referral ~ supportive counselling ~ self help groups ~ physical activities, education and social programs
Serves: City of Kitchener ~ City of Waterloo ~ Township of Wellesley ~ Township of Wilmot ~ Township of Woolwich
Hours: Mon-Fri 9am-5pm ~ after hours by appointment

The National Organization for Albinism and Hypopigmentation, Southern Ontario Chapter

37

Address: c/o Scott Gibson, 104 Lorraine Ave, Kitchener N2B 2N2
Phone: 1-800-473-2310 (National Office)
Website: www.albinism.org
Contact: Scott Gibson ~ scott.gibson@albinism.org
Eligibility: Individuals with albinism ~ their families
Services: Support group
Hours: Meets 2 times/year

Ontario Association For Families of Children with Communication Disorders 38

Address: Box 63, Tillsonburg N4G 4H4
Phone: 519-290-1763
Email: info@oafccd.com
Website: www.oafccd.com
Contact: Alison Morse, Provincial Coordinator
Eligibility: Families of children with communication disorders
Services: Support group ~ information and referral ~ public education, workshops and advocacy
Serves: Ontario

Ontario Lupus Association, Kitchener Waterloo 39

Website: www.lupusontario.org
Contact: Rosemary Kropf ~ rosemarykropf@gmail.com
Eligibility: Individuals affected by Lupus ~ their families
Services: Support group ~ public education
Serves: City of Kitchener ~ City of Waterloo
Hours: Meets first Tue of month

Ontario. Ministry of Children and Youth Services 40

Address: 6733 Mississauga Rd, Ste 200, Mississauga L5N 6J5
Phone: (905) 567-7177, 1-877-832-2818 **Fax:** (905) 567-3215
Website: www.children.gov.on.ca
Services: Supervises and provides funding to community agencies which provide services under Child and Family Services Act (Child Welfare, Child Treatment, Child and Family Intervention, Community Support) ~ Licensing Unit issues licences to all profit and nonprofit children's residential programs
Serves: Waterloo Region ~ Wellington County ~ Dufferin County ~ Peel Region ~ Halton Region
Hours: Mon-Fri 8:30am-5pm

Our Place, Family Resource and Early Years Centre 41

Address: St Francis School, 154 Gatewood Rd, Kitchener N2M 4E4
Phone: 519-571-1626 **Fax:** 519-571-0621
Email: ourplace@ourplacekw.ca
Website: www.ourplacekw.ca
Contact: Dorothy Snyder, Executive Director ~ dsnyder@ourplacekw.ca
Eligibility: Parents and caregivers ~ their children prebirth-6 years
Services: Family resource centre ~ parent and child programs ~ drop in programs ~ parenting support and education; support groups ~ free computer and Internet access ~ resource and toy library ~ outdoor learning area ~ Early Learning Program ~ speech and language support ~ vision screening ~ Zero2Six: social and emotional support for children
Hours: Mon-Thu 9am-4pm; Fri 9am-3pm; Wed 6:30-8pm; Sat 9:30am-12pm

Parents for Children's Mental Health, Waterloo Chapter 42

Address: c/o Front Door, 1770 King St E, Suite 1, Kitchener N2G 2P1
Phone: 519-749-8740 ext 212
Email: parent.advocacy@hotmail.com
Website: www.pcmhwaterloo.com
Contact: Laura Coughlin ~ (H) 519-743-1422 ~ lcoughlin2000@gmail.com
Eligibility: Parents and caregivers of children with mental health concerns
Services: Support group ~ advocacy ~ works toward improving mental health services ~ resource guide
Serves: Waterloo Region
Hours: Meets monthly

Parents of the Deaf and Hard of Hearing Association, KW and District 43

Address: c/o Beth Ann de Sousa, 40 Fullerton St, Waterloo N2L 6L4
Contact: Beth Ann de Sousa, Secretary ~ (H) 519-743-1946
Eligibility: Children with hearing loss ~ their families
Services: Self help group ~ public education, speakers available ~ advocacy
Serves: Waterloo Region ~ Wellington County
Hours: Irregular meetings; call for time and place

Parkinson Society Southwestern Ontario, Afternoon Kitchener-Waterloo Parkinson's Support Group 44

Address: 4500 Blakie Rd, Unit 117, London N6L 1G5
Location: Forest Heights Long Term Care Centre, 60 Westheights Dr, Kitchener
Phone: 1-888-851-7376, 519-570-9559
Website: www.parkinsonsociety.ca
Contact: Tracey Jones, Manager, Programs and Services ~ tracey.jones@parkinsonsociety.ca
Eligibility: Individuals with Parkinson's ~ their families
Services: Self help group
Serves: City of Kitchener ~ City of Waterloo
Hours: Meets 4th Tue of month 11am-1pm (Sept-June)

Pet Helpers of Ontario 45

Address: c/o John Dunbar, 57 Westwood Dr, Apt 308, Kitchener N2M 2K5
Phone: 519-749-9325
Contact: John Dunbar, Secretary ~ johndunbar@execulink.com
Eligibility: Seniors ~ individuals with physical disabilities
Services: Provides assistance with pet care ~ educational session on preventative pet health care ~ assistance with veterinary problems ~ limited assistance with veterinary bills for qualified applicants ~ distribution of pet foods
Hours: Office hours Mon-Fri 8am-12pm

Planned Lifetime Networks, Waterloo-Wellington-Oxford 46

Address: 5-420 Erb St W, Box 306, Waterloo N2L 6K6
Phone: 519-746-1188
Email: plnwwwo@gmail.com
Contact: Lorna Aberdein, Coordinator ~ coordinator@plnwwwo.ca
Services: Helps establish support networks for individuals who are socially isolated due to disability ~ parent education and support

Pro Bono Law Ontario 47

Address: 260 Adelaide St E, Box 102, Toronto M5A 1N1
Phone: (416) 977-4448 ext 226 (Child Advocacy), 1-866-466-7256, (416) 977-4448 **Fax:** (416) 977-6668
Website: www.childadvocacy.ca, www.volunteerlawyers.org, www.pblo.org
Contact: Nicole Kellow, Child Advocacy Coordinator ~ nkellow@probononet.on.ca
Services: Legal services ~ Child Advocacy Project: provides free legal service to students involved in Special Education process, or who are at risk of being suspended or expelled, or who are being denied right to enrol in school, or who feel unsafe at school
Serves: Ontario

Self Help Alliance 48

Address: 9 Wellington St, Unit 1, Cambridge N1R 3Y4
Phone: 519-623-6024 **Fax:** 519-623-1924
Email: cambridge@self-help.ca
Website: www.self-help-alliance.ca
Contact: Kathy Bazinet, Executive Director ~ (519) 766-4315 ext 268
Eligibility: Individuals 16 years and over experiencing mental health or addiction issues
Services: Self help groups ~ peer support ~ public education ~ library, resource centre
Serves: City of Cambridge ~ Township of North Dumfries
Hours: Office hours Mon-Fri 9am-12pm, 1-5pm

Self Help Alliance 49

Address: 67 King St E, Kitchener N2G 2K4
Phone: 519-570-4595 **Fax:** 519-744-7066
Email: kitchener@self-help.ca
Website: www.self-help-alliance.ca
Contact: Kathy Bazinet, Executive Director ~ (519) 766-4315 ext 268
Eligibility: Individuals 16 years and over with mental health concerns
Services: Develops self help groups ~ peer support ~ community economic development and community development projects ~ resource centre
Serves: Waterloo Region
Hours: Mon-Fri 9am-5pm

Social Planning Council of Kitchener-Waterloo, Community Information Centre of Waterloo Region 50

Address: 151 Frederick St, Ste 300, Kitchener N2H 2M2

Phone: 1-877-579-3859 (enquiry), 519-579-1096 (admin), 519-579-3800 (enquiry) **Fax:** 519-578-9185

Email: info@waterlooregion.org

Website: www.waterlooregion.org/cic

Services: Provides confidential information on and referral to community services ~ maintains database of government and nonprofit agencies providing human services to Waterloo Region, and other community groups ~ publications ~ distributes free publications from other agencies ~ community resource library ~ meeting area and community workshop space ~ telephone answering service for nonprofit groups ~ free computer and Internet access

Serves: Waterloo Region

Hours: Mon-Fri 9am-5pm

Special Hearts 51

Address: c/o Heather Massel, 2577 Greenwood Hill Rd, Millbank N0K 1L0

Contact: Darlene Long-Thompson, Co Director ~ darlong@gmail.com

Eligibility: Families of children with severe heart problems

Services: Self help group ~ babysitting exchange ~ telephone support ~ resources ~ support to members' children diagnosed as HIV positive through blood transfusions

Hours: Meets 2nd Tue of month 7:30pm (Sept-June)

Spina Bifida and Hydrocephalus Association of Ontario 52

Address: 555 Richmond St W, Suite 1006, Box 103, Toronto M5V 3B1

Location: 555 Richmond St W, Ste 1006, Toronto

Phone: 1-800-387-1575 **Fax:** (416) 214-1446

Email: provincial@sbhao.on.ca

Website: www.sbhao.on.ca

Contact: Tanya Fortier, Community Contact ~ (H) 519-571-7217

Eligibility: Individuals with spina bifida or hydrocephalus ~ their families

Services: Support programs ~ resource and lending library ~ scholarship programs ~ research and public education ~ information and referral ~ online community forum ~ awareness programs ~ youth, parent and adult linking program

Serves: Ontario

To Apply: Membership application available online

Hours: Mon-Fri 9am-5pm

Spinal Cord Injury Ontario, Waterloo Wellington Office 53

Address: 1382 Weber St E, Unit 1, Kitchener N2A 1C4

Phone: 519-893-1267, 1-888-893-1267 **Fax:** 519-893-2585

Website: www.sciontario.org

Eligibility: Adults with physical disabilities

Services: Regional Service Coordinators assist clients assist with transitions back into community ~ peer support ~ information services ~ attendant services ~ employment support ~ advocacy

Serves: Waterloo Region ~ Wellington County

Sunbeam Residential Development Centre, Developmental Services Ontario Central West Region 54

Address: 205-1120 Victoria St N, Kitchener N2B 3T2

Phone: 519-741-1121, 1-888-941-1121 **Fax:** 519-743-4730

Email: dsocwr@rogers.com

Website: www.dsontario.ca

Contact: Gary Whetung, Director ~ g.whetung@dscwr.com

Eligibility: Adults 18 years and older with developmental disabilities

Services: Provides single point of access to Ministry of Community and Social Services adult developmental services, including day and community participation supports, residential supports, and respite support ~ maintains registries for adult developmental services and supports

Serves: Waterloo Region ~ Dufferin County ~ Halton Region ~ Peel Region ~ Wellington County

To Apply: Documentation confirming age, Ontario residency and eligibility

Hours: Mon-Fri 9am-4:30pm

Language: English ~ French

**Sunbeam Residential Development Centre, Developmental Services Resource Centre 55
Waterloo Region**

Address: 205-1120 Victoria St N, Kitchener N2B 3T2

Phone: 519-741-1121, 1-888-941-1121 **Fax:** 519-743-4730

Email: postmaster@dscwr.com

Website: www.dscwr.com

Contact: Laura Thies, Director ~ l.thies@dscwr.com

Eligibility: Individuals with developmental disabilities ~ agencies serving those with disabilities

Services: Provides access to developmental services, children's residential programs, and children's respite support ~ Clinical Team provides assessment, short term treatment, consultation and training (behavioral, speech/ language, health care and counselling) ~ Service Coordination: individual support and advocacy ~ education and training ~ Applied Behaviour Analysis for children and youth 9-17 years

Serves: Waterloo Region

To Apply: By appointment ~ waiting list: varies by services

Hours: Mon-Fri 9am-4:30pm

**Sunbeam Residential Development Centre, Developmental Services Resource Centre 56
Waterloo Region, Cambridge Satellite Office**

Address: 5A-887 Langs Dr, Cambridge N3H 5K4

Phone: 519-650-9718 **Fax:** 519-650-5729

Email: postmaster@dscwr.com

Website: www.dscwr.com

Contact: Laura Thies, Director ~ l.thies@dscwr.com

Eligibility: Individuals with developmental disabilities ~ agencies serving those with disabilities

Services: Provides access to developmental services, children's residential programs, and children's respite support ~ Clinical Team provides assessment, short term treatment, consultation and training (behavioral, speech/ language, health care and counselling) ~ Service Coordination: individual support and advocacy ~ education and training ~ Applied Behaviour Analysis for children and youth 9-17 years

Serves: Waterloo Region

To Apply: By appointment ~ waiting list: varies by services

Hours: Mon-Fri 9am-4:30pm

**Sunbeam Residential Development Centre, Developmental Services Resource Centre 57
Waterloo Region, Elmira Satellite Office**

Address: 118 Barnswallow Dr, Elmira N3B 2Y9

Phone: 519-669-2070

Email: postmaster@dscwr.com

Website: www.dscwr.com

Contact: Laura Thies, Director ~ l.thies@dscwr.com

Eligibility: Individuals with developmental disabilities ~ agencies serving those with disabilities

Services: Provides access to developmental services, children's residential programs, and children's respite support ~ Clinical Team provides assessment, short term treatment, consultation and training (behavioral, speech/ language, health care and counselling) ~ Service Coordination: individual support and advocacy ~ education and training ~ Applied Behaviour Analysis for children and youth 9-17 years

Serves: Waterloo Region

To Apply: By appointment

Hours: Mon-Thu 8:30am-4:30pm

Telecare Cambridge

58

Address: Box 32074 Preston Centre PO, Cambridge N3H 5C6

Phone: 519-658-2794 **Crisis:** 519-658-5455

Email: office@telecarecambridge.com

Website: www.telecarecambridge.com

Contact: Cheryl Haber, Chair ~ 519-212-5559 ~ cherylhaber@gmail.com

Services: Telephone listening service ~ guidance, crisis intervention, suicide prevention, referral to community services

Serves: Waterloo Region ~ Wellington County

Hours: Service available Mon-Sun 24 hrs

Tourette Syndrome Foundation of Canada, Waterloo Wellington Chapter **59**

Address: Box 2404 RPO Highland West, Kitchener N2M 5P1
Email: tourettewellingtonwaterloo@gmail.com
Website: www.tourette.ca
Contact: Gord Brown, President ~ (H) 519-576-7957
Eligibility: Individuals with Tourette syndrome ~ their families
Services: Self help group ~ public education ~ supports research
Serves: Waterloo Region ~ Wellington County ~ surrounding area
Hours: Meets 3rd Thu of month 7-9pm (Sept-June)

Traverse Independence, Brain Injury Services, The Opportunity Centre **60**

Address: 607 King St W, Ste 5A, Kitchener N2G 1C7
Phone: 519-741-5845 **Fax:** 519-741-8731
Website: www.traverseindependence.ca
Contact: Elsa Torre, ABI Administrative Assistant ~ 519-741-5845 ext 2503 ~ e.torre@travind.ca
Eligibility: Adults 18 years and over with acquired brain injuries
Services: Drop-in program: social, educational and recreational activities ~ glass fusing, pottery, music, aerobics, movies, gardening, community outings, workshops ~ daily lunch provided
Serves: Waterloo Region ~ Wellington County
To Apply: Contact ABI Administrative Assistant
Hours: Mon-Fri 8am-3:30pm

Traverse Independence, Brain Injury Services, Outreach Program **61**

Address: 617 King St W, Ste C, Kitchener N2G 1C7
Phone: 519-741-5845 **Fax:** 519-741-8731
Website: www.traverseindependence.ca
Contact: Elsa Torre, ABI Administrative Assistant ~ 519-741-5845 ext 2503 ~ e.torre@travind.ca
Eligibility: Individuals 16 years and over with brain injury diagnosed by regulated health professional
Services: Provides support to clients in their primary residence ~ assistance with physical health, social and emotional wellbeing, and integration into the community
Serves: Waterloo Region ~ Wellington County
To Apply: Contact Administrative Assistant
Hours: Office hours 9am-4pm

Vasculitis Foundation Canada **62**

Address: 446-425 Hespeler Rd, Cambridge N1R 8J6
Phone: 1-877-572-9474
Email: contact@vasculitis.ca
Website: www.vasculitis.ca
Contact: Karina Smith, Interim President
Eligibility: Individuals with vasculitis and their families or caregivers
Services: Support group ~ information exchange ~ advocacy ~ public education
Serves: Canada

Views for the Visually Impaired, Kitchener-Waterloo Chapter **63**

Address: Box 298, Oil Springs NON 1P0
Phone: 519-616-4397
Website: viewson.ca
Contact: Dawn Clelland, President ~ (W) 519-578-5389
Eligibility: Families and friends of children with visual impairments
Services: Support group ~ public education and advocacy ~ information and referral ~ summer camp programs
Hours: Meets 3rd Wed of month

Waterloo Fetal Alcohol Syndrome Support Group **64**

Address: c/o Bonnie Holmes, Box 1612, Waterloo N2J 4G6
Location: 99 Regina St S, Waterloo
Contact: Bonnie Holmes ~ 519-883-2223 ~ bholmes@regionofwaterloo.ca
Eligibility: Parents of children who may be affected by Fetal Alcohol Spectrum Disorder; diagnosis not required ~ professionals or other interested persons
Services: Self help group
Hours: Meets last Tue evening of month (Jan-Jun, Sept-Nov)

Waterloo Region Anaphylaxis Support and Education **65**

Address: c/o Sue Karai, 462 Belgreen Way, Waterloo N2L 5X5

Contact: Sue Karai ~ (H) 519-741-8507

Eligibility: Individuals with anaphylaxis ~ their families

Services: Self help group ~ public education: resources, speakers available

Serves: Waterloo Region ~ Wellington County

Hours: Regular meetings (Sept-June)

Waterloo Region Community Legal Services **66**

Address: 450 Frederick St, Unit 101, Kitchener N2H 2P5

Phone: 519-743-0254 **Fax:** 519-743-1588

Website: www.wrcls.ca

Contact: Sharon Twilley, Executive Director ~ twilleys@lao.on.ca

Eligibility: Individuals or groups with limited income and assets whose legal problem is not covered by Legal Aid certificates

Services: Community based legal clinic operated in accordance with Legal Aid Services Act ~ assistance, advice, negotiation, and representation in areas of landlord/tenant, social assistance including Ontario Works, Ontario Disability Support Program, Canada Pension and Old Age Security, employment insurance, consumer and debtor/creditor disputes ~ notarization of documents in some cases ~ public legal information ~ speakers available ~ services available at various locations in Cambridge: call for information

Serves: Waterloo Region

To Apply: Appointments needed ~ information about income and assets required ~ payment: cash, cheque

Hours: Mon-Fri 8:30am-4:30pm

Waterloo Region Family Network **67**

Address: 745 Bridge St W, Unit 8, Waterloo N2V 2G6

Phone: 519-804-1786

Email: info@wrfn.info

Website: www.wrfn.info

Contact: Sue Simpson, Director of Programs and Operations ~ sue.simpson@wrfn.info

Eligibility: Families with children with special needs

Services: Resource centre ~ parent to parent mentoring ~ workshops ~ seminars ~ support groups

Hours: Mon, Wed, Fri 8:30am-2pm; Tues, Thu 8:30am-5pm

The Waterloo Regional Down Syndrome Society **68**

Address: 658 Erb St W, Box 22008, Waterloo N2T 0A2

Phone: 519-896-4488 (answering machine)

Email: info@wrdss.ca

Website: www.wrdss.ca

Contact: Arisa Alevanian, Chair

Eligibility: Individuals with Down Syndrome ~ their friends and families

Services: Self help group ~ public education and seminars ~ speech therapy bursaries available for eligible children ~ lending library ~ parent support ~ advocacy

Serves: Waterloo Region ~ surrounding area

Hours: Twice yearly meetings ~ call for location (Sept-May except Dec)

Waterloo Wellington Myalgic Encephalomyelitis Association **69**

Address: Box 20075 Pioneer Park PO, Kitchener N2P 2B4

Location: Waterloo Adult Recreation Centre, 185 King St S, Rm 2, Waterloo

Website: www.wwmea.ca

Eligibility: Individuals affected by Myalgic Encephalomyelitis

Services: Self help group ~ telephone support network available to members ~ public education ~ lending library for members

Serves: Waterloo Region ~ Wellington County

Hours: Meets last Tue of month 7-9pm (Sept-Jun)

Waterloo-Wellington VOICE for Hearing Impaired Children

70

Address: 161 Eglinton Ave E, Ste 704, Toronto M4P 1J5

Phone: 1-866-779-5144 **Fax:** (416) 487-7423

Website: www.voicefordeafkids.com

Contact: Stacy Stevens ~ staceystevens@sympatico.ca

Eligibility: Children with hearing loss ~ their families

Services: Parent support group ~ public education ~ advocacy ~ Auditory-Verbal Therapy program

Serves: Waterloo Region ~ Wellington County

To Apply: Waiting list: 1-2 days

Hours: Meets 2nd Thurs of every other month (Sept-Jun)

Wilmot Family Resource Centre

71

Address: 175 Waterloo St, Unit 1, New Hamburg N3A 1S3

Phone: 519-662-2731 **Fax:** 519-662-2158

Email: wfrc@bellnet.ca

Website: www.wilmotfamilyresourcecentre.ca

Contact: Trisha Robinson, Executive Director ~ 519-662-2731 ext 203 ~ adminwfrc@bellnet.ca

Services: Social, recreational, support programs ~ information and referral ~ summer day programs, March Break programs ~ Ontario Early Years satellite office

Serves: Township of Wilmot ~ Township of Wellesley

Hours: Mon-Thu 9am-4:30pm, Fri 9am-12pm

Workshop Solutions

72

Address: c/o Tom Jeary, 135 Keats Way Pl, Waterloo N2L 5H4

Website: www.workshopsolutions.com

Contact: Tom Jeary ~ (H) 519-884-5540 ~ tlj@golden.net

Services: Makes and provides information on creating assistive devices

Section 2:

Education

Life-long formalized learning supports commencing at birth.

Cambridge Family Early Years Centre

73

Address: 149 Ainslie St N, Cambridge N1R 3P4

Phone: 519-740-8353 **Fax:** 519-740-8244

Email: cambridgefamily@bellnet.ca

Website: www.cfeyc.ca

Contact: Donna Kendrick, Executive Director

Eligibility: Parents and caregivers ~ their children birth-6 years

Services: Family resource centre ~ parent and child programs ~ educational and social parent programs ~ parenting support ~ family playtimes ~ clothing exchange ~ resource and lending library; toy library ~ Community Outreach services ~ community kitchen and nutrition programs ~ peer programs

Hours: Mon-Thu 9am-4:30pm; Tue, Thu 6-7:30pm; Fri 9am-3pm; Sat 9am-12pm

Community Living Cambridge, Preschool Services

74

Address: 160 Hespeler Rd, Cambridge N1R 6V7

Phone: 519-623-7490 **Fax:** 519-740-8073

Website: www.communitylivingcambridge.ca

Contact: Tracy Moore, Preschool Services Manager ~ tmoore@clcambridge.ca

Eligibility: Children birth-6 years with developmental concerns attending or entering licensed child care program

Services: Early intervention support service ~ community education training ~ ECE Enhanced staff ~ resource consultation with parent/guardian contact ~ developmental monitoring and screening ~ information and referral

Serves: City of Cambridge ~ surrounding area

Hours: Mon-Fri 8:30am-4:30pm

Conestoga College Institute of Technology and Advanced Learning

75

Address: 850 Fountain St S, Cambridge N3H 0A8

Phone: 519-748-5220 ext 3656 (program information), 519-748-5220 **Fax:** 519-895-1097 (admissions)

Email: askme@conestogac.on.ca

Website: www.conestogac.on.ca

Services: Polytechnic institute ~ School of Engineering Technology and Trades ~ Institute of Food Processing Technology

Serves: Waterloo Region ~ Huron County ~ Perth County ~ Wellington County

Hours: Office Mon-Fri 8:30am-4:30pm

Conestoga College Institute of Technology and Advanced Learning, Disability Services Office

76

Address: Doon Campus, 299 Doon Valley Dr, Room 1A107, Kitchener N2G 4M4

Phone: 519-748-5220 ext 3232 **Fax:** 519-748-3507

Email: dsoffice@conestogac.on.ca

Website: www.conestogac.on.ca/disabilitysvc

Contact: Marlene Breen ~ mbreen@conestogac.on.ca

Eligibility: Conestoga College students with documented disabilities

Services: Provides support services on campus

Serves: Waterloo Region ~ Huron County ~ Perth County ~ Wellington County

Conestoga College Institute of Technology and Advanced Learning, LINC

77

Address: 800 King St W, 3rd Floor, Kitchener N2G 1E8

Phone: 519-886-3300

Website: www.conestogac.on.ca

Contact: Laura Stoutenburg, LINC Coordinator

Eligibility: Adults 18 years and over

Services: English language instruction and orientation ~ Language Instruction for Newcomers to Canada classes ~ classes based on student need and level of English ~ literacy, numeracy, spelling, writing, conversation ~ citizenship preparation classes ~ computer classes

Hours: Office Mon-Fri 8:30am-5pm (Sept-July)

Elmira District Community Living, Children's Resource Program 78

Address: 118 Barnswallow Dr, Elmira N3B 2Y9

Phone: 519-669-3205 **Fax:** 519-669-3444

Website: www.elmiradcl.com

Eligibility: Children 2-5 years with developmental delays

Services: Resource consultant provides support to children attending licensed child care programs

Serves: Township of Wellesley ~ Township of Woolwich

Hours: Mon-Fri 8:30am-4:30pm

Geneva Centre for Autism 79

Address: 112 Merton St, Toronto M4S 2Z8

Phone: (416) 322-7877 **Fax:** (416) 322-5894

Email: info@autism.net

Website: www.autism.net

Contact: Lindy Zaretsky, Executive Director

Services: Provides workshops and consultations on Autism Spectrum Disorders ~ social skills program ~ Bridges: weekend, evening or summer respite program

Serves: Ontario

Grand River Hospital, KW Site, Mental Health and Addiction Program, Young Adult Program 80

Address: 850 King St W, Kitchener N2G 1G3

Phone: 519-749-4300 ext 4217 **Fax:** 519-749-4271

Website: www.grhosp.on.ca

Eligibility: Youth and young adults 16-21 years with moderate to significant mental health concerns

Services: Day treatment program, including school program ~ individual, group, and family counselling ~ follow up

Serves: Waterloo Region

Hours: Mon-Fri 9am-5pm

KidsAbility Centre for Child Development, KidsAbility School 81

Address: Chaplin Family YMCA, 250 Hespeler Rd, Cambridge N1R 3H3

Phone: 519-886-8886 ext 1225

Website: www.kidsability.ca

Contact: Linda Rodgers, Principal ~ 519-886-8886 ext 1225

Eligibility: Children up to 4 years with physical or developmental disabilities or speech and language disorders

Services: Special education kindergarten program: therapy, assessment, consultation ~ special education resource teacher provides follow up as needed

Serves: Waterloo Region

Hours: Office Mon-Fri 8:30am-4pm (Sept-June)

KidsAbility Centre for Child Development, KidsAbility School 82

Address: 500 Hallmark Dr, Waterloo N2K 3P5

Phone: 519-886-8886, 1-888-372-2259 **Fax:** 519-885-6222

Website: www.kidsability.ca

Contact: Linda Rodgers, Principal ~ 519-886-8886 ext 1225 ~ lrogers@kidsability.ca

Eligibility: Children up to 4 years with physical or developmental disabilities or speech and language disorders

Services: Special education kindergarten program: therapy, assessment, consultation ~ special education resource teacher provides follow up as needed

Serves: Waterloo Region

Hours: Office Mon-Fri 8:30am-4pm (Sept-June)

kidsLINK, Child Care SNAP 83

Address: 1770 King St E, Ste 5, Kitchener N2G 2P1

Phone: 519-741-0076 **Fax:** 519-741-1123

Email: snap@kidslinkcares.com

Website: www.ccsnap.com

Eligibility: Children birth-6 years with disabilities

Services: Provides access to special needs services for children attending or planning to attend licensed child care centres

Serves: Waterloo Region

Hours: Mon-Fri 8:30am-4:30pm

kidsLINK, Early Identification/Early Intervention Program

84

Address: 1770 King St E, Ste 5, Kitchener N2G 2P1
Phone: 519-741-1122 **Fax:** 519-741-1123
Email: kidslink@kidslinkcares.com
Website: www.kidslinkcares.com

Eligibility: Children attending junior kindergarten-grade 3 in identified schools

Services: Consultation with school personnel and families regarding behaviour guidance, social skill development, and group interaction ~ classroom, group, and individual services

Serves: Waterloo Region

Hours: Mon-Fri 8:30am-4:30pm

kidsLINK, Preschool Support Services

85

Address: 1770 King St E, Ste 5, Kitchener N2G 2P1
Phone: 519-741-1122 **Fax:** 519-741-1123
Email: kidslink@kidslinkcares.com
Website: www.kidslinkcares.com

Eligibility: Children 2-6 years with mental health concerns ~ their parents ~ professionals in related fields

Services: Support and consultation to preschool staff and families on child or program related issues ~ workshops ~ social skills groups for children ~ parent groups ~ community education ~ resource library, information on preschool issues ~ volunteer support to individual children in preschool program

Serves: Waterloo Region

To Apply: By referral

Hours: Mon-Fri 8:30am-4:30pm

K-W Habilitation Services, Preschool Outreach

86

Address: 115 University Ave E, Waterloo N2J 2W1
Phone: 519-884-8080 **Fax:** 519-884-8609
Email: generalinquiries@kwhab.ca
Website: www.kwhab.ca

Contact: Susan Kellsey, Manager

Eligibility: Children birth-6 years with developmental concerns attending licensed child care

Services: Provides kinesiology services, consultation and support for children attending licensed child care; training and support for staff ~ helps families access child care, services and available financial assistance

Serves: City of Kitchener ~ City of Waterloo ~ Township of Wilmot

To Apply: Contact Child Care Special Needs Access Point (SNAP) 519-741-0076

Hours: Office hours Mon-Fri 8:30am-4:30pm

Learning Disabilities Association of Kitchener-Waterloo, Learn Now!

87

Address: 537 Frederick St, Box 23002, Kitchener N2B 2A7
Location: Suddaby Public School, 171 Frederick St, Kitchener
Phone: 519-743-9091 **Fax:** 519-743-9027
Email: ldakw@golden.net
Website: www.ldakw.on.ca

Contact: Annette Zegers, Executive Director

Eligibility: Children with learning disabilities entering grades 2-6

Services: Certified teacher works with students in 2:1 ratio ~ program emphasis on reading and writing; educational games used to reinforce concepts

Serves: Waterloo Region

Hours: Mon-Thu 6-7pm, 7:15-8:15pm ~ 9 week sessions (Sept-June)

Learning Disabilities Association of Kitchener-Waterloo, Summer Start

88

Address: 537 Frederick St, Box 23002, Kitchener N2B 2A7
Location: Suddaby Public School, 171 Frederick St, Kitchener
Phone: 519-743-9091 **Fax:** 519-743-9027
Email: ldakw@golden.net
Website: www.ldakw.on.ca

Contact: Annette Zegers, Executive Director

Eligibility: Children with learning disabilities entering grades 2-8

Services: Certified teacher works with students in 3:1 ratio ~ program emphasis on reading, writing, spelling and math; educational games used to reinforce concepts

Serves: Waterloo Region

Hours: Mon-Fri 9am-12pm (July)

The Literacy Group of Waterloo Region

89

Address: 89 Main St, Unit 1, Cambridge N1R 1W1

Phone: 519-621-7993

Website: theliteracygroup.com

Contact: Karen Morgan-Bowyer, Program Manager ~ karen@theliteracygroup.com

Eligibility: Adults 18 years and older who are out of school, with spoken facility in English and literacy skills below Ontario Grade 12 level

Services: Community based literacy program ~ free essential skills upgrading in reading, writing, math, workplace training, computer skills ~ one to one and small group learning sessions; workplace training ~ intermediate computer training for adults fluent in English ~ Workplace Readiness program for clients receiving Ontario Works

Serves: City of Cambridge

To Apply: Waiting list: 4-6 weeks

Hours: Mon-Wed 9am-9pm, Thu 9-5pm, Fri 9am-4:30pm

The Literacy Group of Waterloo Region

90

Address: 151 Frederick St, Ste 200, Kitchener N2H 2M2

Phone: 519-743-6090 **Fax:** 519-743-0474

Website: theliteracygroup.com

Contact: Karen Morgan-Bowyer, Program Manager ~ karen@theliteracygroup.com

Eligibility: Adults 18 years and over who are not in credit programs

Services: Community based literacy program ~ free skills upgrading in reading, writing, math, workplace training, computer skills ~ one to one and small group learning sessions; workplace training ~ basic and intermediate computer training for adults fluent in English

Serves: City of Waterloo ~ City of Kitchener ~ Township of North Dumfries ~ Township of Wellesley ~ Township of Wilmot ~ Township of Woolwich

Hours: Mon-Thu 9am-9pm, Fri 8:30am-4pm

Mount Zion Evangelical Lutheran Church, Open Sesame Headstart Preschool

91

Address: 29 Westmount Rd S, Waterloo N2L 2K4

Phone: 519-886-7930 **Fax:** 519-886-5820

Website: www.mzlc.ca

Contact: Nikki Proctor

Eligibility: Children 2 years 6 months-5 years with special needs (physical, emotional, social, perceptual, speech, language limitation) who are toilet trained

Services: Special needs head start preschool ~ emphasis on speech, motor development, socialization, establishment of routines ~ nondenominational; supported by church ~ 12 spaces

Hours: Mon-Wed 9-11:30am (Sep-May)

Ontario. Ministry of Education, Provincial Schools Branch, Deaf Resources Services

92

Address: Ernest C Drury School for the Deaf, 255 Ontario St S, Milton L9T 2M5

Phone: 1-866-906-1192, (905) 878-2851

Email: ecdrury@edu.gov.on.ca

Contact: Jeanne Robinson, Administrative Assistant ~ jeanne.robinson@ontario.ca

Eligibility: Children ages birth-6 years who are deaf or hard of hearing

Services: In home education program

Serves: Ontario

Hours: Mon-Fri 8:30am-4:30pm (Sept-Jun)

Ontario. Ministry of Education, Provincial Schools Branch, Deafblind Resource Services

93

Address: W Ross Macdonald School, 350 Brant Ave, Brantford N3T 3J9

Phone: 1-866-618-9092

Contact: Brian Wice, Accessibility Consultant ~ (519) 751-9218 ~ brianwice@cogeco.ca

Eligibility: Preschool and school age children and youth who are deaf and blind

Services: Individual support: assessment; information and referral ~ regular visits to schools attended by students who are deaf and blind

Serves: Ontario

Hours: Mon-Fri 8am-4pm (Sept-Jun)

Project READ Literacy Network Waterloo-Wellington

94

Address: 298 Frederick St, Kitchener N2H 2N5

Phone: 519-570-3054 **Fax:** 519-570-9510

Email: info@projectread.ca

Website: www.projectread.ca

Contact: Anne Ramsay, Executive Network Director

Services: Umbrella organization representing literacy programs ~ information on and referral to literacy programs ~ literacy assessments ~ public awareness and education ~ resource centre ~ professional development for member groups ~ literacy service planning ~ clear language consultation ~ Get Set Learn: family literacy program

Serves: Waterloo Region ~ Wellington County

To Apply: Assessments by appointment

Hours: Mon-Thu 9:30am-4:30pm, Fri 9:30am-12pm

University of Waterloo, Access Ability Services

95

Address: Needles Hall, 200 University Ave W, Room 1132, Waterloo N2L 3G1

Phone: 519-888-4567 ext 35082 **Fax:** 519-746-2401

Contact: Rose Padacz, Administrative Assistant ~ 519-888-4567 ext 35231 ~ rmpadacz@uwaterloo.ca

Eligibility: Individuals with permanent or temporary disabilities

Services: Support services ~ tutoring ~ assistive technology ~ academic accommodations

To Apply: Must provide documentation from qualified professionals

Hours: Office Mon-Fri 8:30am-4:30pm

Waterloo Catholic District School Board

96

Address: Box 91116, Kitchener N2G 4G2

Location: Catholic Education Centre, 35 Weber St W, Unit A, Kitchener

Phone: 519-578-3660 **Fax:** 519-578-5291

Email: info@wcdsb.ca

Website: www.wcdsb.ca

Contact: Rick Boisvert, Associate Director of Education

Services: Catholic education ~ junior kindergarten, regular grade school and high school curriculum ~ special education teachers accommodate learning and other needs of students, within regular programs ~ cooperative education ~ school facilities available for use by community groups; arrange through rentals administration, 519-578-3660 ext 2356

Serves: Waterloo Region

Hours: Mon-Fri 8am-4pm ~ summer hours Mon-Thu 8am-4:30pm, Fri 8am-12pm

Waterloo Catholic District School Board, St Louis Adult Learning and Continuing Education Centres

97

Address: 82 Beverly St, Cambridge N1R 3Z7

Phone: 519-745-1201 **Fax:** 519-621-1359

Email: stlouis@wcdsb.ca

Website: stlouis.wcdsb.ca

Contact: Paul Cox, Principal

Eligibility: Adults 18 years and over

Services: Adult and continuing education ~ Lifelong Learning classes ~ International Languages ~ English Language Instruction (ESL) ~ School To Work Programs: computer training and certification options, hairstylist training, Personal Support Worker (PSW)

Serves: Waterloo Region

To Apply: School To Work Programs: attend orientation session to apply ~ Elementary International Languages: ongoing registration from Sept-June

Hours: Office Mon, Wed-Fri 8am-4pm; Tue 8am-4pm, 6-8:30pm (Sept-July)

Waterloo Catholic District School Board, St Louis Adult Learning and Continuing Education Centres 98

Address: 80 Young St, Kitchener N2H 4Z1

Phone: 519-745-1201 **Fax:** 519-745-4277

Email: stlouis@wcdsb.ca

Website: stlouis.wcdsb.ca

Contact: Paul Cox, Principal

Eligibility: Adults 18 years and over

Services: Adult and continuing education ~ Lifelong Learning classes ~ International Languages ~ English Language Instruction (ESL) ~ School To Work Programs: hairstylist training, Personal Support Worker (PSW) ~ child care available ~ free computer and internet access

Serves: Waterloo Region

To Apply: School To Work Programs in Hairstyling and Personal Support Worker: attend orientation session to apply ~ Elementary International Languages: ongoing registration Sept-June

Hours: Office Mon-Fri 8am-4pm, Wed 5-8:30pm ~ correspondence hours of operation vary (Sept-July)

Waterloo Catholic District School Board, St Louis Adult Learning and Continuing Education Centres, Core Essentials 99

Address: 82 Beverly St, Cambridge N1R 3Z7

Phone: 519-745-1201, 519-745-1201 ext 540 (Registration) **Fax:** 519-621-1359

Email: stlouis@wcdsb.ca

Website: stlouis.wcdsb.ca

Contact: Lorraine Cheshire, Program Manager

Eligibility: Adults 19 years and over who are out of school

Services: Programs to improve reading, writing, mathematics and computer skills ~ preparation for employment or further education

Serves: Waterloo Region

Hours: Mon-Thu 8:45am-3:00pm; Mon, Wed 6-8:30pm (Sept-June)

Waterloo Catholic District School Board, St Louis Adult Learning and Continuing Education Centres, Core Essentials 100

Address: 80 Young St, Kitchener N2H 4Z1

Phone: 519-745-1201, 519-745-1201 ext 540 (Registration) **Fax:** 519-745-4277

Email: stlouis@wcdsb.ca

Website: stlouis.wcdsb.ca

Eligibility: Adults 19 years and over who are out of school

Services: Programs to improve reading, writing, mathematics and computer skills ~ preparation for employment or further education

Serves: Waterloo Region

Hours: Mon-Thu 8:45am-3:00pm; Mon, Wed 6-8:30pm (Sep-June)

Waterloo Region District School Board 101

Address: Education Centre, 51 Ardel Ave, Kitchener N2C 2R5

Phone: 519-570-0003 (direct dialing), 519-570-0300 **Fax:** 519-742-1364

Website: www.wrdsb.ca

Contact: Lindi Fabi, Director of Education and Secretary ~ 519-570-0003 ext 4223

Services: Responsible for providing educational facilities and programs from kindergarten to grade 12 ~ French immersion program and supervised alternative learning programs for students who request alternative programs ~ cooperative education programs available ~ facility rentals: gyms, classrooms, auditoriums, cafeterias and school grounds

Serves: Waterloo Region

Hours: Mon-Fri 8am-4:30pm ~ summer hours Mon-Fri 8:30am-4pm

Access Waterloo Region 2013 - Education

Waterloo Region District School Board, Special Education Services **102**

Address: Education Centre, 51 Ardelt Ave, Kitchener N2C 2R5

Phone: 519-570-0003 **Fax:** 519-570-2038

Website: www.wrdsb.ca/programs/special-education

Contact: Mark Harper, Superintendent of Learning Services ~ 570-0003 ext 4205

Eligibility: Students

Services: Special classes or programs in areas of communication (learning disabilities, autism, deaf and hard of hearing, speech impairment, language impairment), behaviour, intellect (giftedness, mild intellectual disability, developmental disabilities), and physical (physical disabilities, blind and low vision)

Serves: Waterloo Region

To Apply: By referral from school ~ assessment required

Hours: Mon-Fri 8:30am-4:30pm ~ summer hours Mon-Fri 8:30am-3pm

Waterloo Region. Social Services Department, Children's Services, Cambridge Children's Centre **103**

Address: 99 Beechwood Rd, Cambridge N1S 3S1

Phone: 519-622-4390 **Fax:** 519-622-8516

Website: www.regionofwaterloo.ca

Contact: Rose Couse, Supervisor ~ rcouse@regionofwaterloo.ca

Eligibility: Children 18 months-5 years

Services: Child care ~ resource teacher on staff ~ supports for children with special needs ~ High/Scope Curriculum Approach

Hours: Mon-Fri 7am-5:30pm

Waterloo Region. Social Services Department, Children's Services, Christopher Children's Centre **104**

Address: 30 Christopher Dr, Cambridge N1R 4R4

Phone: 519-621-6525 **Fax:** 519-621-1463

Website: www.regionofwaterloo.ca

Contact: Lisa Vandonk, Supervisor ~ lvandonk@regionofwaterloo.ca

Eligibility: Children 18 months-5 years

Services: Child care ~ supports for children with special needs ~ resource teacher on staff ~ High/Scope Curriculum Approach

Hours: Mon-Fri 7am-5:30pm

Waterloo Region. Social Services Department, Children's Services, Edith MacIntosh Children's Centre **105**

Address: 104 Stirling Ave S, Kitchener N2G 3N9

Phone: 519-743-6344 **Fax:** 519-743-5958

Website: www.regionofwaterloo.ca

Contact: Peggy Dobbin, Supervisor ~ pdobbin@regionofwaterloo.ca

Eligibility: Children 18 months-5 years

Services: Child care ~ resource teacher on staff ~ supports for children with special needs ~ High/Scope Curriculum Approach

Serves: Waterloo Region

Hours: Mon-Fri 7am-5:30pm

Waterloo Region. Social Services Department, Children's Services, Elmira Children's Centre **106**

Address: 22 Mockingbird Dr, Elmira N3B 1H4

Phone: 519-669-8411 **Fax:** 519-669-3687

Website: www.regionofwaterloo.ca

Contact: Linda Bird, Manager ~ lbird@regionofwaterloo.ca

Eligibility: Children 18 months-5 years

Services: Child care ~ resource teacher on staff ~ supports for children with special needs ~ High/Scope Curriculum Approach

Hours: Mon-Fri 7am-5:30pm

**Waterloo Region. Social Services Department, Children's Services, Kinsmen
Children's Centre**

107

Address: 651 Concession Rd, Cambridge N3H 4L1

Phone: 519-653-9933 **Fax:** 519-653-2256

Website: www.regionofwaterloo.ca

Contact: Sheila Beckman, Supervisor ~ sbeckman@regionofwaterloo.ca

Eligibility: Children 18 months-5 years

Services: Child care ~ resource teacher on staff ~ supports for children with special needs ~ High/Scope Curriculum Approach

Hours: Mon-Fri 6:30am-5:30pm

Wilfrid Laurier University, Accessible Learning Centre

108

Address: Arts Building, 75 University Ave W, Rm 1C11, 1st Flr, Waterloo N2L 3C5

Phone: 519-884-0710 ext 3086 **Fax:** 519-884-6570

Email: accessible_learning@wlu.ca

Website: www.mylaurier.ca/accessible

Eligibility: Students and visitors with documented disabilities

Services: Support services ~ tutoring ~ assistive technology

Hours: Mon-Fri 8:30am-4:30pm

Section 3:

Financial Assistance

Financial supports that can assist individuals and their families with costs associated with disabilities.

GOVERNMENT FUNDING

This is a list of the most commonly used financial resources for families of children and adults who have disabilities. All of these resources are government funded and support people in their daily lives to help them reach their goals and dreams.

ASSISTIVE DEVICES PROGRAM (ADP) provides financial assistance to people with long term disabilities to obtain basic, personalized medical, mobility and sensory assistive devices for activities of daily living at home, including equipment and incontinence supplies (diapers for children over the age of 3). **Contact the Ministry of Health and Long-Term Care, Assistive Devices Program at 1-800-268-6021 (toll-free), and see record #120 for more information.**

ASSISTANCE FOR CHILDREN WITH SEVERE DISABILITIES (ACSD) is a monthly benefit that helps parents with some of the extra costs of caring for a child who has a severe disability, is under age 18 and who lives at home. This benefit is income sensitive, and only covers the costs related specifically to the child's disability. **Contact the Ministry Of Children And Youth Services, Central West Region, at 1-877-832-2818 (toll-free).**

ENHANCED RESPITE FUNDING (MFTD) is a respite funding for families who are caring for a child up until and including the year of their 18th birthday, who are medically fragile, who may depend upon a technological device (MFTD) and need care 24 hours a day, 365 days a year. It is paid in addition to other respite services. Families may be eligible for up to \$3500 per child, per year. **Contact the Ministry Of Children And Youth Services, Central West Region, at 1-877-832-2818 (toll-free).**

INCOME TAX CREDITS AND DEDUCTIONS: Check your eligibility for the Child Disability Benefit, Disability Tax Credit, Caregiver Amount, and Medical Expenses as well as other credits and deductions. Some of these credits are transferable and retroactive. **Website: www.cra.gc.ca and click on "Individuals" and then "Persons with disabilities" on the left side.**

ONTARIO DISABILITY SUPPORT PROGRAM (ODSP) helps eligible adults with disabilities by providing financial income and/or help finding a job. **See record #118-119 for more details**

REGISTERED DISABILITY SAVINGS PLAN (RDSP) is a long term savings plan intended to help parents and others save for the future financial security of a person who is eligible for the Disability Tax Credit. **Website: www.cra.gc.ca ~ www.rdsp.com**

SPECIAL SERVICES AT HOME PROGRAM (SSAH) supports families who are caring for a child who have a developmental or physical disability, as well as adults with a developmental disability. It helps pay for special services in the home or in the community as long as the person is not living in a residential program. Families can also get funds to pay for services that will give them a break (or "respite") from the day-to-day care of their child. **See record #203 for more information.**

Other housing programs and assistance available through the **Ministry Of Municipal Affairs and Housing:** contact local service manager through the Region Of Waterloo at (519) 575-4821.

Canada. Human Resources and Skills Development, Canada Pension Plan, Disability Benefits **109**

Address: Box 2020, Chatham N7M 6B2
Location: 409 Weber St W, Kitchener
Phone: 1-800-277-9914, 1-800-277-9915 (French), 1-800-622-6232 (Service Canada)
Website: servicecanada.gc.ca
Eligibility: Adults 18-65 years with severe and prolonged physical or mental impairments; must be unable to pursue gainful employment; must have contributed to CPP for minimum number of years ~ dependent children up to 18 years ~ adults 18-25 years attending school full time ~ international agreements with other countries may be used to meet minimum requirements for eligibility
Services: Monthly pension; at age 65 disability pension automatically changed to retirement pension
To Apply: Documents: CPP medical report, birth evidence and SIN required ~ call for forms to be mailed or download from website, or available at ServiceCanada sites
Hours: Mon-Fri 8:30am-4pm
Language: English ~ French

Children's Wish Foundation of Canada, Ontario Chapter, Kitchener **110**

Address: Box 185, Kitchener N2G 3X9
Phone: 1-800-267-9474, 519-742-0637
Website: www.childrenswish.ca
Services: Grants wishes to children and youth 3-17 years with life threatening illnesses
Serves: Waterloo Region

Easter Seals Canada, Access 2 Entertainment **111**

Address: c/o Easter Seals Canada, 40 Holly St, Ste 401, Toronto M4S 3C3
Phone: 1-877-376-6362 ext 227 (toll-free), (416) 932-8382 ext 227
Email: a2e@easterseals.ca
Website: www.access2card.ca
Contact: Lauren Bates, Administrative Coordinator
Eligibility: Individuals with disabilities
Services: Issues Access 2 Entertainment Card which provides free admission or discounted admission prices at movie theatres for support persons who accompany card holder
Serves: Ontario
To Apply: Waiting list: 4-6 weeks to process application
Hours: Office Mon-Fri 9am-5pm
Language: English ~ French

Easter Seals Ontario, Financial Assistance **112**

Address: 1 Concorde Gate, Suite 700, Toronto M3C 3N6
Phone: (416) 421-8146, 1-866-630-3336 **Fax:** (416) 696-1035
Email: assistance@easterseals.org
Website: www.easterseals.org
Eligibility: Children and youth up to 19 years with physical disabilities
Services: Provides financial assistance for assistive devices
Serves: Ontario
To Apply: Waiting list: 4-6 weeks
Hours: Mon-Fri 8am-4pm

Easter Seals Ontario, Incontinence Supplies Grant Program **113**

Address: 1 Concorde Gate, Ste 700, Toronto M3C 3N6
Phone: (416) 421-8377 ext 314, 1-800-668-6252 **Fax:** (416) 696-1035
Website: www.easterseals.org
Eligibility: Children and youth 3-18 years with chronic disability resulting in irreversible incontinence lasting longer than six months ~ must be Ontario residents and hold valid Ontario health card
Services: Grant program to help cover cost of incontinence supplies ~ three levels of funding, up to \$900 per year
To Apply: Application must be completed and signed by a medical physician or nurse practitioner licensed to practice in Ontario ~ documents: receipts for supplies

Access Waterloo Region 2013 - Financial Assistance

Kids Can Play Association of Cambridge

114

Address: Box 23012, Cambridge N1S 4Z6

Phone: 519-651-2847 (answering machine) **Fax:** 519-651-2847

Email: kcpcambridge@yahoo.com

Contact: Christie Miller, Vice President and Applications Coordinator

Eligibility: Children and youth up to 16 years who are residents of Cambridge or North Dumfries

Services: Provides financial assistance to children to participate in sports, art and musical activities; families must demonstrate financial need ~ all applications are confidential

Serves: City of Cambridge ~ Township of North Dumfries

To Apply: Documents: proof of income, social assistance stubs or notice of assessment ~ waiting list: will respond with information within 24 hours of calling

Mennonite Foundation of Canada, Youth Memorial Fund

115

Address: 50 Kent Ave, Kitchener N2G 3R1

Phone: 519-745-7821, 1-888-212-7759 **Fax:** 519-745-8940

Email: mfceast@mennofoundation.ca

Website: www.mennofoundation.ca

Eligibility: Individuals 14-25 years with physical disabilities who are in financial need

Services: Funding awarded annually

Serves: Ontario

To Apply: Annual application deadline Sept 30

Hours: Mon-Fri 9am-5pm

Ontario March of Dimes, AccessAbility Services, Assistive Devices Program

116

Address: 291 King St, 3rd Floor, London N6B 1R8

Phone: 1-866-765-7237 **Fax:** (519) 434-3712

Email: adp@dimes.on.ca

Website: www.marchofdimes.ca

Eligibility: Adults 19 years and over with physical disabilities in financial need; must be permanent resident of Ontario with valid Health Card

Services: Provides financial assistance to obtain mobility and communications devices

Serves: Ontario

To Apply: Applications available from website

Hours: Mon-Fri 9am-4:30pm

Ontario March of Dimes, Home and Vehicle Modification Program

117

Address: 291 King St, 3rd Flr, London N6B 1R8

Phone: 1-877-369-4867, (519) 642-3700 **Fax:** (519) 432-4923

Email: hvmp@marchofdimes.ca

Website: www.marchofdimes.ca

Eligibility: Individuals with physical disabilities

Services: Provides funding for home and vehicle modifications ~ offered in partnership with Ontario Ministry of Community and Social Services

Serves: Ontario

To Apply: Appeals: contact 1-877-369-4867 ext 7020

Hours: Mon-Fri 9-4:30pm

Language: English ~ French

Ontario. Ministry of Community and Social Services, Ontario Disability Support Program

118

Address: Cambridge Place, 73 Water St N, Ste 400, Cambridge N1R 7L6

Phone: 519-623-1230, 1-888-214-0738 **Fax:** 519-623-4752

Website: www.mcscs.gov.on.ca

Eligibility: Adults 18 years and over with physical, emotional or developmental disabilities

Services: Long term financial assistance ~ Employment Supports Program: individual support, assistive devices

Serves: City of Cambridge ~ Township of North Dumfries

To Apply: Financial eligibility assessment and medical adjudication process required ~ appeals: write to local office within 10 days to request internal review

Hours: Mon-Fri 8:30am-5pm

Access Waterloo Region 2013 - Financial Assistance

Ontario. Ministry of Community and Social Services, Ontario Disability Support Program 119

Address: 715 Fischer-Hallman Rd, 3rd Floor, Kitchener N2E 4E9

Phone: 519-886-4700, 1-800-441-9820 **Fax:** 519-886-8997

Website: www.mcass.gov.on.ca

Contact: Fatima Da Silva, Manager ~ 519-886-4700 ext 258

Eligibility: Adults 18 years and over with disabilities and in financial need

Services: Income and employment support ~ health benefits for disabled individuals that meet eligibility

Serves: City of Kitchener ~ City of Waterloo ~ Township of Wellesley ~ Township of Wilmot ~ Township of Woolwich

To Apply: Needs test required ~ appeals: online www.mcass.gov.on.ca, phone 519-886-4700

Hours: Mon-Fri 8:30am-5pm

Ontario. Ministry of Health and Long Term Care, Assistive Devices Program 120

Address: 5700 Yonge St, 7th Flr, North York M2M 4K5

Phone: 1-800-268-6021, (416) 327-8804 **Fax:** (416) 327-8192

Email: adp@ontario.ca

Website: www.health.gov.on.ca/en/public/programs/adp

Eligibility: Individuals with long term physical disabilities with valid Ontario Health card

Services: Assists individuals to obtain selected, medically necessary equipment and supplies: prostheses; wheelchairs/mobility aids and specialised seating systems; ostomy and enteral feeding supplies; needles and syringes for insulin dependent seniors; monitors and test strips for insulin dependent diabetics; hearing aids; respiratory equipment; orthoses (braces, garments and pumps); visual and communication aids ~ Home Oxygen Program: oxygen, oxygen delivery equipment and related supplies

Serves: Ontario

To Apply: Apply through doctor or health care giver ~ application forms available from office

Hours: Mon-Fri 8am-5pm

Language: English ~ French

Ontario. Ministry of Health and Long Term Care, Cleft Lip and Palate/Craniofacial Dental Program 121

Address: Bloorview Kids Rehab, 150 Kilgour Rd, Toronto M4G 1R8

Phone: (416) 425-6220 ext 3466, 1-866-532-3161 (INFOline)

Website: www.health.gov.on.ca/en/public/publications/child/cleft.aspx

Eligibility: Individuals up to 18 years with cleft lip or palate, craniofacial anomaly or other severe dental dysfunction

Services: Provides financial assistance for dental treatments

Serves: Ontario

Ontario. Ministry of Health and Long Term Care, Special Drugs Program 122

Phone: 1-866-532-3161 (INFOline)

Website: www.health.gov.on.ca/en/public/programs/drugs/programs/sdp.aspx

Eligibility: Ontario residents with valid Ontario Health Insurance

Services: Financial assistance to help cover cost of outpatient drugs used in treatment of specific conditions: cystic fibrosis and thalassemia, HIV positive, end-stage kidney disease, solid organ or bone marrow transplants, children with growth failure, schizophrenia, Gaucher's disease

Serves: Ontario

Hours: 8:30am-5pm

Ontario. Ministry of Training, Colleges and Universities, Student Financial Assistance Branch, Ontario Student Assistance Program 123

Address: 189 Red River Rd, 4th Flr, Box 4500, Thunder Bay P7B 6G9

Phone: 1-877-672-7411 **Fax:** (807) 343-7278

Website: osap.gov.on.ca

Services: Provides needs based assistance to cover cost of postsecondary studies ~ administers provincially and federally funded financial assistance to postsecondary students ~ Canada-Ontario Integrated Student Loans, bursaries, grants and scholarships

To Apply: Application available on osap.gov.on.ca

Hours: Mon-Fri 8:30am-4:30pm

Language: English ~ French

Sunshine Foundation: Dreams For Kids

124

Address: 100-300 Wellington St, London N6B 2L5

Phone: 1-800-461-7935 **Fax:** (519) 642-1201

Email: info@sunshine.ca

Website: www.sunshine.ca

Contact: Nancy Sutherland, Executive Director ~ nancy.sutherland@sunshine.ca

Eligibility: Children and youth 3-18 years with life threatening illnesses, or severe physical disabilities

Services: Grants requests

Hours: Mon-Fri 9am-5pm

Waterloo Region. Social Services Department, Children's Services, Child Care Subsidy

125

Address: Box 1612, Waterloo N2J 4G6

Location: 99 Regina St S, 5th Flr, Waterloo

Phone: 519-883-2200 **Fax:** 519-746-7382

Website: www.regionofwaterloo.ca/socialservices

Contact: Sheri Phillips, Manager, Child Care Subsidy ~ 519-575-4757 ext 5518 ~ sphillips@regionofwaterloo.ca

Eligibility: Parents of children up to 12 years ~ parents must be working or attending school ~ parents of children with special needs

Services: Financial assistance to attend licensed child care, extended day or recreation programs

Serves: Waterloo Region

To Apply: Appointment required: available in Waterloo and Cambridge ~ required documents: federal notice of assessment, address, birth and status verification required ~ waiting list: varies

Hours: Mon-Fri 8:30am-4:30pm

Waterloo Region. Social Services Department, Employment and Income Support, Ontario Works

126

Address: Box 1660, Waterloo N2J 4V6

Location: 99 Regina St S, 4th Floor, Waterloo

Phone: 519-883-2100, 519-883-2010 (caseworkers) **Crisis:** 519-883-2230 (after hours) **Fax:** 519-883-2331

Email: regionalinquiries@regionofwaterloo.ca

Website: www.region.waterloo.on.ca

Eligibility: Individuals and families in financial need

Services: Provides financial assistance for food, clothing, shelter ~ Emergency Assistance for medical, dental, optical needs and other emergency items; burial of indigents; assistance with heat and hydro disconnects ~ Family Support Unit helps sole support parents seek support payments from spouses ~ Learning, Earning and Parenting Program (LEAP) helps parents 16-25 years obtain high school diploma, develop educational and employment goals and improve parenting skills; mandatory for parents 16-17 years in receipt of Ontario Works ~ Counselling Collaborative Program: partnership between Region of Waterloo and seven counselling agencies to provide up to 8 counselling sessions

Serves: Waterloo Region

To Apply: Call to apply or apply online; no walk in applications ~ applicants must provide ID and personal information and may be asked to sign waiver regarding access to personal records ~ personal records might include: rental verification, income expenses, utility bills, rent statements, assets, insurance or bank statements ~ may also require documentation from others in household ~ statement of income form on cheque must be completed and returned in order to receive next cheque ~ appeals: contact caseworker; external appeals are made to Social Benefits Tribunal; contact Waterloo Region Community Legal Services for assistance

Hours: Mon-Fri 8:30am-4:30pm

Waterloo Region. Social Services Department, Social Planning, Policy and Program Administration, Community Outreach Program

127

Phone: 519-883-2290 **Fax:** 519-883-2234

Website: www.region.waterloo.on.ca

Contact: Heather Froome, Administrator, Social Development Programs ~ hfroome@regionofwaterloo.ca

Eligibility: Families with low income with children up to 18 years

Services: Information on and referral to available community services ~ individual support ~ assistance may be available for food, clothing, shelter, transportation, child care, recreation, employment, education or counselling services ~ available at neighbourhood sites throughout Waterloo Region

Serves: Waterloo Region

Section 4:

Health

Specialized mental and physical health programs for people with disabilities, including therapy and counseling services.

A Balanced Approach

128

Address: B11-490 Dutton Dr, Waterloo N2L 6H7
Phone: 519-342-4666 **Fax:** 519-885-3934
Email: info@abawaterloo.com
Website: www.abawaterloo.com
Contact: Kristen Farquharson, Office Manager ~ kristin.farquharson@abawaterloo.com
Eligibility: Children ages birth-10 years with confirmed diagnosis with autism spectrum disorder
Services: Intensive behavioural intervention (IBI) services
Serves: Waterloo Region ~ Wellington County
Hours: Office Mon-Fri, 9am-5pm

Cambridge Memorial Hospital

129

Address: 700 Coronation Blvd, Cambridge N1R 3G2
Phone: 519-621-2330 **Fax:** 519-740-4938
Email: information@cmh.org
Website: www.cmh.org
Services: Acute care hospital ~ Emergency and Ambulatory service ~ Diagnostic Imaging: X-ray, CT scans, MRI ~ Diabetic Education ~ Continuing Care and Rehabilitation ~ Family and Child Health ~ Oncology ~ Surgical Services ~ Fracture clinic ~ Pain Block clinic ~ Sleep Disorders Clinic ~ Spiritual Care
To Apply: Valid health card required
Hours: Service available Mon-Sun 24 hrs
Language: English ~ Translation for non English speaking patients

Cambridge Memorial Hospital, Mental Health Services

130

Address: 700 Coronation Blvd, Cambridge N1R 3G2
Phone: 519-621-2333 ext 3300
Website: www.cmh.org
Eligibility: Individuals requiring acute mental health service
Services: Comprehensive outpatient mental health services delivered by multidisciplinary teams: Adult Team (for individuals 17 years and over); Child and Family Team (for children and youth up to 17 years and their families); Psychosocial Rehabilitation; Psychiatric Emergency Services; Eating Disorders Clinic ~ Schedule 1 Inpatient Unit: 20 bed transition mental health unit
To Apply: By referral from doctor ~ valid health card required
Hours: Office Mon-Fri 9am-5pm

Canadian Mental Health Association, Grand River Branch, Centre for Mental Health

131

Address: 9 Wellington St, Unit 3, Cambridge N1R 3Y4
Phone: 519-740-7782 **Fax:** 519-740-0461
Website: www.cmhagrb.on.ca
Contact: Paula Pedrosa, Resource Centre Administrator ~ pedrosap@cmhagrb.on.ca
Eligibility: Individuals 16 years and over with mental health concerns ~ their families ~ community members
Services: Information, education and referral ~ individual support in areas of housing, education, leisure, health, employment, treatment and all mental health concerns ~ advocacy and help accessing other services ~ outreach ~ Bridging Employment Supports: needs identification, assessment and planning for those experiencing barriers to employment ~ Links To Work: job development, coaching and preparation ~ Mental Health and Justice Services: offers support to adults 18 years and over with significant mental health issues who are in contact with criminal justice system
Serves: City of Cambridge ~ Township of North Dumfries
Hours: Mon-Fri 9am-12pm, 1-5pm

Canadian Mental Health Association, Grand River Branch, Centre for Mental Health

132

Address: 67 King St E, Kitchener N2G 2K4
Phone: 519-744-7645, 1-877-627-2642 **Fax:** 519-744-7066
Email: admin@cmhagrb.on.ca
Website: www.cmhagrb.on.ca
Contact: Carmen Abel, Director ~ abel@cmhagrb.on.ca
Eligibility: Individuals with mental health concerns ~ their families ~ community members
Services: Information and referral ~ community education ~ referrals to support coordination services and other service providers ~ advocacy ~ outreach ~ access to Internet, telephones, fax machines ~ access to Mental Health and Addictions database ~ Mental Health and Justice Services: offers support to adults 18 years and over with significant mental health issues who are in contact with criminal justice system
Hours: Office Mon-Fri 9am-5pm

The Canadian Red Cross Society, Cambridge Branch

133

Address: 17 Cambridge St, Cambridge N1R 3R8

Phone: 519-621-1840 **Fax:** 519-624-5709

Email: cambridge@redcross.ca

Website: www.redcross.ca

Contact: Sharon Carriere, Community Services Assistant

Services: Coordinates funds raised for international relief and development on behalf of victims of natural disasters, political conflict, and socio-economic deterioration ~ Family Links Service locates immediate family members displaced by disasters, and reunites families separated by war/civil strife ~ Fire Recovery Program provides short term assistance to fire victims ~ provides education and training in First Aid and CPR; Babysitter and Peoplesavers courses ~ Health Equipment Loan Program (HELP) loans medical equipment on short term basis

Serves: City of Cambridge ~ Township of North Dumfries

Hours: Mon-Fri 9am-4:30pm

The Canadian Red Cross Society, Kitchener-Waterloo Branch

134

Address: 1418 Weber St E, Kitchener N2A 1C4

Phone: 519-742-2785 **Fax:** 519-742-9413

Website: www.redcross.ca

Contact: Rachele Savoie, Community Services Assistant ~ rachele.savoie@redcross.ca

Services: Coordinates funds raised for international relief and development on behalf of victims of natural disasters, political conflict, and socio-economic deterioration ~ Family Reunification Services locates immediate family members displaced by disasters, and reunites families separated by war/civil strife ~ provides for Registration and Inquiry as part of Waterloo Regional Emergency plan in major and minor disasters ~ Fire Recovery Program provides short term assistance to fire victims ~ Respected: violence and abuse prevention programs ~ provides education and training in First Aid and CPR; Babysitter courses ~ provides information on and promotes safety in and around water ~ Health Equipment Loan Program (HELP) loans medical equipment on short term basis

Serves: City of Kitchener ~ City of Waterloo ~ Township of Wellesley ~ Township of Wilmot ~ Township of Woolwich

To Apply: HELP loans requires referral from health-care specialist

Hours: Mon-Fri 8:30am-4:30pm

Language: English ~ French

Central West Specialized Developmental Services, Dual Diagnosis Service

135

Address: 53 Bond St, Oakville L6K 1L8

Phone: (905) 844-7864 ext 325 **Fax:** (905) 849-0192

Email: infodds@cwsds.ca

Website: www.cwsds.ca

Eligibility: Individuals 18 years and over with developmental disabilities and mental health concerns

Services: Assessment, treatment planning, consultation, on site support and follow up, mentoring, education and training ~ works in partnership with local services

Serves: Waterloo Region ~ Dufferin County ~ Halton Region ~ Peel Region ~ Wellington County

To Apply: By referral ~ contact Waterloo DSAC Service Resolution Coordinator 519-741-1121

Erinoak Kids, Central West Autism Intervention Services

136

Address: 2695 North Sheridan Way, Ste 120, Mississauga L5K 2N6

Phone: 1-877-374-6625, (905) 855-2690 **Fax:** (905) 855-9451

Website: www.erinoakkids.ca

Eligibility: Children with autism

Services: Early intervention ~ Intensive Behavioural Intervention program ~ support services ~ workshops

Serves: Waterloo Region ~ Dufferin County ~ Halton Region ~ Peel Region ~ Wellington County

Hours: Mon-Fri 8:30am-4:30pm

Erinoak Kids, Central West Infant Hearing Program

137

Address: 2695 North Sheridan Way, Ste 120, Mississauga L5K 2N6

Phone: 1-866-764-9606, (905) 855-2690

Website: www.erinoakkids.ca

Eligibility: Children birth-6 years

Services: Hearing screening and audiologic assessments ~ communication development services including American Sign Language and Auditory Verbal Therapy ~ family support ~ service offered locally through KidsAbility at various locations

Serves: Waterloo Region ~ surrounding area

Hours: Mon-Fri 8:30am-4:30pm

Family Counselling Centre of Cambridge and North Dumfries

138

Address: 18 Walnut St, Cambridge N1R 2E7

Phone: 519-621-5090 **Fax:** 519-622-9394

Email: info@fccnd.com

Website: www.fccnd.com

Contact: Bobbye Goldenberg, Executive Director ~ bobbeye@fccnd.com

Eligibility: Individuals with mental health or relationship concerns

Services: Individual, marital and family counselling ~ services available at various locations ~ partnership with Health Connect for referral through doctor's offices ~ partnership with Family and Children's Services of the Waterloo Region to provide counselling to children who have witnessed family violence

Serves: City of Cambridge ~ Township of North Dumfries

Hours: Mon-Thu 9am-9pm, Fri 9am-2pm ~ walk-in Thu 1-9pm

Family Counselling Centre of Cambridge and North Dumfries, Community Support Services of Ayr and North Dumfries **139**

Address: 80 Stanley St, Ayr N0B 1E0

Phone: 519-632-9737 **Fax:** 519-632-9262

Email: info@fccnd.com

Website: www.fccnd.com

Contact: Brenda Clements, Program Coordinator

Services: Youth programs ~ community development ~ individual, couple and family counselling ~ seniors programming ~ special interest groups and events

Serves: Township of North Dumfries

Hours: Mon-Thu 9am-4:30pm, Fri 9am-2pm

Front Door: Access To Child and Youth Services

140

Address: 35 Dickson St, Cambridge N1R 7A6

Phone: 519-749-2932 **Fax:** 519-749-2920

Contact: Lesley Barraball, Manager ~ 519-749-2932 ext 267

Eligibility: Families of children and youth up to 18 years

Services: Intake and assessment services for families seeking mental health services for children and youth ~ Single Point of Access to Residence for Children (SPARC), Residential Planning and Advisory Committee (RPAC) ~ short term counselling and drop in service ~ referrals to community services and kidsLINK and Lutherwood programs

Serves: Waterloo Region

Hours: Mon-Fri 9am-5pm ~ drop in Wed 12-8pm

Front Door: Access To Child and Youth Services

141

Address: 1770 King St E, Ste 1, Kitchener N2G 2P1

Phone: 519-749-2932 **Fax:** 519-749-2920

Contact: Lesley Barraball, Manager ~ 519-749-2932 ext 267

Eligibility: Families of children and youth up to 18 years

Services: Intake and assessment services for families seeking mental health services for children and youth ~ Single Point of Access to Residence for Children (SPARC), Residential Planning and Advisory Committee (RPAC) ~ short term counselling and drop in service ~ referrals to community services and kidsLINK and Lutherwood programs

Serves: Waterloo Region

Hours: Mon-Fri 9am-5pm ~ drop in Wed 12-8pm

Front Door: Access To Child and Youth Services, Mobile Crisis Services

142

Address: 35 Dickson St, Cambridge N1R 7A6

Phone: 519-749-2932

Eligibility: Children and youth up to 18 years with mental health concerns ~ their families

Services: Provides immediate, short term support to families of children experiencing mental health crisis

Serves: Waterloo Region

Hours: Office Mon-Fri 9am-9pm

Access Waterloo Region 2013 - Health

Front Door: Access To Child and Youth Services, Mobile Crisis Services

143

Address: 1770 King St E, Ste 1, Kitchener N2G 2P1

Phone: 519-749-2932

Eligibility: Children and youth up to 18 years with mental health concerns ~ their families

Services: Provides immediate, short term support to families of children experiencing mental health crisis

Serves: Waterloo Region

Hours: Office Mon-Fri 9am-9pm

Grand River Hospital

144

Address: 835 King St W, Box 9056, Kitchener N2G 1G3

Phone: 519-742-3611 (switchboard), 519-749-4300 (automated attendant) **Fax:** 519-749-4311

Email: info@grhosp.on.ca

Website: www.grhosp.on.ca

Contact: Malcolm Maxwell, President/CEO

Services: General hospital located on two sites ~ acute care facility (K-W Health Centre) consisting of emergency services, intensive care, surgical services, medicine, parent and children's program, psychiatric and mental health services, renal services, regional cancer centre and district stroke centre ~ complex continuing care facility (Freeport Health Centre) consisting of chronic care program and rehabilitation and reactivation program ~ thrift shop at Freeport Health Centre

Hours: Mon-Sun 24 hrs ~ visiting hours vary by department

Grand River Hospital, Freeport Site, Communication Technology Clinic

145

Location: 3570 King St E, Kitchener

Phone: 519-749-4300 ext 7278 **Fax:** 519-893-6007

Website: www.grhosp.on.ca

Eligibility: Adults 18 years and over with acquired or congenital conditions which prevent speech or written communication

Services: Multidisciplinary assessment services: system prescription, customization, set-up, support and training ~ prescribes Assistive Devices Program (ADP) authorized communication technology

Serves: Waterloo Region ~ Wellington County

Hours: Mon-Fri 8:30am-4:30pm

Grand River Hospital, Freeport Site, Neuro Rehabilitation Clinic

146

Address: 3570 King St E, Kitchener N2A 2W1

Phone: 519-894-8340 **Fax:** 519-894-8307

Website: www.grhosp.on.ca

Eligibility: Individuals 16 years and over with neurological diagnoses

Services: Outpatient services include therapies to enhance individuals functioning and integration in community ~ multidisciplinary team includes physiotherapist, speech language pathologist, occupational therapist, social work and recreational therapist

Hours: Mon-Fri 8am-4pm

Grand River Hospital, Freeport Site, Prosthetic and Orthotic Clinic

147

Address: 3570 King St E, Kitchener N2A 2W1

Phone: 519-749-4300 ext 7309 **Fax:** 519-894-8307

Website: www.grhosp.on.ca

Eligibility: Outpatients needing new devices or repair of existing devices

Services: Consultation, assessment, treatment and follow up for persons with amputations requiring prostheses or with other disabilities requiring braces ~ clinic is registered with Ontario Ministry of Health Assistive Devices Program ~ workshop for repairs and minor adjustments to appliances

To Apply: By referral from doctor

Hours: Office Mon-Fri 8am-4pm; clinic held Mon

Grand River Hospital, Freeport Site, Pulmonary Rehabilitation Program

148

Location: 3570 King St E, Kitchener

Phone: 519-749-4300 ext 7309 **Fax:** 519-894-8351

Website: www.grhosp.on.ca

Eligibility: Individuals with chronic lung conditions

Services: Inpatient and outpatient care ~ education and individualized exercise programs

To Apply: By referral from doctor

Hours: Office Mon-Fri 7am-3pm

Access Waterloo Region 2013 - Health

- Grand River Hospital, KW Site, Mental Health and Addiction Program** **149**
Address: 835 King St W, Kitchener N2G 1G3
Phone: 519-749-4310
Website: www.grhosp.on.ca
Eligibility: Individuals with significant mental health concerns
Services: Psychiatric Consultation Clinic: assessment and consultation, including psychotropic medication requirements
Serves: Waterloo Region
Hours: Mon-Fri 8:30am-4:30pm
- Grand River Hospital, KW Site, Mental Health and Addiction Program, Adolescent Outpatient Services** **150**
Address: 850 King St W, Kitchener N2G 1E8
Phone: 519-749-4300 ext 4271 **Fax:** 519-749-4217
Website: www.grhosp.on.ca
Eligibility: Youth 13-19 years with significant mental health concerns ~ their families
Services: Assessment, consultation and treatment services ~ individual and family therapy ~ specialized groups ~ services provided in collaboration with schools and community agencies
Serves: Waterloo Region
Hours: Mon-Fri 9am-5pm
- Grand River Hospital, KW Site, Mental Health and Addiction Program, Adult Inpatient Service** **151**
Location: 835 King St W, Kitchener
Phone: 519-749-4300 ext 2313 **Fax:** 519-749-4289
Website: www.grhosp.on.ca
Eligibility: Adults 19 years and over with significant mental health concerns requiring short term hospital treatment
Services: Admission, diagnosis, and therapy by multidisciplinary team coordinated by psychiatrist ~ may include multidisciplinary assessment, marital and family support, education, group or individual therapy or psychotropic medications ~ discharge planning and follow up assistance
Serves: Waterloo Region
Hours: Mon-Sun 24 hours ~ visiting hours: Mon-Fri 3:30-8:30pm, Sat-Sun 1:30-8:30pm
- Grand River Hospital, KW Site, Mental Health and Addiction Program, Adult Outpatient Services** **152**
Address: 850 King St W, Kitchener N2G 1G3
Phone: 519-749-4310 **Fax:** 519-749-4307
Website: www.grhosp.on.ca
Eligibility: Individuals with mental health concerns who do not require hospitalization
Services: Assessment, individual and group counselling, family support
Serves: Waterloo Region
Hours: Mon-Fri 9am-5pm
- Grand River Hospital, KW Site, Mental Health and Addiction Program, Child and Adolescent Inpatient Service** **153**
Address: 835 King St W, Box 9056, Kitchener N2G 1G3
Location: 835 King St W, Kitchener
Phone: 519-749-4300 ext 2144 **Fax:** 519-749-4377
Website: www.grhosp.on.ca
Eligibility: Children and youth up to 18 years with acute mental health issues
Services: Crisis intervention and stabilization ~ clarification of diagnosis ~ short term treatment and discharge planning
Serves: Waterloo Region
Hours: Mon-Sun 24 hours ~ visiting hours: Mon-Fri 6:30-8:30pm

Grand River Hospital, KW Site, Mental Health and Addiction Program, Child and Family Centre 154

Address: Kaufman Bldg, 40 Green St, 6th Flr, Kitchener N2G 4K9

Phone: 519-749-4300 ext 2629 **Fax:** 519-749-4301

Website: www.grhosp.on.ca

Eligibility: Children birth-12 years who are experiencing significant mental health concerns ~ their families

Services: Assessment, consultation and treatment services ~ individual and family therapy ~ specialized groups ~ services provided in collaboration with schools and community agencies

Serves: Waterloo Region

Hours: Mon-Fri 9am-5pm

Grand River Hospital, KW Site, Mental Health and Addiction Program, Community Outreach Treatment Team 155

Address: 850 King St W, Kitchener N2G 1G3

Phone: 519-749-4300 ext 3654 **Fax:** 519-749-4215

Website: www.grhosp.on.ca

Eligibility: Individuals 16 years and over with significant mental health concerns who require assistance with medication

Services: Nursing and psychiatric services

Hours: Office Mon-Fri 8:30am-4:30pm

Grand River Hospital, KW Site, Mental Health and Addiction Program, Hazelglenn Outreach Mental Health Service 156

Address: 850 King St W, Kitchener N2G 1G3

Location: 1-236 Victoria St N, Kitchener

Phone: 519-749-4240 ext 3660 **Fax:** 519-745-1550

Website: www.grhosp.on.ca

Eligibility: Individuals 16 years and over with significant mental health concerns who would otherwise require hospitalization

Services: Short term, quick response, community based alternative to hospitalization ~ treatment in office and in client's home ~ staff consists of registered nurses, occupational therapist, social worker, and psychiatrist ~ acute treatment and community networking

Serves: Waterloo Region

Hours: Mon-Fri 8:30am-12pm, 1-4:30pm ~ urgent support for clients Mon-Sun 24hrs

Grand River Hospital, KW Site, Mental Health and Addiction Program, Preschool Diagnostic and Treatment Services 157

Address: Kaufman Building, 40 Green St, 6th Flr, Kitchener N2G 4K9

Phone: 519-749-4300 ext 2629 **Fax:** 519-749-4301

Website: www.grhosp.on.ca

Eligibility: Children 2 years 6 months-5 years with moderate to severe mental health, behavioural or developmental concerns ~ their families

Services: Multidisciplinary consultation, assessment and treatment, parent support ~ consultation to preschools, schools and community agencies

Serves: Waterloo Region

Hours: Mon-Fri 9am-5pm

Holland Bloorview Kids Rehabilitation Hospital 158

Address: 150 Kilgour Rd, Toronto M4G 1R8

Phone: (416) 425-6220, 1-800-363-2440 **Fax:** (416) 425-6591

Email: info@hollandbloorview.ca

Website: www.hollandbloorview.ca

Eligibility: Children and youth with disabilities birth-18 years

Services: Rehabilitation and continuing care services ~ inpatient and outpatient services ~ educational services provided to long term care patients ~ advocacy ~ research

Serves: Ontario

To Apply: By referral from health care professional

Homewood Health Centre

159

Address: 150 Delhi St, Guelph N1E 6K9

Phone: (519) 824-1010 (admin), (519) 767-3550 (Admitting) **Fax:** (519) 824-8751

Email: admit@homewood.org

Website: www.homewood.org

Eligibility: Adults with mental health or addiction issues

Services: Mental health care facility ~ inpatient assessment and treatment ~ programs include: anorexia and bulimia eating disorders, traumatic stress recovery, integrated mood and anxiety program, addictions (chemical and behavioural), substance abuse and trauma safety program for older adults, dementia of mood disorders, comprehensive psychiatric care, crisis and stabilization, community programs

Serves: Waterloo Region ~ Wellington County

Intensive Family Support Services

160

Address: 1770 King St E, Ste 1, Kitchener N2G 2P1

Phone: 519-749-2932 **Fax:** 519-749-2920

Contact: Patty McColl, Program Manager ~ 519-749-2932 ext 270

Eligibility: Families of children and youth 7-18 years

Services: In home family counselling and support services

Serves: Waterloo Region

To Apply: Contact Front Door 519-749-2932

Interfaith Community Counselling Centre

161

Address: 23B Church St, New Hamburg N3A 1J1

Phone: 519-662-3092 **Fax:** 519-662-4313

Email: info@interfaithcounselling.ca

Website: www.interfaithcounselling.ca

Contact: Lisa Akey, Clinical Director and Executive Director

Services: Confidential counselling to individuals, couples, families dealing with depression, anger, anxiety, relationship difficulties, grief, family violence, trauma, self esteem and effects of chronic health issues ~ support groups ~ partnerships with schools for groups for anger management, self esteem and leadership ~ child therapy, play therapy ~ Compassion Fatigue workshops for adults ~ Adult Anger groups ~ marriage preparation courses

To Apply: Waiting list: 1-2 weeks

Hours: Office Mon-Thu 9am-4pm ~ counselling by appointment

KidsAbility Centre for Child Development

162

Address: 250 Hespeler Rd, Cambridge N1R 3H3

Phone: 519-886-8886 **Fax:** 519-886-7292

Website: www.kidsability.ca

Contact: Linda Kenny, Chief Executive Officer

Eligibility: Children and youth up to 18 years with physical, developmental or communication disabilities

Services: Therapeutic, educational, support services and medical consultation ~ physiotherapy and occupational therapy, speech therapy, social work ~ therapeutic recreation and intensive behavioural intervention for children with autism ~ tours available; call for information ~ Assistive Devices Program (ADP) registered vendor

Serves: Waterloo Region

To Apply: By referral from parents, doctors or other professionals ~ waiting times: vary by program and service

Hours: Mon-Fri 8:30am-5pm ~ summer hours Mon-Fri 8am-4pm

KidsAbility Centre for Child Development

163

Address: The Family Centre, 65 Hanson Ave, Kitchener N2C 2M3

Phone: 519-886-8886, 519-886-7292

Website: www.kidsability.ca

Eligibility: Children and youth up to 18 years with physical, developmental or communication disabilities

Services: Therapeutic, educational, support services and medical consultation ~ physiotherapy and occupational therapy, speech therapy, social work ~ therapeutic recreation and intensive behavioural intervention for children with autism ~ access to gymnasium and community rooms

Serves: Waterloo Region

To Apply: By referral from parents, doctors or other professionals ~ waiting times: vary by program and service

Hours: Mon-Fri 8:30am-5pm

KidsAbility Centre for Child Development

164

Address: 500 Hallmark Dr, Waterloo N2K 3P5
Phone: 1-888-372-2259, 519-886-8886 **Fax:** 519-886-7292
Website: www.kidsability.ca

Eligibility: Children and youth up to 18 years with physical, developmental or communication disabilities
Services: Therapeutic, educational, support services and medical consultation ~ physiotherapy and occupational therapy, speech therapy, social work ~ therapeutic recreation and intensive behavioural intervention for children with autism ~ tours available; call for information ~ Baby Connections: early literacy skill development program for children 6-12 months
Serves: Waterloo Region ~ Wellington County
To Apply: By referral from parents, doctors or other professionals ~ waiting list: varies by program and service
Hours: Mon-Fri 8:30am-5pm ~ summer hours Mon-Fri 8am-4pm

KidsAbility Centre for Child Development, Firefly Therapy Services

165

Address: 500 Hallmark Dr, Waterloo N2K 3P5
Phone: 1-888-372-2259 ext 1052, 519-886-8886 ext 1052
Website: www.kidsability.ca

Contact: Katie Galashan, Firefly Program Manager
Eligibility: Children who have been discharged or not eligible for KidsAbility funded programs
Services: Speech language and occupational therapy ~ assessment, individual and group therapy ~ summer and March Break camps ~ applied behaviour analysis
Hours: Office hours Mon-Fri 8:30am-5pm

KidsAbility Centre for Child Development, Technical Resources

166

Address: 500 Hallmark Dr, Waterloo N2K 3P5
Phone: 519-886-8886, 1-888-372-2259 **Fax:** 519-886-7292
Website: www.kidsability.ca

Eligibility: Children and youth up to 18 years
Services: Alternate and Augmentative Communication Services provides assessment and consultation for children with communication needs ~ Seating and Mobility Services provides assessment, recommendations and prescription of seating and mobility devices
Serves: Waterloo Region ~ Wellington County
To Apply: By referral from occupational therapist or speech-language pathologist
Hours: Mon-Fri 8:30am-5pm ~ summer hours 8am-4pm

kidsLINK

167

Address: Box 190, St Agatha N0B 2L0
Location: 1855 Notre Dame Dr N, St Agatha
Phone: 519-746-5437 **Fax:** 519-746-3055
Email: kidslink@kidslinkcares.com
Website: www.kidslinkcares.com

Eligibility: Children and youth ~ their families
Services: Mental health and early intervention services ~ School Treatment Program: therapeutic classroom setting for children 5-12 years ~ Residential Treatment Services
Serves: Waterloo Region ~ Wellington County
Hours: Mon-Fri 8:30am-4:30pm

KiJingle, Inclusive Music Education and Music Therapy

168

Address: 58 John St W, Waterloo N2L 1B4
Phone: 519-496-1683
Website: www.kijingle.ca
Contact: Kimberly Manning, Owner, Music Therapist, Instructor ~ kim@kijingle.ca

Eligibility: Individuals with special needs
Services: Music classes: piano, guitar, vocal (private and group) ~ music therapy ~ private lessons ~ offered at various locations

KW Counselling Services

169

Address: 480 Charles St E, Kitchener N2G 4K5
Phone: 519-884-0000 **Fax:** 519-884-7000
Email: info@kwcounselling.com
Website: www.kwcounselling.com
Services: Counselling services
Serves: City of Kitchener ~ City of Waterloo ~ Township of North Dumfries ~ Township of Wellesley ~ Township of Wilmot ~ Township of Woolwich
Hours: Mon-Thu 8:30am-8pm, Fri 8:30am-5pm
Language: English ~ Translators and interpreters available

KW Counselling Services, Therapeutic Counselling

170

Address: 480 Charles St E, Kitchener N2G 4K5
Phone: 519-884-0000 **Fax:** 519-884-7000
Email: intake@kwcounselling.com
Website: www.kwcounselling.com
Contact: Joanna Bedggood, Director of Community Counselling and Violence Against Women ~ 519-884-0000 ext 249
Services: Therapeutic counselling services
Serves: Waterloo Region
Hours: Mon-Thu 8:30am-8pm, Fri 8:30am-5pm
Language: English ~ Translators and interpreters available

KW Counselling Services, Walk-In Counselling Clinic

171

Address: 480 Charles St E, Kitchener N2G 4K5
Phone: 519-884-0000 **Fax:** 519-884-7000
Email: intake@kwcounselling.com
Website: www.kwcounselling.com
Contact: Joanna Bedggood, Director of Community Counselling and Violence Against Women ~ 519-884-0000 ext 249
Services: Walk-in counselling services ~ intake for other KW Counselling services ~ Motor Vehicle Accident Counselling for individuals involved in MVAs and their family members
Serves: Waterloo Region
Hours: Thu 12-6pm
Language: English ~ Translators and interpreters available

Lutherwood, Mental Health Services, Betty Thompson Youth Centre, Safe Haven

172

Address: 41 Weber St W, Kitchener N2H 3Z1
Phone: 519-749-1450 **Fax:** 519-749-0519
Email: admin@lutherwood.ca
Website: www.lutherwood.ca
Contact: Kelly Craigmile, Supervisor ~ 519-749-1450 ext 1224 ~ krcraigmile@lutherwood.ca
Eligibility: Youth 12-15 years
Services: Emergency shelter ~ educational support, skill development, respite services, discharge planning
Hours: Mon-Sun 24 hrs

Lutherwood, Mental Health Services, Children's Mental Health Services

173

Address: 285 Benjamin Rd, Waterloo N2J 3Z4
Phone: 519-884-1470 (admin) **Fax:** 519-886-8479
Email: admin@lutherwood.ca
Website: www.lutherwood.ca
Contact: John Colangeli, Chief Executive Officer ~ 519-884-1470 ext 1212
Eligibility: Youth 12-15 years with mental health concerns who are able to function in group setting ~ must not have severe physical disabilities ~ must not be overtly psychotic
Services: Day treatment for 16 youth ~ Residential Treatment Services for 8 youth ~ Open Custody Treatment Program for 10 youth ~ psychological assessment, consultation and therapy services ~ Bridgelands: residential program for youth 12-17 years with significant mental and/or behavioural health issues who require long term residential treatment
Serves: Waterloo Region ~ Wellington County
To Apply: Contact Front Door for Children and Families Access Centre 519-749-2932
Language: English ~ Interpreters available as needed

Access Waterloo Region 2013 - Health

Lutherwood, Mental Health Services, Lutherwood Family Counselling Services **174**

Address: 35 Dickson St, Cambridge N1R 7A6

Phone: 519-622-1670 ext 1200 **Fax:** 519-740-8540

Website: www.lutherwood.ca

Contact: Michele Braniff, Program Manager ~ 519-622-1670 ext 1103 ~ mbraniff@lutherwood.ca

Eligibility: Individuals with mental health concerns

Services: Provides marriage, family and individual counselling ~ parenting and family crisis support ~ educational programs, training program for professionals ~ stress and mood management

To Apply: Waiting list

Hours: Mon-Thu 9am-8pm; Fri 9am-4pm

Mosaic Counselling and Family Services **175**

Address: 400 Queen St S, Kitchener N2G 1W7

Phone: 519-743-6333 **Fax:** 519-743-3496

Email: info@mosaiconline.ca

Website: www.mosaiconline.ca

Contact: Susanne Gillespie, Executive Director

Services: Individual counselling ~ couples and family counselling ~ group counselling ~ counselling for stress, anxiety, grief, loss, depression, relationships, and family violence ~ group programs for children and adults: self esteem, anger management, separation anxiety, emotional and physical abuse, post partum depression, new Canadians ~ Family Mediation Services for separation/divorce issues ~ Outreach for Trauma Survivors: crisis intervention ~ community development and outreach programs

Serves: Waterloo Region

To Apply: Appointment required

Hours: Mon-Thu 8am-9pm, Fri 8am-5pm, Sat 8am-4pm

Language: English ~ some translation services can be arranged

Mosaic Counselling and Family Services, Cambridge Office **176**

Address: 400 Queen St S, Kitchener N2G 1W7

Location: Langs Community Health Centre, 1145 Concession Rd, Cambridge

Phone: 519-743-6333 (admin) **Fax:** 519-743-3496 (admin)

Email: info@mosaiconline.ca

Website: www.mosaiconline.ca

Services: Individual and credit counselling

Hours: By appointment

MusicConnect Music Therapy **177**

Address: 767 Butternut Ave, Waterloo N2V 2M3

Location: The Sound Factory, 619 Wild Ginger Ave, Unit C16, Waterloo

Phone: 519-886-8466

Contact: Linda Gambell, Owner/Music Therapist ~ lgmusicSPACE@rogers.com

Eligibility: Children and adults with learning and developmental difficulties

Services: Music therapy ~ singing, playing instruments, movement to music, improvising, composing, and listening

To Apply: Call for appointment

Hours: Call for information

Ontario. Ministry of Children and Youth Services, CPRI

178

Address: 600 Sanatorium Rd, London N6H 3W7

Phone: (519) 858-2774 **Fax:** (519) 858-3913 (Clinical Records)

Website: www.cpri.ca

Contact: Gillian Kriter, Library Supervisor ~ 519-858-2774 ext 2251 ~ gillian.kriter@ontario.ca

Eligibility: Children and youth up to 18 years with emotional or behavioural disorders

Services: Provides diagnostic services, assessment, consultation, research, education, treatment ~ Attachment Consultation and Education Service (ACES): consultation, assessment, treatment and education with focus on disturbance of attachment, attachment disorders, or traumatic or disruptive life events ~ Autism Spectrum Disorders: assessment, treatment, consultation, education and support for children and youth, their families and caregivers ~ Brake Shop: specialized assessment, treatment, consultation, and community education for children and youth 6-18 years with severe behavioural concerns or intermittent Explosive Disorder, with diagnosed or suspected tic disorder ~ Dual Diagnosis: assessment, consultation, and treatment on community and residential services basis for children and youth 2-18 years with developmental disability and psychiatric or behavioural disorder ~ Emotional Disorders: assessment, treatment and consultation for children and youth 2-18 years with developmental disability and emotional disorder ~ Home Visiting Program for Infants: early intervention program for Middlesex, Oxford, Elgin, Perth and Huron counties for children up to 5 years and their families who are at risk or have developmental or physical disabilities ~ Homeshare: specialized placement program in which children and youth with developmental disabilities, medical fragility, technological dependence or dual diagnosis are placed with families on full time, long term basis in London and surrounding counties ~ Mood Disorders Clinic: consultation, assessment, treatment and education services for children and youth 6-18 years referred by physician and suspected of having early onset mood disorders ~ Residential Services: interdisciplinary residential assessment and treatment based on individualized needs and identified goals of children or youth with complex needs ~ Selective Mutism: children and youth 3-18 years with restrictive speech in one or more settings for at least two months and have demonstrated capacity for speech and IQ over 55 ~ Sexual Behaviours: comprehensive assessment and consultation for children and youth 6-18 years exhibiting concerning sexual behaviours; can include trauma assessment and sexuality education

Serves: Waterloo Region ~ Brant County ~ Bruce County ~ Chatham-Kent Region ~ Elgin County ~ Essex County ~ Grey County ~ Haldimand County ~ City of Hamilton ~ Huron County ~ Lambton County ~ Middlesex County ~ Niagara Region ~ Norfolk County ~ Oxford County ~ Perth County ~ Wellington County

To Apply: Contact Intake Office 519-858-2774 ext 2251 ~ available on website ~ waiting list: varies by program

Hours: Mon-Fri 8:30am-5pm

Language: English ~ Translators available

Red Cross CarePartners

179

Address: 1418 Weber St E, Kitchener N2A 1C4

Phone: 519-746-7600

Website: www.redcrosscarepartners.ca

Eligibility: Individuals needing assistance to live independently

Services: Provides personal support workers and household support workers ~ personal care and home management (meal preparation, light housekeeping, laundry, shopping), ambulation, exercise, caregiver relief

Serves: Waterloo Region ~ Wellington County

Hours: Office Mon-Fri 8:30am-4:30pm ~ service available Mon-Sun 24 hours

Language: English ~ workers speak variety of languages

Saint Elizabeth, Waterloo Region

180

Address: 260 Holiday Inn Dr, Unit 5, Cambridge N3C 4E8

Phone: 519-220-1640, 1-866-220-1640 **Fax:** 519-220-0797

Website: www.saintelizabeth.com

Contact: Wilma Quinones-Nitsch, Regional Director, Waterloo-Wellington

Services: Nursing ~ physiotherapy ~ occupational therapy ~ speech language therapy ~ dietetics and social work

Serves: Waterloo Region ~ Wellington County

Hours: Mon-Fri 8:30am-4:30pm

Language: English ~ French ~ Spanish ~ Portuguese ~ Filipino ~ Hungarian

St Mary's General Hospital **181**

Address: 911 Queen's Blvd, Kitchener N2M 1B2
Phone: 519-744-3311 **Fax:** 519-749-6426
Website: www.smgh.ca
Contact: Don Shilton, President ~ dshilton@smgh.ca
Services: Adult acute care facility specializing in cardiac care, respiratory illness, minimal invasive surgery, eye, nose and throat surgery, and thoracic surgery ~ adult cystic fibrosis clinic ~ day surgery
Serves: Waterloo Region ~ Wellington County
Hours: Service available Mon-Sun 24 hrs ~ visiting hours 1:30-8:30pm, 2 visitors per patient
Language: English ~ Interpreters list on file

St Mary's General Hospital, St Mary's Counselling Service **182**

Address: 600-30 Duke St W, Kitchener N2H 3W5
Location: 887 Langs Dr, Cambridge
Phone: 519-745-2585
Website: www.smgh.ca
Contact: Coba Moolenburgh, Director ~ cmoolenburgh@smgh.ca
Eligibility: Individuals with alcohol, drug or gambling concerns ~ their families
Services: Individual and group behaviour therapy on outpatient basis ~ assessment, treatment planning and referrals to appropriate services ~ information services
Serves: Waterloo Region
To Apply: Appointment required
Hours: Mon-Tue, Fri 9am-5pm; Wed-Thu 12-8pm

Shalom Counselling Services Waterloo **183**

Address: 9 Avondale Ave S, Waterloo N2L 2B5
Phone: 519-886-9690 **Fax:** 519-886-7832
Email: admin@shalomcounselling.org
Website: www.shalomcounselling.org
Contact: Wanda Wagler-Martin, Executive Director
Eligibility: Individuals ~ couples ~ families
Services: Confidential therapeutic counselling
To Apply: By appointment ~ waiting list: 2-3 weeks
Hours: Office Mon-Thu 9am-4pm

University of Waterloo, Department of Psychology, Early Childhood Education Centre **184**

Address: Psychology Department, 200 University Ave W, 1st Floor, Waterloo N2L 3G1
Phone: 519-888-4567 ext 33167 **Fax:** 519-746-8631
Email: ecec@uwaterloo.ca
Website: www.psychology.uwaterloo.ca/ecec
Contact: Valerie Rozon, Director ~ 519-888-4567 ext 33904 ~ vrozon@uwaterloo.ca
Eligibility: Children 2 years 7 months-5 years ~ accepts children with special needs
Services: Child care: nursery school ~ observation and research facility for Psychology Department ~ centre sets own PD days schedule
Serves: Waterloo Region
To Apply: Call for waiting list information
Hours: Office Mon-Fri 8:30am-4:30pm ~ sessions Mon-Fri 9-11:30am, Mon-Thu 1-3:30pm (Sept-June)

University of Waterloo, School of Optometry, Centre for Sight Enhancement **185**

Address: 200 University Ave W, Waterloo N2L 3G1
Location: 200 Columbia St W, Waterloo
Phone: 519-888-4708 **Fax:** 519-746-2337
Website: uwaterloo.ca/sight-enhancement
Contact: Kristin Snell, CSE Administrator ~ 519-888-4567 ext 36282 ~ kdsnell@uwaterloo.ca
Eligibility: Individuals with diminished visual capacity which cannot be improved by medical or surgical means, or by standard eye glasses
Services: Teaching and research unit ~ comprehensive clinical services for partially sighted ~ assessment, prescription, instruction, rehabilitation carried out by multidisciplinary professional team ~ counselling support ~ Assistive Devices Program (ADP) registered vendor
Hours: Mon, Wed, Fri 8:30am-5pm

University of Waterloo, School of Optometry, Optometry Clinic, Paediatric and Special Needs Clinic

186

Address: 200 University Ave W, Waterloo N2L 3G1
Location: 200 Columbia St W, Waterloo
Phone: 519-888-4062 (clinic), 519-888-4567 ext 36321 (appointments) **Fax:** 519-746-4365
Website: www.optometry.uwaterloo.ca/clinic/paediat.html
Contact: Tammy Labreche, Clinic Director ~ 519-888-4567 ext 37742
Eligibility: Children 6 months-8 years ~ individuals with special needs
Services: Provides primary eye care for children who are too young to read traditional letter charts
Serves: City of Kitchener ~ City of Waterloo
To Apply: Appointments by phone only ~ waiting list: special needs clinic 4-6 months ~ documents: history form and doctor reports for special needs services
Hours: Mon-Fri 8:30am-5pm (Evening hours Tue, Thu 8:30am-8pm, Sep-Nov, Jan-Jun)

Waterloo Wellington Community Care Access Centre

187

Address: 141 Weber St S, Waterloo N2J 2A9
Phone: 519-883-5544 (after hours), 1-888-883-3313, 519-748-2222 **Fax:** 519-883-5555
Email: information@ww.ccac-ont.ca
Website: www.ww.ccac-ont.ca, www.310ccac.ca
Contact: Barry Monaghan, Interim Chief Executive Officer
Eligibility: Individuals who are residents of Ontario with valid Ontario Health Insurance Card
Services: Information on health and community based services and referral to community supports and day programs ~ services: assessment for visiting health and support services may include nursing, physiotherapy, occupational therapy, speech language pathology, nutrition counselling, social work, personal support and respite services ~ specialty services: includes palliative care, pediatrics, psychogeriatric services and mental health ~ placement services: assess eligibility for long term care homes and respite services ~ speakers bureau
Serves: Waterloo Region ~ Wellington County ~ Township of Southgate
To Apply: Assessment required ~ waiting list for some services, call for information ~ documents: valid Ontario health card
Hours: Mon-Sun 8:30am-8:30pm
Language: English ~ Translators in other languages available

Waterloo Region. Region of Waterloo Public Health, Child and Family Health

188

Address: 150 Main St, Cambridge N1R 6P9
Phone: 519-883-2245 (Healthy Children Info Line), 519-883-2000
Website: chd.region.waterloo.on.ca
Eligibility: Parents or caregivers of children ~ expectant parents
Services: Healthy Children Info Line: information regarding healthy growth of children birth-6 years ~ Healthy Babies Healthy Children: links parents of infants or young children with community supports, information and referral, education on nutrition, safety and play ~ Child Health Fairs: community based events supporting growth and development of children birth-6 years ~ consultation with public health nurse on parenting and health issues ~ prenatal and postnatal support services ~ screening and assessment ~ information and referral ~ home visiting and service coordination ~ education ~ school curriculum development ~ service provider training ~ support to community groups addressing issues that support health child development (baby and family friendly environments, breastfeeding promotion, violence prevention, accessible service planning)
Serves: Waterloo Region
Hours: Mon-Fri 8:30am-4:30pm

Waterloo Region. Region of Waterloo Public Health, Child and Family Health

189

Address: 99 Regina St S, 3rd Floor, Waterloo N2L 3G1

Phone: 519-883-2245 (Healthy Children Info Line), 519-883-2000

Website: chd.region.waterloo.on.ca

Eligibility: Parents or caregivers of children ~ expectant parents

Services: Healthy Children Info Line: information regarding healthy growth of children birth-6 years ~ Healthy Babies Healthy Children: links parents of infants or young children with community supports, information and referral, education on nutrition, safety and play ~ Child Health Fairs: community based events supporting growth and development of children birth-6 years ~ consultation with public health nurse on parenting and health issues ~ prenatal and postnatal support services ~ screening and assessment ~ information and referral ~ home visiting and service coordination ~ education ~ school curriculum development ~ service provider training ~ support to community groups addressing issues that support health child development (baby and family friendly environments, breastfeeding promotion, violence prevention, accessible service planning)

Serves: Waterloo Region

Hours: Mon-Fri 8:30am-4:30pm

Waterloo Region. Social Services Department, Children's Services, Infant and Child Development Program

190

Address: Box 1612, Waterloo N2J 4G6

Location: 99 Regina St S, 5th Flr, Waterloo

Phone: 519-883-2268 **Fax:** 519-884-7158

Website: www.regionofwaterloo.ca

Contact: Barb Cardow, Manager ~ 519-883-2111 ext 5419 ~ bcardow@regionofwaterloo.ca

Eligibility: Children birth-5 years with developmental delays, or at risk

Services: Developmental monitoring and early intervention services ~ clinics, workshops, home visiting, support groups, play groups

Serves: Waterloo Region

To Apply: Call to make referral

Hours: Mon-Fri 8:30am-4:30pm ~ evening appointments available upon request

Language: English ~ Interpreters available

Woolwich Community Health Centre

191

Address: 10 Parkside Dr, St Jacobs N0B 2N0

Phone: 519-664-3794 **Fax:** 519-664-2182

Website: www.wchc.on.ca

Contact: Denise Squire, Executive Director

Services: Primary health care, health promotion, illness prevention ~ referral to community agencies ~ chiropody services, comprehensive well child health, nutrition counselling and consultation, diabetes education ~ Well Adult Program for seniors: basic foot care ~ individual and family counselling ~ caregiver and grief support groups ~ physiotherapy

Serves: Township of Woolwich ~ Township of Wellesley

To Apply: Appointment required for medical referral

Hours: Mon-Tue, Thu 9am-8pm; Wed, Fri 9am-5pm

Woolwich Community Health Centre, Wellesley Township Community Health Centre

192

Address: 1180 Queens Bush Rd, Wellesley N0B 2T0

Phone: 519-656-9025 **Fax:** 519-656-9027

Email: genmail@wchc.on.ca

Website: www.wchc.on.ca

Services: Primary health care, health promotion, illness prevention, chiropody, physiotherapy ~ referral to community agencies ~ seniors programs on health issues ~ youth programs ~ parenting programs on pre/post-natal health, nutrition, and health issues ~ counselling services ~ farm safety education program ~ nutrition counselling and education ~ hospice program ~ caregiver support: monthly meetings provide support and education ~ healthy lifestyles information sessions ~ Stanford Chronic Disease Self Management Program ~ resource library

Serves: Township of Wellesley ~ Township of Wilmot ~ Perth County

To Apply: Application required for primary health care

Hours: Mon, Wed-Fri 9am-5pm; Tue 9am-8pm

Woolwich Counselling Centre

193

Address: 65 Memorial Ave, Elmira N3B 2R9

Phone: 519-669-8651 **Fax:** 519-669-0980

Email: info@woolwichcounselling.org

Website: www.woolwichcounselling.org

Contact: Mary Wilhelm, Executive Director ~ 519-669-8651 ext 101 ~ mary.wilhelm@woolwichcounselling.org

Eligibility: Individuals with mental health concerns

Services: Confidential counselling service for individuals, couples, and families ~ enrichment and growth groups ~ educational presentations on selected topics ~ counselling also available at Elmira District Secondary School and elementary schools

Serves: Township of Woolwich ~ Township of Wellesley ~ City of Waterloo (North)

To Apply: Call for appointment

Hours: Office Mon-Fri 10am-8:30pm ~ counselling sessions by appointment

Language: English ~ German

Section 5:

Personal Care and In-Home Supports

Personal support services to those who require assistance with the activities of daily living.

Bartimaeus **194**

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

Phone: 519-575-2002

Website: www.bartimaeus.com

Eligibility: Individuals with disabilities

Services: Behavioural, social, emotional, cognitive and psychiatric support ~ rehabilitation services for individuals with acquired brain injury ~ family respite services ~ education and employment services

Community Care Concepts of Woolwich, Wellesley and Wilmot **195**

Address: 929 Arthur St S, Elmira N3B 2Z2

Phone: 1-855-664-1900, 519-664-1900 **Fax:** 519-664-1944

Email: info@communitycareconcepts.ca

Website: communitycareconcepts.ca

Contact: Cathy Harrington, Executive Director ~ cathyh@communitycareconcepts.ca

Eligibility: Seniors ~ individuals with disabilities ~ individuals who are convalescing

Services: Home support assistance

Serves: Township of Wellesley ~ Township of Wilmot ~ Township of Woolwich

Hours: Mon-Fri 8:30am-5pm

Community Care Concepts of Woolwich, Wellesley and Wilmot, Friendly Visiting Program **196**

Address: 929 Arthur St S, Elmira N3B 2Z2

Phone: 1-855-664-1900, 519-664-1900 **Fax:** 519-664-1944

Website: communitycareconcepts.ca

Contact: Heidi Jones

Eligibility: Seniors ~ individuals with disabilities ~ individuals who are convalescing

Services: Trained, screened volunteers provide companionship, in client's home or by telephone ~ in home visits and phone calls

Serves: Township of Wellesley ~ Township of Wilmot ~ Township of Woolwich

Hours: Mon-Fri 8:30am-5pm

Community Care Concepts of Woolwich, Wellesley and Wilmot, Home Maintenance and Repair **197**

Address: 929 Arthur St S, Elmira N3B 2Z2

Phone: 1-855-664-1900, 519-664-1900 **Fax:** 519-664-1944

Website: communitycareconcepts.ca

Contact: Karla Frey ~ karlaf@communitycareconcepts.ca

Eligibility: Seniors ~ individuals with disabilities ~ individuals who are convalescing

Services: Matches eligible clients with screened individuals or businesses that assist with home repairs and maintenance

Serves: Township of Wellesley ~ Township of Wilmot ~ Township of Woolwich

Hours: Mon-Fri 8:30am-5pm

Community Care Concepts of Woolwich, Wellesley and Wilmot, Homemaking Service Program **198**

Address: 929 Arthur St S, Elmira N3B 2Z2

Phone: 1-855-664-1900, 519-664-1900 **Fax:** 519-664-1944

Website: communitycareconcepts.ca

Contact: Karla Frey ~ karlaf@communitycareconcepts.ca

Eligibility: Seniors ~ individuals with disabilities ~ individuals who are convalescing

Services: Matches eligible clients with screened trained individuals who assist with routine household activities such as light housekeeping, shopping and meal preparation, and house cleaning

Serves: Township of Wellesley ~ Township of Wilmot ~ Township of Woolwich

To Apply: Home assessment required

Hours: Mon-Fri 8:30am-5pm

Access Waterloo Region 2013 - Personal Care and In-Home Supports

Community Care Concepts of Woolwich, Wellesley and Wilmot, Meals on Wheels 199

Address: 929 Arthur St S, Elmira N3B 2Z2

Phone: 1-855-664-1900, 519-664-1900 **Fax:** 519-664-1944

Website: communitycareconcepts.ca

Contact: Karla Frey ~ karlaf@communitycareconcepts.ca

Eligibility: Seniors ~ individuals with disabilities ~ individuals who are convalescing

Services: Hot noon day meals delivered by volunteers ~ social contact and safety checks ~ special diets may be accommodated ~ nutritionally balanced and frozen meals available

Serves: Township of Wellesley ~ Township of Wilmot ~ Township of Woolwich

Hours: Mon-Fri 8:30am-5pm

Community Living Cambridge, Community Participation Support/Adult Developmental Services 200

Address: 160 Hespeler Rd, Cambridge N1R 6V7

Location: 162 Hespeler Rd, Cambridge

Phone: 519-623-7490 **Fax:** 519-740-8073

Website: www.communitylivingcambridge.ca

Contact: Dorothy Rosengarten, Manager, Adult Developmental Services ~ drosengarten@clcambridge.ca

Eligibility: Adults 18 years and over with developmental disabilities

Services: Life skills development ~ daytime activities ~ skills development

Serves: City of Cambridge ~ surrounding area

Hours: Mon-Fri 8am-4pm

Community Support Connections - Meals on Wheels and More 201

Address: 420 Weber St N, Waterloo N2L 4E7

Phone: 519-772-8787 **Fax:** 519-742-5523

Website: www.communitysupportconnections.org

Contact: Dale Howatt, Executive Director ~ daleh@communitysupportconnections.org

Eligibility: Seniors ~ adults with special needs

Services: Home support services ~ Care Coordination: needs assessment and care management ~ caregiver relief ~ support and practical assistance in crisis situations; planning, service coordination ~ Community Dining: provides meal, social activities; transportation provided; reservation required ~ Telephone Reassurance: trained, screened volunteers provide companionship to reduce isolation and provide safety check, in client's home or by telephone ~ Home Maintenance: assistance with outdoor and home maintenance, including snow removal ~ Homemaking: cleaning and light housekeeping services ~ Meals on Wheels: hot noon day meals delivered by volunteers: social contact and safety checks; special diets may be accommodated; frozen meals available ~ list and escorted shopping ~ Transportation Program: provides door to door rides to medical and therapeutic appointments or tasks of daily living ~ Volunteer Program ~ Wellness Active Living Club: gentle exercise programs ~ Fabfit: in home gentle exercise program

Serves: City of Kitchener ~ City of Waterloo

Hours: Office Mon-Fri 8:30am-4:30pm

Community Support Connections - Meals on Wheels and More, Cambridge Site 202

Address: 887 Langs Dr, Cambridge N3H 5K4

Phone: 519-772-8787 **Fax:** 519-740-7702

Email: info@communitysupportconnections.org

Website: www.communitysupportconnections.org

Contact: Dale Howatt, Executive Director ~ daleh@communitysupportconnections.org

Eligibility: Seniors ~ adults with disabilities

Services: Home support services ~ Meals on Wheels: hot noon day meals delivered by volunteers; social contact and safety checks; special diets may be accommodated; frozen meals available ~ Homemaking: cleaning and light housekeeping services ~ Home Maintenance and Repairs Program: assistance with outdoor and home maintenance activities ~ reassurance and security checks ~ Care Coordination: needs assessment and care management ~ Community Dining: provides meal, social activities; transportation provided; reservation required ~ snow removal service ~ Volunteer Program ~ Wellness Active Living Club: gentle exercise program ~ Fabfit: in-home gentle exercise program ~ caregiver support

Serves: City of Cambridge ~ Township of North Dumfries

Hours: Office Mon-Fri 8:30am-4pm

Extend-A-Family Waterloo Region, Special Services at Home 203

Address: 91 Moore Ave, Kitchener N2H 3S4

Phone: 519-741-0190 **Fax:** 519-741-0392

Website: www.eafwr.on.ca

Contact: Denise Dietrich-LeLievre, Intake Coordinator ~ 519-741-0190 ext 228 ~ denisedl@eafwr.on.ca

Eligibility: Individuals up to 18 years with developmental or physical disabilities

Services: Coordinates individual support services ~ EAFWR coordinators match families with EAFWR workers ~ provides reimbursement for families who want to hire independently (private respite, support, camps, structured recreational activities, etc) ~ Community Helpers for Active Participation (CHAP) Program: families can access independent workers

Serves: Waterloo Region

Hours: Mon-Fri 9am-4:30pm

Independent Living Centre of Waterloo Region 204

Address: 127 Victoria St S, Ste 201, Kitchener N2G 2B4

Phone: 519-571-6788 **Fax:** 519-571-6388

Email: info@ilcwr.org

Website: www.ilcwr.org

Contact: Paula Saunders, Director of Access and Awareness ~ paula@ilcwr.org

Services: Provides supports to individuals with disabilities

Serves: Waterloo Region

Hours: Mon-Fri 9am-4:30pm

Independent Living Centre of Waterloo Region, Attendant Services, Direct Funding Program 205

Address: 127 Victoria St S, Ste 201, Kitchener N2G 2B4

Phone: 519-571-6788 **Fax:** 519-571-6388

Website: www.ilcwr.org

Eligibility: Individuals 16 years and over with physical disabilities ~ must have valid Ontario health card

Services: Provides funding for individuals to manage their own attendant care while living at home

Serves: Waterloo Region

To Apply: Application and assessment required

Hours: Office Mon-Fri 9am-4:30pm

Independent Living Centre of Waterloo Region, Attendant Services, Outreach Program 206

Address: 127 Victoria St S, Ste 201, Kitchener N2G 2B4

Phone: 519-571-6788 **Fax:** 519-571-6388

Email: info@ilcwr.org

Website: www.ilcwr.org

Contact: Lise Hancock ~ lise@ilcwr.org

Eligibility: Individuals 16 years and over with physical disabilities ~ must have Ontario health card

Services: Attendants provide assistance with activities of daily living; personal care, light housekeeping, meal preparation, grocery shopping, paying bills

Serves: Waterloo Region

To Apply: Application required

Hours: Office Mon-Fri 9am-4:30pm ~ service available Mon-Sun 6am-12am

Language: English ~ French ~ German ~ Portuguese ~ Spanish

Independent Living Centre of Waterloo Region, Attendant Services, University of Waterloo Attendant Service Project 207

Address: 127 Victoria St S, Ste 201, Kitchener N2A 4B2

Location: University of Waterloo, Village 1, Waterloo

Phone: 519-745-5949 **Fax:** 519-745-0492

Website: www.ilcwr.org

Contact: Allan Russell ~ allan@ilcwr.org

Eligibility: Students with physical disabilities attending University of Waterloo, Wilfrid Laurier University or Conestoga College

Services: Attendants provide assistance with activities of daily living

To Apply: Application required

Hours: Office Mon-Fri 9am-4:30pm

National Service Dogs

208

Address: Box 28009 Preston PO, Cambridge N3H 5N4

Location: 1286 Cedar Creek Rd, Cambridge

Phone: 519-623-4188 **Fax:** 519-623-9997

Email: info@nsd.on.ca

Website: nsd.on.ca

Contact: Danielle Forbes, Executive Director ~ 519-623-4188 ext 12 ~ dani@nsd.on.ca

Eligibility: Children 2-10 years with autism

Services: Provides service dogs

To Apply: Visit website

Hours: Mon-Fri 8am-5pm

Waterloo. Community, Culture, and Recreation Services, Home Support Services

209

Address: Waterloo Adult Recreation Centre, 185 King St S, Waterloo N2J 1P7

Phone: 519-579-6930 **Fax:** 519-579-4560

Website: www.waterloo.ca

Contact: Brenda Isley, Supervisor

Eligibility: Seniors 65 years and over ~ individuals with physical disabilities

Services: Home support services ~ resource and information centre on services available to seniors in Waterloo ~ confidential counselling to individuals, families, or groups at Centre or in home ~ advocacy

Serves: City of Waterloo

Hours: Mon-Fri 8:30am-4:30pm

Language: English ~ translation available in other languages

Section 6:

Recreation

Year-round recreation, leisure and social activities within the community that are inclusive and/or specialized for individuals with disabilities.

A NOTE ABOUT RECREATION

Space limitations and the changing activities do not permit the listing of all recreation and leisure information within this booklet. Seasonal activities (specific to autumn, winter, spring or summer) can be found by contacting the cities, townships, newspapers and agencies. Readers are also encouraged to consult the following:

1. Access Waterloo Region website at www.accesswaterlooregion.ca

The *Access Waterloo Region* website is the first step in creating a unique resource specific to this area for those living, working or supporting someone with a disability. It offers an easy way to search for options and make decisions about programs that may meet needs and interests. You will find an electronic version of this booklet along with many other resources for people with disabilities. The online Events Calendar and Links section are updated regularly.

2. Summer Camps and Recreation Programs at <http://kitchener.ca/en/livinginkitchener/Camps.asp>

This resource contains a listing of day camps, specialty camps and residential camps for children and youth in the Region of Waterloo including the cities of Cambridge, Kitchener, Waterloo and some farther afield. Printed copies of this booklet are also available at Kitchener City Hall and public libraries.

3. Inclusion Coordinators for the cities of Cambridge, Kitchener and Waterloo

These individuals are knowledgeable about recreation and leisure opportunities for individuals with disabilities available throughout the region, including the townships. They can also help with questions related to recreation such as funding, equipment and staffing.

Cities of Kitchener and Waterloo
Phone: 519-741-2225
TTY: 1-866-969-9994

City of Cambridge
Phone: 519-740-4681 ext. 4689
TTY: 519-623-6691

4. Seasonal Recreation Activity

Information is available from the Region's cities and townships:

www.cambridge.ca – search for keywords **Activity Guide**
www.kitchener.ca – search for keywords **Accessibility and Inclusion**
www.waterloo.ca – search for keywords **Programs and Activities Guide**
www.woolwich.ca – click on **Township Services**, then **Recreation**

Access Waterloo Region 2013 - Recreation

Belwood Lodge and Camp

210

Address: 322 Third St, RR 1, Belwood N0B 1J0

Phone: 519-843-1211 **Fax:** 519-843-8398

Email: info@belwoodlodgeandcamp.com

Website: www.belwoodlodgeandcamp.com

Contact: James Lortie, Director ~ director@belwoodlodgeandcamp.ca

Eligibility: Children 7 years and over with developmental disabilities

Services: Residential camp ~ supervised indoor and outdoor activities: swimming, boating, archery, sports, hiking, crafts, adaptive bikes, day trips, mini-golf ~ 4:1 ratio for adults, 3:1 ratio for children ~ one, two and three week sessions available

To Apply: Application package available on website or mail

Hours: Summer camps held Jun-Sept: 2 week sessions

The BLADES Special Hockey

211

Location: Cambridge Sports Park, 1001 Franklin Blvd, Cambridge

Email: theblades2012@gmail.com

Website: www.thebladeshockey.com

Contact: Wendy Wassink ~ (H) 519-621-3508

Eligibility: Individuals 6 years and over with disabilities

Hours: Sat 2:15pm

Cambridge Committee for Physically Disabled Adults (Cambridge Capables)

212

Address: c/o John Andrews, 55 Norfolk Ave, Cambridge N1R 3T7

Location: Lions Community Hall, 50 Ainslie St N, Cambridge

Contact: John Andrews, Secretary ~ (H) 519-621-9835 ~ jandrews9835@rogers.com

Eligibility: Adults 19 years and over with physical disabilities

Services: Social and recreational activities ~ monthly social evening for friendship and entertainment ~ transportation arranged for all programs where needed through MobilityPlus ~ social and recreational program in summer

Serves: City of Cambridge

Cambridge. Cambridge Libraries and Galleries, Cambridge Galleries

213

Address: 1 North Sq, Cambridge N1S 2K6

Phone: 519-621-0460 **Fax:** 519-621-2080

Website: www.cambridgegalleries.ca

Contact: Mary Misner, Director ~ 519-621-0460 ext 129 ~ mmisner@cambridgegalleries.ca

Services: Regional, national and international exhibitions ~ permanent collection of contemporary Canadian fibre art works ~ art classes, lectures, concerts, group talks, bus trips, studio programs for all ages ~ art exhibition spaces at Queen's Square and Preston Libraries, and Design at Riverside (University of Waterloo School of Architecture) ~ Cineseries: art and international films shown in partnership with Toronto International Film Festival ~ Arts and Soul Workshop: free art workshop for individuals 15 years and over held 1st Wed of month, with focus on mental health

Serves: City of Cambridge ~ surrounding area

Hours: Mon-Thu 9:30am-8:30pm, Fri-Sat 9:30am-5:30pm, Sun 1-5pm ~ summer hours Mon-Thu 9:30am-8:30pm, Fri-Sat 9:30am-5:30pm (Summer hours June-Aug)

Cambridge. Cambridge Libraries and Galleries, Cambridge Galleries, Art Ventures

214

Address: 1 North Sq, Cambridge N1S 2K6

Location: Clemens Mill Library, 50 Saginaw Pky, Cambridge

Phone: 519-621-0460 **Fax:** 519-621-2080

Website: www.cambridgegalleries.ca

Contact: Daphni Gilad, Instructor

Eligibility: Children 8-12 years ~ accepts children with special needs

Services: Art classes offered in partnership with KidsAbility

Serves: Waterloo Region

Hours: 6 week sessions (Jan-Mar, Apr-May, Sep-Nov)

Cambridge. Community Services Department, Inclusion Services

215

Address: 50 Dickson St, Box 669, Cambridge N1R 5W8
Location: 50 Dickson St, Cambridge
Phone: 519-740-4681 ext 4689 **Fax:** 519-740-6566
Website: www.cambridge.ca
Contact: Andrea Riley, Coordinator of Corporate Accessibility Planning and Inclusion Services
Services: Provides individual volunteer or staff support to individuals with disabilities ~ Leisure Buddy program: provides individual support to children, youth and adults 3-21 years with special needs ~ Kids In Camp program provides individual support to summer playground participants ~ adaptive equipment rentals ~ PAL Cards allow personal attendants to accompany individuals with disabilities to City of Cambridge facilities, without paying additional program or admission fees ~ SunBlast Playground Program ~ accessible playground at Churchill Park
Serves: City of Cambridge
Hours: Mon-Fri 8:30am-4:30pm
Language: English ~ Translators available

Carousel Dance Centre

216

Address: D7-550 Parkside Dr, Waterloo N2L 5V4
Phone: 519-746-8877 **Fax:** 519-884-8009
Email: admin@carouseldancecentre.ca
Website: www.carouseldancecentre.ca
Contact: Heidi Churchill, Director
Eligibility: Individuals 3 years and over
Services: Dance school ~ modern, creative, ballet, jazz, character and choreography ~ Royal Academy of Dance (RAD) examinations ~ Junior and adult programs ~ program for children with disabilities ~ noncompetitive performances
To Apply: Preregistration required

Central Ontario Developmental Riding Program

217

Address: 584 Pioneer Tower Rd, Kitchener N2P 2H9
Phone: 519-653-4686 **Fax:** 519-653-5565
Email: info@pridestables.com
Website: www.pridestables.com
Contact: Heather MacKneson, Executive Director ~ info@pridestables.com
Eligibility: Individuals with disabilities 4 years and over
Services: Instruction in therapeutic horseback riding and horsemanship skills ~ participants arrange own transportation ~ Camp Pride summer day program teaches basic horsemanship to any child 6-12 years
Serves: Waterloo Region
To Apply: Medical approval and insurance forms required

Clay Days Pottery Studio

218

Address: 49 Chapel St, Kitchener N2H 2S9
Phone: 519-578-7306
Contact: Rachel Tanner
Eligibility: Individuals 5 years and over
Services: Pottery studio ~ classes integrated for children with special needs

Conestoga Sailing Club

219

Address: 256 King St N, Box 38077, Waterloo N2J 4T9
Phone: 519-638-5241 (club)
Email: information@kwsailing.org
Website: www.kwsailing.org
Services: Teaches and promotes sailing skills; lessons for adults and children ~ Able Sail: program for individuals with physical disabilities ~ racing clinics, biweekly races, social events ~ recreational sailing ~ training at Conestoga Lake
Hours: Club May-Sep ~ school Jul-Aug

K-W Sidewinders Sledge Hockey Club **220**

Address: 871 Victoria St N, Ste 326, Kitchener N2B 3S4
Email: kwsidewinders@gmail.com
Website: www.kwsidewinders.com
Contact: Brian Steele, President ~ (H) 519-274-2584 ~ steeleb@cyg.net
Services: Recreational and competitive sledge hockey
Serves: Waterloo Region
Hours: Oct-Mar ~ summer evenings Jun-Aug

K-W Synchronized Swim Club **221**

Address: 525 Highland St W, Ste 411, Kitchener N2M 5P4
Fax: 519-744-7621
Email: kwsynchro@gmail.com
Website: www.kwsynchro.on.ca
Contact: Catrine Klein, Club President ~ (H) 519-635-4455
Eligibility: Individuals 6 years and over
Services: Recreational, competitive and pre-competitive synchronized swimming club ~ offers instruction; lessons at recreational level ~ swim and train at various pools ~ summer day programs ~ Athletes with a Disability: teaches basic and synchronized swimming skills for children 8 years and over with developmental or physical disabilities; 11 week program offered twice yearly ~ Adult Rec program runs Sept to May ~ Water Show every Dec and May
Hours: Sep-Jun ~ registration begins summer

Kitchener. Community Services Department, Aquatics and Athletics, Adapted Aquatics Program **222**

Address: Box 1118, Kitchener N2G 4G7
Location: Forest Heights Pool, 253 Fischer-Hallman Rd, Kitchener
Phone: 519-741-2493 (Forest Heights Pool) **Fax:** 519-741-2724
Website: www.kitchener.ca
Contact: Denise Keelan, Manager ~ 519-741-2200 ext 5122
Eligibility: Children 5-16 years with physical, developmental or behavioural disabilities
Services: Specialized swimming instruction ~ individual assistance with trained volunteer
Serves: Waterloo Region
To Apply: Registration required
Hours: Thu 6-8pm ~ 9 week sessions (Sept-June)

Kitchener. Community Services Department, Inclusion Services **223**

Address: 200 King St W, Box 1118, Kitchener N2G 4G7
Location: 200 King St W, 7th Flr, Kitchener
Phone: 519-741-2225 **Fax:** 519-741-2723
Email: info@kitchener.ca
Website: www.kitchener.ca
Contact: Johanna Ellis ~ johanna.ellis@kitchener.ca
Services: Provides leisure opportunities, specialty programs, education, community grants ~ provides individual volunteer or staff support to individuals with disabilities ~ PAL Cards allow personal attendants to accompany individuals with disabilities to facilities without paying additional program or admission fees ~ provides Leisure Access Cards to participate in municipal recreational programs for reduced fee: available to City of Kitchener residents with low income ~ equipment available: sledges and skates, accessible jogger, audiballs, all-terrain wheelchairs ~ Boccia program and golf lessons for individuals with special needs
Serves: City of Kitchener ~ City of Waterloo
Hours: Mon-Fri 8:30am-5pm
Language: English ~ Translators available

Leisure Possibilities **224**

Address: c/o Bruce Mutton, 394 Veronica Dr, Kitchener N2A 4E8
Contact: Bruce Mutton ~ mutton@rogers.com ~ (H) 519-894-1687
Eligibility: Individuals with disabilities
Services: Develops recreational and leisure programs
Serves: Waterloo Region ~ surrounding area

Access Waterloo Region 2013 - Recreation

Ontario Special Olympics, Kitchener Waterloo 225

Address: Box 40107 Waterloo Square, Waterloo N2J 4V1

Phone: 519-578-3113

Email: kw@specialolympicsontario.ca

Website: kw.specialolympicsontario.ca

Eligibility: Individuals with developmental disabilities

Services: Athletics program ~ opportunity for competition at regional and national levels ~ swimming, bowling, floor hockey, track and field, figure skating, powerlifting, softball, basketball, soccer, curling, rhythmic gymnastics, snowshoeing, boccia, golf, martial gym

Serves: City of Kitchener ~ City of Waterloo

To Apply: Register online

Ontario Special Olympics, New Hamburg 226

Address: c/o Jean Schaaf, 255 Waterloo St, New Hamburg N3A 1S5

Website: www.specialolympicsontario.com

Contact: Jean Schaaf ~ (H) 519-662-3693 ~ secretaryexpress@rogers.com

Eligibility: Individuals with developmental disabilities

Services: Fitness program ~ opportunity for competition at regional, provincial and national levels ~ swimming, bowling, softball, curling

Ontario Special Olympics, Ontario Special Olympics Cambridge 227

Address: c/o Sandra Goodwin, 160 Hespeler Rd, Cambridge N1R 6V7

Email: cambridge.coordinator@specialolympicsontario.ca

Website: www.specialolympicsontario.com

Contact: Sandra Goodwin ~ (H) 519-623-7704

Eligibility: Individuals with developmental disabilities

Services: Sports and recreation programs ~ opportunity for competition at regional, provincial and national levels ~ swimming, bowling, floor hockey, softball, darts, figure skating, basketball ~ volunteer and coaching opportunities

Serves: City of Cambridge

Ontario Special Olympics, Woolwich 228

Address: c/o Mary Jordan, 117 Arthur St S, Elmira N3B 2N8

Email: woolwich.coordinator@specialolympicsontario.ca

Website: www.specialolympicsontario.com

Contact: Mary Jordan ~ (H) 519-669-1875

Eligibility: Individuals with mental disabilities

Services: Swimming program ~ opportunity for competition at regional, provincial and national levels ~ sports include baseball, 5 pin bowling, floor hockey, figure skating

Sports for Special Athletes 229

Address: Box 3040 Stn C, Kitchener N2G 4R5

Phone: 519-584-2418

Email: s4sa@sympatico.ca

Website: www.sportsforspecialathletes.org

Contact: Elizabeth Costello, President ~ 519-725-2536 ~ liz.costello@rogers.com

Eligibility: Individuals with disabilities

Services: Sport training and recreation programs ~ integrated and non-integrated programs ~ sports include: 5 and 10 pin bowling, powerlifting, swimming, speed skating, softball, blastball, soccer, mini-golf, lawn bowling, shuffleboard, curling, basketball, floor hockey

Serves: Waterloo Region

Sunbeam Residential Development Centre, Sunbeam Early Years Drop-In Centre 230

Address: 68 Biehn Dr, Kitchener N2R 1M3

Phone: 519-744-9223

Contact: Bev Palumbo, Coordinator

Eligibility: Children birth-6 years

Services: Early Years centre ~ parent resource centre ~ parent and child program

Serves: Waterloo Region

To Apply: Contact the coordinator

Hours: Mon 12:30-4:30pm; Tue, Thu 9:15-11:15am, 12:30-2:30pm ~ summer hours Tue, Thu 9-11:30am (Jul-Aug)

Access Waterloo Region 2013 - Recreation

Sunrise Therapeutic Riding and Learning Centre 231

Address: 6920 Concession 1 Rd, RR 2, Puslinch N0B 2J0
Phone: (519) 837-0558 **Fax:** (519) 837-1233
Email: info@sunrise-therapeutic.ca
Website: www.sunrise-therapeutic.ca
Contact: Lynne O'Brien, Operations and Volunteer Manager ~ (519) 837-0558 ext 31 ~ lynne@sunrise-therapeutic.ca
Eligibility: Individuals 7 years and over ~ individuals with disabilities 2 years 6 months and over
Services: Provides regular and therapeutic riding lessons ~ integrated lessons for independent riders 8 years and over ~ integrated summer day camps
Serves: City of Kitchener ~ City of Cambridge ~ surrounding area
Hours: Office Mon-Fri 8am-4:30pm

SWAD 232

Address: c/o Anne Marie Hagey, 28 Old Chicopee Dr, Kitchener N2A 2V8
Contact: Anne Marie Hagey, President ~ hageya187@rogers.com
Eligibility: Wheelchair users 5-21 years
Services: Recreational activities including wheelchair basketball, baseball, tennis, bowling and karate ~ TC Speedy Spinners: integrated wheelchair basketball

TopSpin Table Tennis Club 233

Address: c/o Attila R Mosonyi, 521 Havendale Pl, Waterloo N2T 2T3
Location: Blessed Sacrament School, 367 The Country Way, Kitchener
Website: www.topspin-ttclub.net
Contact: Attila R Mosonyi, President and Head Coach ~ (H) 519-747-2919 ~ attila.mosonyi@gmail.com
Services: Recreational and competitive table tennis ~ individuals with disabilities welcome ~ junior training program
Serves: Waterloo Region
Hours: Mon 8:30-11pm; Tue, Fri 7-10pm (Sept-June)

Twin City Spinners Wheelchair Sports 234

Address: c/o Bruce Russell, 520 Mortimer Dr, Cambridge N3H 5M5
Contact: Bruce Russell ~ (H) 519-650-3903 ~ brucer@sentex.net
Eligibility: Adult manual wheelchair users
Services: Promotes recreational and competitive sports for wheelchair athletes; basketball, track and field, volleyball, etc

Waterloo Region Nordic Sports Club 235

Address: Box 40031, Waterloo N2J 4V1
Location: Bechtel Park, 185 Bridge St W, Waterloo
Phone: 519-880-1719 (club hotline)
Email: info@wrnsc.ca
Website: www.wrnsc.org
Contact: Kevin Shields, Para-Nordic Program ~ paranordicprogram@wrnsc.org
Services: Cross country skiing ~ recreational and competitive skiing ~ groomed trails at Bechtel Park ~ Para-Nordic Program: all ages recreational and competitive skiing for person with physical disabilities
Serves: Waterloo Region
To Apply: Online registration
Hours: Racing Oct-Mar ~ skiing Jan-Mar ~ registration begins Oct

Waterloo. Community, Culture, and Recreation Services 236

Address: Waterloo City Centre, 100 Regina St S, Waterloo N2J 4A8
Phone: 519-747-8733 **Fax:** 519-747-8754
Website: www.waterloo.ca
Contact: Lori Ludwig, Community and Neighbourhood Services ~ 519-886-1177 ext 244
Services: Provides recreational and leisure facilities and services ~ swimming instruction for all ages ~ playgrounds, drop in centres, special interest classes for youth and adults ~ staff assistance available for community groups to help develop recreational and leisure services ~ helps organize neighbourhood associations ~ helps organize and develop recreational and leisure activities for people with disabilities ~ meeting room rental for nonprofit groups ~ volunteer opportunities ~ PAL cards
Serves: City of Waterloo
Hours: Mon-Fri 8:30am-4:30pm

Access Waterloo Region 2013 - Recreation

Waterloo. Community, Culture, and Recreation Services, Waterloo Memorial Recreation Complex, Adapted Aquatics **237**

Address: c/o Waterloo Swimplex, 101 Father David Bauer Dr, Waterloo N2J 4A8

Phone: 519-886-3844 **Fax:** 519-886-1106

Website: www.waterloo.ca

Eligibility: Individuals 5 years and over with disabilities

Services: Specialized swimming instruction ~ individual assistance with trained volunteer and Red Cross trained swim instructors ~ Adaptive Aquatics for Kids: for children 5-12 years; class size limited to 4 participants ~ Adapted Aquatics for Teens: for youth 12-18 years; class size limited to 6 participants

Serves: City of Waterloo

Woolwich Sledge Hockey **238**

Address: c/o Keith Metzger, 35 Second St, Elmira N3B 1H3

Location: Woolwich Memorial Centre, 26 Snyder Ave S, Elmira

Website: www.woolwichsledgehockey.ca

Contact: Keith Metzger, Coach ~ (H) 519-669-5289 ~ kmetzger@teksavvy.com

Eligibility: Individuals with physical disabilities

Services: Recreational sledge hockey

Serves: Waterloo Region ~ Wellington County ~ surrounding area

Hours: Sat 5pm (Oct-Mar)

Young Men's Christian Association of Cambridge, Chaplin Family YMCA, Adapted Aquatics **239**

Address: 250 Hespeler Rd, Cambridge N1R 3H3

Phone: 519-621-3250 **Fax:** 519-621-6580

Website: www.chaplinfamilyy.ca

Contact: Carolynn Thompson, Aquatic Program Supervisor ~ 519-623-9622 ext 230 ~ cthompson@ckwymca.ca

Eligibility: Children 4-12 years with disabilities and their parents

Services: Specialized swimming instruction ~ individual assistance with trained volunteer ~ parent participation is mandatory ~ 12 week program

To Apply: Registration required

Hours: Tue 4:30-5:30pm (Jan-Mar, Mar-May, Sept-Nov)

Young Men's Christian Association of Cambridge, Chaplin Family YMCA, Just Hanging Out **240**

Address: The Z Beside The Y, 258 Hespeler Rd, Cambridge N1R 3H3

Phone: 519-623-9622 ext 306

Email: ymcamcambridge@ymca.ca

Website: www.zbesidethey.ca/en/ZJHO.asp

Eligibility: Youth 13-19 years with disabilities

Services: Drop-in ~ social and recreational activities ~ meals provided

Serves: Waterloo Region

Hours: Mon 5-8pm ~ 9 week sessions

Young Men's Christian Association of Cambridge, Chaplin Family YMCA, Weights and More **241**

Address: 250 Hespeler Rd, Cambridge N1R 3H3

Phone: 519-623-9622 ext 252 **Fax:** 519-621-6580

Website: www.chaplinfamilyy.ca

Eligibility: Individuals 13 years and over with physical disabilities

Services: Weight lifting and workout program ~ personalized fitness

Serves: Waterloo Region

Hours: Tue 5:15-6pm ~ 8 week sessions (Jan-Feb, Mar-May, Sep-Nov)

Section 7:

Respite and Residential Programs

Respite Services provide temporary relief to families and individuals from the physical and emotional demands involved in caring for a family member who has a disability.

A variety of community based residential services exist for people who have disabilities and need alternate supported living arrangements.

Christian Horizons, West District

242

Address: 4275 King St E, Ste 101, Kitchener N2P 2E9

Phone: 519-650-3241, 519-650-0966 (corporate office) **Fax:** 519-650-0206

Email: info@christian-horizons.org

Website: www.christian-horizons.org

Contact: Patty Vlaar, Executive Director ~ 519-650-3241 ext 502 ~ pvlaarphilbrick@christian-horizons.org

Eligibility: Individuals with developmental disabilities

Services: Establishes specialized facilities and programs, such as residences, life skills training, camps and day programs, to encourage full potential of people with developmental disabilities ~ residences for adults accommodating up to 6 people ~ Waterloo Supported Independent Living (SIL): supporting adults with developmental disabilities who are capable of living with minimal supports in their own or shared apartments ~ speakers available ~ Conference Centre available for groups ~ Supported Vacations: vacation and camping

Serves: Waterloo Region

To Apply: For residential, SIL or day program supports, contact Developmental Services Resource Centre Waterloo Region 519-741-1121

Hours: Mon-Fri 8:30am-4:30pm

Community Living Cambridge

243

Address: 160 Hespeler Rd, Cambridge N1R 6V7

Phone: 519-623-7490 **Fax:** 519-740-8073

Email: info@clcambridge.ca

Website: www.communitylivingcambridge.ca

Contact: Denise Gruber, Executive Director ~ dgruber@clcambridge.ca

Services: Provides services and supports to individuals with developmental disabilities and their families

Serves: City of Cambridge ~ surrounding area

Hours: Office Mon-Fri 8:30am-4:30pm

Community Living Cambridge, Residential Services

244

Address: 160 Hespeler Rd, Cambridge N1R 6V7

Phone: 519-623-7490 **Fax:** 519-740-8073

Website: www.communitylivingcambridge.ca

Contact: Lourdes Toro, Director of Program Services ~ ltoro@clcambridge.ca

Eligibility: Individuals with developmental disabilities

Services: Residential group homes ~ residences range from accommodation for 12 people to group homes for 3-6 people, and townhouse/apartments for 1-3 people ~ caregiver relief ~ Associate Home Program: participant lives with family (Home Provider) while receiving supports with dedicated manager and case worker

Serves: City of Cambridge ~ surrounding area

To Apply: Contact Developmental Services Resource Centre Waterloo Region 519-741-1121

Hours: Office Mon-Fri 8:30am-4:30pm

Elmira District Community Living

245

Address: 118 Barnswallow Dr, Elmira N3B 2Y9

Phone: 519-669-3205 **Fax:** 519-669-3444

Website: www.elmiradcl.com

Contact: Greg Bechard, Executive Director ~ 519-669-3205 ext 227

Serves: Township of Wellesley ~ Township of Woolwich ~ Township of Mapleton

To Apply: Waiting list: Contact Developmental Services Ontario 519-741-1121

Hours: Mon-Fri 8:30am-4:30pm

Elmira District Community Living, Residential Services

246

Address: 118 Barnswallow Dr, Elmira N3B 2Y9

Phone: 519-669-3205 **Fax:** 519-669-3444

Website: www.elmiracl.com

Contact: Cheryl Peterson, Services Director ~ 519-669-3205 ext 226

Eligibility: Adults 18 years and over with developmental disabilities

Services: Community based homes ~ apartment support program for independent living

Serves: Township of Wellesley ~ Township of Woolwich ~ Township of Mapleton

Hours: Mon-Fri 8:30am-4:30pm

Elmira District Community Living, Respite Services

247

Address: 118 Barnswallow Dr, Elmira N3B 2Y9

Phone: 519-669-3205 **Fax:** 519-669-3444

Website: www.elmiracl.com

Contact: Cheryl Peterson, Services Director ~ 519-669-3205 ext 226 ~ cpeterson@elmiracl.com

Eligibility: Adults 18 years and over with developmental disabilities

Services: Respite services ~ caregiver relief: 24 hour support in two bedroom apartment; facilitates transition from family home to independent living ~ Trying It On For Size: apartment living to gain skills for independent living

Serves: Township of Wellesley ~ Township of Woolwich

Hours: Office Mon-Fri 8:30am-4:30pm ~ caregiver relief Fri-Sun; summer hours Mon-Sun (Jul-Aug)

Extend-A-Family Waterloo Region, Familyhome Program

248

Address: 91 Moore Ave, Kitchener N2H 3S4

Phone: 519-741-0190 **Fax:** 519-741-0392

Website: www.eafwr.on.ca

Eligibility: Adults 18 years and older with developmental disabilities

Services: Matches adults with developmental disabilities with families in community willing to share their homes ~ offers support and training to participating families ~ families receive honorarium

Serves: Waterloo Region

To Apply: Contact Development Services Central West Region 519-741-1121

Hours: Mon-Fri 9am-4:30pm

Extend-A-Family Waterloo Region, Respite Program

249

Address: 91 Moore Ave, Kitchener N2H 3S4

Phone: 519-741-0190 **Fax:** 519-741-0392

Website: www.eafwr.on.ca

Contact: Cathy Meyer, Manager ~ 519-741-0190 ext 225 ~ cmeyer@eafwr.on.ca

Eligibility: Individuals with developmental disabilities; must be living at home with family

Services: Caregiver relief in child's or provider's home

Serves: Waterloo Region

To Apply: Contact Developmental Services Central West Region 519-741-1121

Hours: Mon-Fri 9am-4:30pm

Independent Living Centre of Waterloo Region, Attendant Services, In-Home Respite

250

Address: 127 Victoria St S, Ste 201, Kitchener N2G 2B4

Phone: 519-571-6788 **Fax:** 519-571-6388

Website: www.ilcwr.org

Contact: Cindy Guy, Supervisor ~ cindy@ilcwr.org

Eligibility: Individuals 16 years and over with physical disabilities ~ must have Ontario health card

Services: Attendants provide temporary relief for primary caregivers ~ personal care, meal preparation, light housekeeping

Serves: Waterloo Region

To Apply: Application and assessment required

Hours: Office Mon-Fri 9am-4:30pm

kidsLINK, Respite Services

251

Address: Box 190, St Agatha N0B 2L0

Location: Caroline Respite Centre, 1855 Notre Dame Dr N, St Agatha

Phone: 519-746-5437 ext 136 **Fax:** 519-746-3055

Email: respite@kidslinkcares.com

Website: www.kidslinkcares.com

Contact: Todd Nutbrown, Supervisor, Respite Services ~ tnutbrown@kidslinkcares.com

Eligibility: Children 5-12 years experiencing mental health concerns ~ children up to 14 years experiencing moderate developmental disabilities

Services: Respite services

Serves: Waterloo Region ~ surrounding area

Hours: Sat 9am-7pm ~ extended hours during summer, holidays and March Break

Access Waterloo Region 2013 - Respite & Residential Programs

K-W Habilitation Services **252**

Address: 108 Sydney St S, Kitchener N2G 3V2

Phone: 519-744-6307 **Fax:** 519-571-1629

Website: www.kwhab.ca

Eligibility: Individuals with developmental disabilities

Serves: City of Kitchener ~ City of Waterloo ~ Township of Wilmot

To Apply: Contact Developmental Services Resource Centre Waterloo Region 519-741-1121

Hours: Mon-Fri 8am-5pm ~ summer hours 8am-4pm (Jul-Aug)

K-W Habilitation Services, Residential Services **253**

Address: 108 Sydney St S, Kitchener N2G 3V2

Phone: 519-744-6307 **Fax:** 519-571-1629

Email: generalinquiries@kwhab.ca

Website: www.kwhab.ca

Eligibility: Individuals with developmental disabilities

Services: Administers and supervises adult and children's group homes, and supported independent living ~ emphasis on developing life skills ~ limited caregiver relief available at adult and children's residences

Serves: City of Kitchener ~ City of Waterloo ~ Township of Wilmot

To Apply: Contact Developmental Services Resource Centre Waterloo Region 519-741-1121

Hours: Mon-Fri 8am-5pm ~ summer hours 8am-4pm (Jul-Aug)

K-W Habilitation Services, Residential Services, Weekend Parent Relief **254**

Address: 115 University Ave E, Waterloo N2J 2W1

Phone: 519-884-8080 **Fax:** 519-884-8609

Email: generalinquiries@kwhab.ca

Website: www.kwhab.ca

Contact: Betty Lou Evans-Whitley, Supervisor ~ 519-884-8080 ext 229 ~ blevanswhitley@kwhab.ca

Eligibility: Children and youth up to 18 years with developmental disabilities

Services: Respite care

Serves: Waterloo Region

To Apply: Contact Developmental Services Resource Centre Waterloo Region 519-741-1121

Hours: Office Mon-Fri 8am-4pm

Parents for Community Living Kitchener-Waterloo **255**

Address: 30 Dupont St E, Unit L2, Waterloo N2J 2G9

Phone: 519-742-5849 **Fax:** 519-742-1060

Website: www.pclkw.org

Eligibility: Children and adults with developmental disabilities

Services: Community housing with support; screened and matched for suitability with residents ~ supported independent living ~ respite services

Serves: City of Kitchener ~ City of Waterloo ~ City of Cambridge

To Apply: For children contact Developmental Services Access Centre Waterloo Region 1-888-941-1121 ~ for adults contact Developmental Services Ontario Central West 519-741-1121

Parents of Technologically Dependent Children of Ontario, Respite Care Program, Kids Country Club, Cambridge **256**

Address: 335 Guelph Ave, Cambridge N3C 2V3

Phone: 519-651-2875, 1-866-233-6966 **Fax:** 519-651-0217

Website: www.ptdc.on.ca

Contact: Darlene Niesiobedski, Administrative Assistant ~ darlene@ptdc.on.ca

Eligibility: Children and youth up to 18 years who are medically fragile or technologically dependent

Services: Provides respite care ~ registered nursing staff

Serves: Waterloo Region ~ Dufferin County ~ Wellington County ~ Halton Region ~ Peel Region

Hours: Mon, Wed-Thu 10am-4pm

Pioneer Youth Services **257**

Address: 26 Dorset St, Waterloo N2L 3L5

Phone: 519-884-3985 **Fax:** 519-884-3909

Email: pioneerkw@pioneeryouthservices.ca

Website: www.pioneeryouthservices.ca

Eligibility: Children and youth 6-18 years with mental health concerns or developmental and behavioural disabilities

Services: Long term residential treatment homes (8) ~ Section 23 classrooms

Serves: Waterloo Region ~ Bruce County ~ Essex County ~ Peel Region ~ Perth County ~ Wellington County

To Apply: By referral

Hours: Office Mon-Fri 8:30am-5pm

Sunbeam Residential Development Centre **258**

Address: 2749 Kingsway Dr, Kitchener N2C 1A7

Phone: 519-893-6200 **Fax:** 519-893-9034

Email: postmaster@sunbeamcentre.com

Website: www.sunbeamcentre.com

Eligibility: Individuals with developmental and physical disabilities

Services: Group homes: long term and short term care ~ respite and emergency placements ~ adult day programs ~ outreach services

Serves: Waterloo Region

To Apply: Adults 18 years and over contact Developmental Services Ontario Central West Region 1-888-941-1121 ~ children and youth up to 18 years contact Developmental Services Resource Centre Waterloo Region 519-741-1121 ~ waiting list for services will vary

Hours: Office Mon-Fri 8:30am-4:30pm ~ parents may visit any time; public by appointment only

Traverse Independence **259**

Address: 1382 Weber St E, Unit 1, Kitchener N2A 1C4

Phone: 519-741-5845 **Fax:** 519-741-8731

Website: www.traverseindependence.ca

Contact: Toby Harris, Chief Executive Officer ~ t.harris@travind.ca

Eligibility: Individuals 16 years and over with physical disabilities or acquired brain injuries

Services: Supports adults with physical disabilities or acquired brain injuries in community independent living ~ information and referral

Serves: Waterloo Region ~ Wellington County

To Apply: Contact ABI Administrative Assistant at 519-741-5845 ext 2503

Hours: Mon-Fri 9am-4:30pm

Traverse Independence, Brain Injury Services, Group Home **260**

Address: 120 Tagge St, Kitchener N2K 3V9

Phone: 519-741-5845 **Fax:** 519-741-8731

Website: www.traverseindependence.ca

Eligibility: Individuals 16 years and over with brain injury diagnosed by regulated health professional

Services: Non-medical shared living facility for six clients ~ provides 24 hour assistance with personal care, daily living activities, and homemaking

Serves: Waterloo Region ~ Wellington County

To Apply: Contact ABI Administrative Assistant

Tri-County Mennonite Homes, Aldaview Services **261**

Address: 205 Peel St, New Hamburg N3A 1E7

Phone: 519-662-5174 **Fax:** 519-662-3666

Website: www.tcmhomes.com, www.aldaview.com

Contact: Elizabeth Klassen, Executive Director ~ eklassen@aldaview.com

Eligibility: Adults with developmental disabilities

Services: Supportive housing ~ day programming ~ recreation, leisure and vocational support ~ respite services ~ Achieve Program: develops skills needed to participate in work or leisure activities

Serves: Waterloo Region ~ Oxford County ~ Perth County

To Apply: Contact Developmental Services Resource Centre Waterloo Region 519-741-1121

Hours: Office Mon-Fri 8:30am-3pm

Waterloo Regional Homes for Mental Health

262

Address: 618 King St W, Kitchener N2G 1C8

Phone: 519-742-3191 **Fax:** 519-742-5232

Email: info@waterlooregionalhomes.com

Website: www.waterlooregionalhomes.com

Contact: Anne Wright-Gedcke, Intake Coordinator ~ 519-742-3191 ext 227 ~
awrightgedcke@waterlooregionalhomes.com

Eligibility: Individuals 16 years and over with mental health concerns

Services: Housing with Supports: individual units, shared accommodation, group home ~ support services include supportive counselling, service coordination, recovery planning, practical living skills, support in crises, education and advocacy ~ Community Outreach Program: short term support responding to more immediate needs ~ Assertive Community Treatment Program: community based individualized treatment and support for individuals 18 years and older ~ Crisis Respite Residential Program: short stay beds with crisis supports

Serves: Waterloo Region ~ Dufferin County ~ Wellington County

To Apply: Waiting list ~ appeals go through Waterloo Regional Homes For Mental Health Inc management

Hours: Office hours Mon-Fri 8:30am-4:30pm

Section 8:

Transportation

Specialized/adaptive transportation for people with disabilities.

-
- Community Care Concepts of Woolwich, Wellesley and Wilmot, Assisted Transportation Program** **263**
Address: 929 Arthur St S, Elmira N3B 2Z2
Phone: 519-664-1900, 1-855-664-1900 **Fax:** 519-664-1944
Website: www.communitycareconcepts.ca
Contact: Heidi Jones
Eligibility: Seniors ~ adults who are convalescing ~ special consideration given to individuals with physical or psychosocial disabilities ~ must be ambulatory and able to ride in private vehicles without special equipment
Services: Escorted door to door rides to attend medical and therapeutic appointments, social activities or daily living tasks
Serves: Township of Wellesley ~ Township of Wilmot ~ Township of Woolwich
To Apply: 48 hours notice required
Hours: Mon-Fri 8:30am-5pm
-
- Golden Triangle Taxi** **264**
Address: 14 Wellington St, Cambridge N1R 3Y5
Phone: 519-621-5652 (business office), 1-800-946-8294, 519-740-2222 (24 hour dispatch) **Fax:** 519-621-4550
Email: mail@goldentriangletaxi.com
Website: www.goldentriangletaxi.com
Services: Taxi service ~ wheelchair taxis available ~ delivery services
Serves: Waterloo Region
Hours: Mon-Sun 24 hrs
-
- Kiwanis Transit** **265**
Address: 13 Industrial Dr, Unit C, Elmira N3B 2S1
Phone: 519-669-4533, 1-800-461-1355 **Fax:** 519-669-3124
Email: kiwanistransit@rogers.com
Website: www.k-transit.com
Contact: Cheryl Fisher, Transit Manager
Eligibility: Individuals with physical or developmental disabilities ~ seniors 65 years and over
Services: Specialized accessible transportation service
Serves: Township of Wellesley ~ Township of Wilmot ~ Township of Woolwich
To Apply: Registration required
Hours: Office Sat-Fri 9am-3pm; service available Sat-Fri 7am-5pm
-
- Ontario. Ministry of Transportation** **266**
Address: 659 Exeter Rd, London N6E 1L3
Phone: 1-800-268-4686 (general inquiries), (519) 873-4100, 1-800-387-3445 (driver and license information)
Website: www.mto.gov.on.ca
Services: Responsible for driver licensing and all aspects of motor vehicle licensing and safety ~ application forms available for Accessible Parking Permits
Serves: Waterloo Region
-
- United Taxi** **267**
Address: 150 Victoria St N, Kitchener N2H 5C6
Phone: 519-888-9999 **Fax:** 519-743-5765
Services: Taxi service ~ minivans accommodating most wheelchairs, walkers and scooters available
-
- Victorian Order of Nurses, VON Peel Waterloo Wellington Dufferin, PATER** **268**
Address: 887 Langs Dr, Unit 4A, Cambridge N3H 5K4
Phone: 519-622-3136 **Fax:** 519-653-9994
Website: www.von.ca
Contact: Janis Doran, Program Coordinator ~ 519-622-4967 ~ janis.doran@von.ca
Eligibility: Seniors ~ adults 18 years and over with disabilities ~ cannot transfer clients or transport wheelchairs
Services: Provides door to door rides to medical and therapeutic appointments, social activities or tasks of daily living
Serves: City of Cambridge ~ Township of North Dumfries
To Apply: Assessment required
Hours: Mon-Fri 8am-12pm, 1-4pm
Language: English ~ Cantonese ~ Mandarin

Voyageur Transportation

269

Address: Box 188, Fergus N1M 2W8

Phone: 519-570-3619 **Fax:** 519-787-2455

Website: www.voyageurtransportation.ca

Services: Transportation service ~ special needs transportation ~ non-emergency medical transportation ~ corporate charters

Serves: Waterloo Region ~ Wellington County

Hours: Office Mon-Fri 8am-5:30pm

**Waterloo Region. Transportation and Environmental Services, Grand River Transit, 270
MobilityPLUS**

Address: 250 Strasburg Rd, Kitchener N2E 3M6

Phone: 519-585-7555 (admin) **Fax:** 519-744-2899

Website: www.grt.ca

Eligibility: Individuals with physical disabilities

Services: Accessible door to door transportation: minimal personal assistance between vehicle and destination (without lifting) when required ~ TaxiSCRIP subsidized taxi service ~ free use of conventional transit vehicles

Serves: City of Cambridge ~ City of Kitchener ~ City of Waterloo ~ Township of North Dumfries

To Apply: Application forms available on website and transit terminals, or mailed upon request

Hours: Mon-Fri 5:15-1:15am; Sat 5:30-1:15am; Sun 7:15-1:15am

Section 9:

Work, Day Programs and Volunteer Supports

Programs that assist adults who have disabilities to participate in community, volunteering and obtaining employment, including specialized day programs.

Community Care Concepts of Woolwich, Wellesley and Wilmot, Wilmot Adult Day Program 271

Address: 929 Arthur St S, Emira N3B 2Z2
Location: Nithview Home, 200 Boullee St, New Hamburg
Phone: 519-669-1223 **Fax:** 519-669-1273
Email: adp@communitycareconcepts.ca
Website: communitycareconcepts.ca
Contact: Sue Steinfield
Eligibility: Seniors ~ adults with physical or psychosocial disabilities
Services: Supervised social and recreational activities to promote maximum level of functioning and support to remain living in their own homes ~ provides respite and support for caregivers or family ~ meals and transportation provided
Serves: Township of Wellesley ~ Township of Wilmot
Hours: Mon-Tue, Thu-Fri 9:30am-3pm

Community Living Cambridge, Community Options/Community Connections 272

Address: 160 Hespeler Rd, Cambridge N1R 6V7
Phone: 519-623-7490 **Fax:** 519-740-8073
Website: www.communitylivingcambridge.ca
Eligibility: Adults 18 years and over with developmental disabilities
Services: Community Options: outreach program helps individuals to access community supports; volunteer placements, daytime recreational activities ~ Community Connections: helps adults 18-29 years connect with community; employment and educational supports, volunteer and recreational activities
To Apply: Contact Developmental Services Resource Centre Waterloo Region 519-741-1121
Hours: Mon-Fri 8am-4pm

Community Living Cambridge, Job Track 273

Address: 160 Hespeler Rd, Cambridge N1R 6V7
Location: 5 Manitou Dr, Unit 15A, Kitchener
Phone: 519-743-8111 **Fax:** 519-743-8783
Website: www.communitylivingcambridge.ca
Contact: Odelia White, Job Track Manager ~ owhite@clcambridge.ca
Eligibility: Adults with barriers to employment (developmental, physical, or learning disabilities)
Services: Employment preparation program ~ pre-employment activities, job trials, job coaching, job placement
Serves: Waterloo Region
Hours: Mon-Fri 8:30am-4:30pm

Community Living Cambridge, Supported Employment Services 274

Address: 160 Hespeler Rd, Cambridge N1R 6V7
Phone: 519-623-7490 **Fax:** 519-740-8073, 519-623-9691
Website: www.communitylivingcambridge.ca
Contact: Mary Dutkewicz, Employment Services Manager ~ mdukwicz@clcambridge.ca
Eligibility: Adults 18 years and over with developmental disabilities
Services: Supported employment services ~ assisted employment ~ onsite job coaching ~ ongoing employment support, preparation, site training and job search
Serves: City of Cambridge ~ surrounding area
To Apply: Contact Developmental Services Resource Centre Waterloo Region 519-741-1121
Hours: Mon-Fri 8:30am-4:30pm

Community Living Cambridge, Vocational and Alternate Day Programming, ARC Industries 275

Address: 160 Hespeler Rd, Cambridge N1R 6V7
Location: 466 Franklin Blvd, Cambridge
Phone: 519-621-0680 **Fax:** 519-621-2829
Website: www.communitylivingcambridge.ca
Contact: Karen Ferguson, Program Manager ~ kferguson@clcambridge.ca
Eligibility: Adults 18 years and over with developmental disabilities
Services: Vocational placement and training in sheltered workshop, and in community through work experience and job placements ~ skills assessments, work adjustment training
Serves: City of Cambridge ~ surrounding area
To Apply: Contact Developmental Services Resource Centre Waterloo Region 519-741-1121
Hours: Mon-Fri 8:30am-4:30pm

Elmira District Community Living, Day Support

276

Address: 118 Barnswallow Dr, Elmira N3B 2Y9

Location: 146 Church St, Elmira

Phone: 519-669-1567 **Fax:** 519-669-3444

Website: www.elmiradcl.com

Contact: Donna Fulcher, Manager, Day Supports ~ dfulcher@elmiradcl.com

Eligibility: Adults 18 years and over with developmental disabilities

Services: Supported training for volunteer activities and employment in community ~ life skills programs ~ community involvement and engagement ~ volunteer opportunities ~ workshops for pre-employment and employment skills

Serves: Township of Wellesley ~ Township of Woolwich ~ Township of Mapleton

Hours: Mon-Fri 8:30am-4:30pm

Extend-A-Family Waterloo Region, Working Adults Learning Educational Skills

277

Address: 91 Moore Ave, Kitchener N2H 3S4

Phone: 519-741-0190 ext 305 **Fax:** 519-741-0342

Email: walesinfo@eafwr.on.ca

Website: www.eafwr.on.ca

Contact: Brenda Wade, Program Supervisor ~ 519-741-0190 ext 306 ~ bwade@eafwr.on.ca

Eligibility: Adults with developmental disabilities who have completed high school

Services: Facilitates community participation for adults with developmental disabilities ~ employment preparation program ~ work placements in local businesses ~ teaches literacy and numeracy skills ~ horticultural programs, life skills, recreational programs

Serves: City of Kitchener ~ City of Waterloo

To Apply: Contact Developmental Services Central West Region 519-741-1121

Hours: Mon-Fri 9am-3pm (Sep-Jul)

John Howard Society of Waterloo-Wellington, Community Programmes, Cambridge Career Connections

278

Address: 40 Ainslie St S, Cambridge N1R 3K1

Phone: 519-622-0815 **Fax:** 519-622-7043

Email: ccc@waterloo.johnhoward.on.ca

Website: www.cambridgecareerconnections.com

Services: Employment resource centre: access to job banks, computer work stations with Internet access, fax machines, photocopiers

Serves: City of Cambridge ~ Township of North Dumfries

Hours: Mon-Tue, Thu-Fri 8:30am-4:30pm; Wed 8:30am-6pm

K-W Access-Ability, PHIRST LINK

279

Address: 659 King St E, Kitchener N2G 2M4

Phone: 519-885-6640 **Fax:** 519-885-4526

Email: kwaa@kwa.on.ca

Website: www.kwa.on.ca

Contact: Ron Fleming, Manager ~ rfleming@kwa.on.ca

Eligibility: Individuals with physical disabilities

Services: Computer work station assessments (mobility issues, blind/low vision, deaf/hard of hearing) ~ individual and group instruction in computer application software, programming languages and Internet use ~ individualized assessment and training in use of assistive devices ~ computer access for those requiring adaptive software/devices ~ information on technical aids and software programs necessary to create accessible environments ~ refurbishes computer hardware for distribution

Serves: City of Kitchener ~ City of Waterloo ~ surrounding area

Hours: Mon-Fri 9am-5pm

K-W Habilitation Services, Day Options, Adult Developmental Services 280

Address: 115 University Ave E, Waterloo N2J 2W1

Phone: 519-884-8080 **Fax:** 519-884-8609

Website: www.kwhab.ca

Contact: Lorraine Stavenow, Manager ~ 519-884-8080 ext 236 ~ lstavenow@kwhab.ca

Eligibility: Adults 18 years and over with developmental disabilities

Services: Communication and life skills training ~ recreational and social opportunities ~ supported volunteer placements

Serves: City of Kitchener ~ City of Waterloo ~ Township of Wilmot

To Apply: Contact Developmental Services Resource Centre Waterloo Region 519-741-1121

Hours: Mon-Fri 8am-4pm

K-W Habilitation Services, Day Options, Community Placement Program 281

Address: 69 Sydney St S, Kitchener N2G 3V1

Phone: 519-744-1272 **Fax:** 519-744-7582

Email: generalinquiries@kwhab.ca

Website: www.kwhab.ca

Contact: Renee Rau, Manager ~ 519-744-1272 ext 237 ~ rrau@kwhab.ca

Eligibility: Adults 18 and over with developmental disabilities

Services: Job search assistance: skills assessment, job development and job readiness sessions ~ on site job coaching and long term support provided to individual and employer ~ community connections ~ recreation, leisure and social skill development

Serves: Waterloo Region

To Apply: Contact Developmental Services Resource Centre Waterloo Region 519-741-1121

Hours: Mon-Fri 8am-4pm

K-W Habilitation Services, Day Options, Kinsmen Training Centre 282

Address: 108 Sydney St S, Kitchener N2G 3V2

Phone: 519-744-6307 **Fax:** 519-571-1629

Email: generalinquiries@kwhab.ca

Website: www.kwhab.ca

Contact: Margaret Kinsella, Manager ~ mkinsella@kwhab.ca

Eligibility: Adults 18 years and over with developmental disabilities

Services: Vocational and non vocational supports ~ vocational supports involve completion of subcontract work from local companies ~ personal skill development ~ social, recreational and leisure activities

Serves: City of Kitchener ~ City of Waterloo ~ Township of Wilmot

To Apply: Contact Developmental Services Resource Centre Waterloo Region 519-741-1121

Hours: Mon-Fri 8:30am-3:30pm

Lutherwood, Employment Services 283

Address: 165 King St E, Kitchener N2G 2K8

Phone: 519-743-2460 **Fax:** 519-743-5111

Email: admin@lutherwood.ca

Website: www.lutherwood.ca

Contact: Rebecca Roy, Assistant Director Employment Services ~ 519-743-2460 ext 1242 ~ rroy@lutherwood.ca

Services: Youth Access for youth and adults with learning difficulties or behavioural problems: provides individual support, pre-employment workshops, job training and placement with job coach ~ ACE Program: job placement and self-employment coaching services for individuals 15-30 years with disabilities

Serves: Waterloo Region

To Apply: Assessment required

Hours: Office Mon, Wed-Fri 8:30am-5pm; Tue 8:30am-7pm

Language: English ~ Translators in other languages available

Access Waterloo Region 2013 - Work, Day Programs & Volunteer Supports

Lutherwood, Employment Services, New Frontier Self Employment Program for Persons with Disabilities **284**

Address: 165 King St E, Kitchener N2G 2K8

Phone: 519-743-2460 **Fax:** 519-743-5111

Email: admin@lutherwood.ca

Website: www.lutherwood.ca

Contact: Beth Pitt, Program Supervisor ~ 519-743-2460 ext 1410 ~ bpitt@lutherwood.ca

Eligibility: Youth and adults with disabilities working less than 20 hours/week ~ legally entitled to work in Canada ~ not receiving EI

Services: Business start up workshops and individual coaching sessions to assist individuals in launching small business

Serves: Waterloo Region ~ Wellington County

Hours: Mon-Fri 8:30am-5pm

Lutherwood, Employment Services, Ontario Employment Services **285**

Address: 165 King St E, Kitchener N2G 2K8

Phone: 519-743-2460 **Fax:** 519-749-9675

Email: admin@lutherwood.ca

Website: www.lutherwood.ca

Services: Vocational counselling and assessment ~ job search training, including resume preparation ~ information about jobs, labour market, employment and training opportunities ~ on the job training, work experience ~ Second Career program for recently laid off workers ~ Summer Jobs Service for students 15 to 30 years planning to return to school in fall ~ job placement

Serves: City of Kitchener ~ City of Waterloo

To Apply: Assessment required

Hours: Office Mon, Wed-Fri 8:30am-5pm; Tue 8:30am-7pm

Language: English ~ Translators in other languages available

Northern Lights Canada, Employment Services Centre **286**

Address: 185 Weber St S, Waterloo N2J 2B1

Phone: 519-576-2681, 1-800-361-4642 **Fax:** 519-576-7355

Email: kitchener@northernlightscanada.ca

Website: www.northernlightscanada.ca/kw

Services: Vocational counselling and assessment ~ job search training, including resume preparation ~ information about jobs, labour market, employment and training opportunities ~ on the job training, work experience ~ assists with applications for Second Career program for recently laid off workers

Serves: Waterloo Region

Hours: Mon-Fri 8:30am-4:30pm

Ontario March of Dimes, West Central Region, Waterloo Office **287**

Address: 180 King St S, Ste 220, Waterloo N2J 1P8

Phone: 519-579-5530 **Fax:** 519-579-5479

Website: www.marchofdimes.ca

Contact: Lisa Livingston, Team Leader

Eligibility: Individuals with disabilities

Services: Employment Services: vocational assessment and evaluation; assistance with returning to work; job search training; job placement; supported employment; job bank ~ Stroke Recovery Canada: coordinates peer support groups working with stroke survivors and caregivers

Serves: Waterloo Region ~ Bruce County ~ Grey County ~ Huron County ~ Perth County ~ Simcoe County ~ Wellington County

Hours: Mon-Fri 8:30am-4:30pm

Phoenix Specialized Care, Adults in Motion **288**

Address: 5-420 Erb St W, Box 235, Waterloo N2L 6K6

Location: St Luke's Lutheran Church, 317 Franklin St N, Kitchener

Phone: 519-588-3723

Email: aim@phoenixcares.ca

Website: www.adultsinmotion.org

Contact: Shelley Murphy, Executive Director

Eligibility: Adults 18 years and older with developmental disabilities

Services: Adult day program ~ independent living skills ~ recreational activities ~ individual learning plans ~ community involvement ~ social skills

Hours: Mon-Fri 8am-4pm

Volunteer Action Centre of Kitchener-Waterloo and Area, Supported Volunteering 289

Address: 151 Frederick St, Ste 300, Kitchener N2H 2M2

Phone: 519-742-8610 **Fax:** 519-742-0559

Email: info@volunteerkw.ca

Website: www.volunteerkw.ca

Contact: Dianne Boston-Nyp, Community Engagement Director

Eligibility: Individuals with disabilities ~ newcomers to Canada

Services: Assists individuals experiencing barriers to volunteering

Serves: City of Kitchener ~ City of Waterloo ~ Township of Wellesley ~ Township of Wilmot ~ Township of Woolwich

Hours: Mon-Fri 9am-5pm

ISSN 1918-980X Access Waterloo Region: An Information Booklet of Support Services for Persons with Disabilities (Print)

ISSN 1918-9818 Access Waterloo Region: An Information Booklet of Support Services for Persons With Disabilities (Online)