## CONTENTS

<table>
<thead>
<tr>
<th>Agencies and Associations</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Books and Videos</td>
<td>7</td>
</tr>
<tr>
<td>Crisis Contacts</td>
<td>1</td>
</tr>
<tr>
<td>Diagnosis and Treatment</td>
<td>1</td>
</tr>
<tr>
<td>Education Support</td>
<td>10</td>
</tr>
<tr>
<td>Employment Support</td>
<td>16</td>
</tr>
<tr>
<td>Financial Assistance</td>
<td>8</td>
</tr>
<tr>
<td>Housing</td>
<td>16</td>
</tr>
<tr>
<td>Independent Living</td>
<td>18</td>
</tr>
<tr>
<td>Legal Services</td>
<td>8</td>
</tr>
<tr>
<td>Mental Health Services</td>
<td>19</td>
</tr>
<tr>
<td>Newsletters and Magazines</td>
<td>25</td>
</tr>
<tr>
<td>Recreational and Social Activities</td>
<td>13</td>
</tr>
<tr>
<td>Respite</td>
<td>7</td>
</tr>
<tr>
<td>Research</td>
<td>26</td>
</tr>
<tr>
<td>Summer/March Break Camps</td>
<td>15</td>
</tr>
<tr>
<td>Support Groups</td>
<td>6</td>
</tr>
<tr>
<td>Taxes and Trust Funds</td>
<td>9</td>
</tr>
<tr>
<td>Therapeutic Groups</td>
<td>4</td>
</tr>
<tr>
<td>Websites</td>
<td>25</td>
</tr>
</tbody>
</table>

Autism Ontario—Ottawa and the AS Parent Support Group does not endorse any of the following organizations/businesses nor have control of any of the content that may be contained in their websites.

## CRISIS CONTACTS

| Child, Youth & Family Crisis Line of Eastern Ontario | 613-260-2360 | 1-877-377-7775 |
| Distress Centre of Ottawa and Region | (613) 238-3311 |
| Tel-Aide Outaouais | (613) 741-6433 |
| Mental Health Services | (16 and over) | (613) 722-6914 | 1-866-996-0991 |
| Children’s Aid Society | (613) 747-7800 |
| Ottawa Police | (613) 236-1222 |

### SERVICE POINT OF ENTRY—ALL AGES

**Service Coordination:** (Bilingual) Funded by Ministry of Community and Social Services. Provides case management, information about services and supports, and access to referrals for adults and children. “Worker bank” to help families funded by SSAH (Special Services at Home) ACSD (Assistance for Children with Severe Disabilities) or Passport (funding for day programs) locate special needs workers. They can also help AS adults with information on ODSP applications, housing and employment. Drop-in Resource Room open every day from 8:30 to 3:30 pm or call for an appointment. 200-150 Montreal Rd., Vanier Phone: (613) 748-1788 Website: [www.acsottawa.on.ca](http://www.acsottawa.on.ca)

## LAST RESORTS/ (COMPLEX SITUATIONS)

### Children’s Case Resolution Mechanism.

For at-risk children and youth with complex needs. Used only after every service avenue has been exhausted. **Referral by professional agencies only** through Coordinated Access and Referral: (613) 729-0577 ext. 1251

### Ottawa Resolution Service for Adults with a Developmental Disability.

For an adult with a developmental disability who has been unable to access appropriate supports through available services, there is a resolution service. For specific information on criteria and how to access this service you can call Service Coordination at (613) 748-1788.

## DIAGNOSIS AND TREATMENT

### Covered by OHIP (public services)

**OCTC Ottawa Children’s Treatment Centre:** Diagnostic assessments and treatment services for ASDs. Early childhood and school-age services including developmental paediatrician, psychologists, social workers, therapists, early childhood consultant, behaviour consultant, recreation/leisure. Referrals accepted from parents, physicians, teachers and other community agencies. Anger management, social/recreational groups, and summer camps for children/youth. Main Site: 395 Smyth Road: (613) 737-0871 East Site: 2211 Thurston Dr. (613) 688-2126 West Site: 2 MacNeil Crt. (613) 831-5098 Website: [www.octc.ca](http://www.octc.ca)

**CHEO Children’s Hospital of Eastern Ontario/Royal Ottawa Hospital:** Specialized psychiatric and mental health services that provide evaluation and consultation, short-term intervention with some specialized programs. Medical referral required. For children and youth from infancy to 18, referrals made through Centralized Intake Services at CHEO/ROH: 401 Smyth Rd., Ottawa Phone: (613) 737-2496 (intake for both campuses) Toll-free: 1-866-737-2496 Website: [www.cheo.on.ca](http://www.cheo.on.ca)

**Day Treatment Programs (McHugh, etc.)**—all day treatment programs for children and youth are accessed via the “Coordinated Referral Committee”. Referrals are made through the student services department of the respective Board of Education serving the child/youth when there is a severe mental health issue that
impedes the child’s academic functioning.
Programs can vary a great deal but may include
the services of a psychiatrist, psychologist,
speech and language therapist, occupational
therapist, social worker, child and youth
counsellor and teaching staff. To refer, please
contact the student services department at the
Board of Education or contact Coordinated
Access.
Phone: (613) 729-0577 x 1251

Royal Ottawa Mental Health Centre (Adults)
Individuals experiencing difficulties with their
mental health are admitted to the hospital or an
outreach service based on a referral and
assessment process. Most services require a
referral by a family physician or other health care
provider or agency. There are no specialized
services for Asperger Syndrome.
1145 Carling Avenue, Ottawa
Phone: (613) 722-6521
Website: www.rohcg.on.ca

Psychiatrists/Neurologists/Pediatricians:
Consultation, assessment, diagnosis, and
treatment for AS. A referral from your family
doctor is required. Ask your doctor and other
parents for recommendations. Autism Ontario—
Ottawa (613) 230-6305 provides a list of
specialists knowledgeable about ASD upon
request.

Not Covered by OHIP (private services)

N.B. Autism Ontario—Ottawa (613) 230-6305
provides a more extensive list of private
professionals upon request.

Psychologists: Consultation, assessment,
diagnosis, and treatment for AS (cannot prescribe
medication). In private practice: psychologist’s
services are not covered by OHIP but may be
covered through private insurance plans.

Dr. Vicky Martin (children and youth)
Suite 309, 1 Centrepointe Dr., Nepean
Phone: (613) 526-4777

Dr. Yolanda Korneluk (children and youth)
430 Gilmour St., Suite 302, Ottawa
Phone: (613) 851-6292

Dr. Celine Cote (all ages)
220 Churchill Ave. N., Ottawa
Phone: (613) 729-9792
Email: ccotebeek@gmail.com

University of Ottawa – Centre for
Psychological Services: As training unit for the
University of Ottawa school of psychology offers
individual psychological assessment, treatment,
and career counselling. Fee can be modified.

11 Marie-Curie, 6th Flr, Ottawa
Phone: 613-562-5289
Email: cps@uOttawa.ca
Website:
www.sciencepolitique.uottawa.ca/psy/eng/cps.asp

Goldstein, Moncion, Greenbaum and
Associates: Psychological and counselling
services (all ages) and social skills groups for 6-
18 yr. olds, not specific to AS.
2249 Carling Ave., Suite 314, Ottawa
Phone: (613) 596-2333
Email: gmgaa@rogers.com

Dr. Sanford Seigel: Individual counselling and
therapy for parents of special needs children.
Located in the Westboro area of Ottawa.
For information, appointments and fees:
Phone: 613 729-4478
E-mail: drssiegel@rogers.com
Website: www.ottawapsychotherapy.com

Speech Language Pathologists: In private
practice — work on speech development and
social/pragmatic use of language; may also run
social skills groups (see Therapeutic Groups
later in this Guide.)

Sheila Bell (Assessment and consultation only)
(613) 521-0549
Jacquee Glance (613) 798-5404
Tanis Friessen (has Communication Disorder
Assistants available) (613) 728-8879
tifriesen@rogers.com

Mary-Jane Slingerland (613) 839-3271 ext. 115
Jaccie Ballantine (613) 591-3686 ext. 243
Mary-Anne Zubrycky (613) 820-4722 ext. 1
(therapy and social coaching/counselling with
children, teens and adults. For adults: short term
therapy on corporate communication skills and
communicating in the workplace.)

Occupational Therapists In private practice—
for fine and gross motor skills, play skills and
sensory integration.

Susan E. Trower (interventions based on
sensory integration principles)
Perth, ON
Phone: (613) 267-7746
E-mail: strower@ripnet.com

Behavioural Consultants: In private practice—
to decrease behaviours that interfere with
learning.

Building Blocks: Behavioural intervention for
parent training and programming in the home.
Private social skills groups for children diagnosed
with AS aged 4 to 10 years old. Call for more
information on curriculum and format for
sessions.
Contact: Elaine Bissonnette, DSW  
Phone: (613) 722-4374  
Email: ebblocks@magma.ca or ebissonn@magma.ca

**Child Guidance Consultation:** For children aged 1-12. In-home consultation in the areas of behaviour skills training, social skills training and parent training. Consultation and teaching of ABA and IBI principles for parents and therapists.  
Contact: Nancy Baker (819) 459-1524  
Wakefield, PQ  
Email: nbaker@magma.ca

**Positive Progress:** Offers emotion focused positive behavioural health and support services for children and their families using the application of applied behaviour analysis within the context of person centered values.  
Contact: Terri Neate  
Chelsea, PQ  
Phone: (819) 827-4148  
Email: positiveprogress@sympatico.ca

**Social Workers/Counsellors:** In private practice—may work with individuals, couples and families.

**Richard Harman:** Counsels individuals (children and adults), couples and families. Specialized services include ADHD, NLD, ASD, social skills, psycho-social assessments and short-term crisis counselling. Services may be covered by third party insurance companies. Runs social skills groups (see **Therapeutic Groups**).  
Contact: Richard Harman (613) 725-0302  
1132 Fisher Ave., Ottawa

**Family Service Agencies**  
Note: Counselling is offered on a fee-for-service basis, to be determined according to a sliding scale, based upon income and family size.

- **Catholic Family Services of Ottawa:** Counselling for families and for highly functional ASD individuals. Bilingual services.  
  219 Argyle Avenue, Ottawa  
  Intake: (613) 233-8478  
  Website: www.cfsottawa.ca

- **Jewish Family Services:** A non-sectarian organization providing counselling to children, teens, individuals, couples, and families for all life challenges.  
  2225 Carling Ave., Ste. 301, Ottawa  
  Phone: (613) 722-2225  
  E-mail: info@jfsottawa.com  
  Website: www.jfsottawa.com

**Community Resource and Health Centres:**  
**Contact your closest centre:**  
Carlington 722-4000 Centretown 233-4443

**Multidisciplinary Services:** Provide a mix of speech/language, occupational, and other services in one setting.

**CommuniCare Therapy Development Disorders Clinic:** Provides speech and language pathology, occupational and physical therapy, social work, dietetics and floor time services for treating children and adults with development disorders including Autism Spectrum Disorders.  
106-2280 St. Laurent Blvd., Ottawa  
Phone: (613) 738-2871  
Email: info@communicare.ca  
Website: www.communicare.ca

**Centreponte Professional Services:**  
Psychological, educational assessment, study skills and speech and language services for children and adults (not specific to Autism Spectrum).  
98 Centreponte Drive, Nepean  
Phone: (613) 228-1174  
Email: info@centrepontepros.com  
Website: www.centrepontepros.com

**Wellness Services:** Mix of services focusing on physical and emotional health.

**Little Star Wellness Services** For healthier muscle tone, breathing, sleeping, feeding and digestion, sensory processing, movement, communication and learning. Direct intervention, consultation and workshops. Specialized programs include Therapeutic Listening, Brushing and Yoga.  
1-324 Tweedsmuir Avenue, Ottawa  
Contact: Tanya Nash, n.d., BSCh(PT)  
Phone: 613-325-9624  
Website: http://www.littlestarwellness.com/  
Email: info@littlestarwellness.com

**Mommy Magic Yoga**  
The program is geared for parent and child. The ages of the child range from 6-9; 10-13; 14-18. See website for specific times and programs.  
235 Donald St., Ottawa  
Contact: Andrea Mailhot  
E-mail: info@mommymagicyoga.com  
Website: www.mommymagicyoga.com

Comments or corrections?  
Send an email to: ottawa@autismontario.com  
Also available at www.autismontario.com/ottawa
Lynn Fraser Wellness and Sleep Consultant: Consultant with a research and development company (in partnership with Autism Speaks) with a focus on the prevention and maintenance of the health and wellness of individuals. Helps people bring wellness home - develop a greener lifestyle and change their home into a "wellness home.
Phone: 613-224-9450
Email: lynnfraser@sympatico.ca

Special Needs Workers: Parents of children and adults with AS can apply for financial support through the Ministry of Children and Youth/Ministry of Community and Social Services Special Services at Home (SSAH) or Passport program to hire individuals to work with their children (See Financial Assistance.) Workers can help develop children's or adult's social skills, fine and gross motor skills, life skills, or provide respite to parents.

Sources of Workers:
- Service Coordination maintains a "Worker Bank".
- Algonquin College's Developmental Services Worker or Autism and Behavioral Science programs.
- Ottawa University's Speech and Language Department, Psychology Department.
- Carleton University's Psychology Department.
- Online Yahoo group: autismsupportOttawa (See Financial Assistance.

Support Groups:
- Post a job ad on University Websites: www.carleton.ca/career,
www.algonquincollege.com/studentservices/employment,
www.sass.uottawa.ca/careers/employers/
Post at Service Canada: www.jobbank.gc.ca

DAN (Defeat Autism Now) Professionals: Treat and consult based on DAN protocol, developed in the US by a group of physicians and scientists in the autism field.

Dr. John Coombs, M.D.
Some initial services may be covered by OHIP. 152 Walter's Lane, Fallbrook (near Perth)
Phone: (613) 267-2523
Website: www.drcoombs.ca

Nutrichem Pharmacy: Provides medical, biochemical and nutritional counseling as well as lab services based on the DAN protocol.
Contact: Kent McLeod, Pharmacist
1303 Richmond Road, Ottawa
Phone: (613) 820-4200
Website: www.nutrichem.com

Environmental Health Practitioners: allergy testing, yeast control, heavy metal detoxification, nutritional counselling.

Dr. Ross Mickelson
2197 Riverside Dr., Ottawa
Phone: (613) 523-0108
www.rossmickelsonmd.com

Dr. Jennifer Armstrong
Ottawa Environmental Health Clinic
3364 Carling Ave., Ottawa
Phone: (613) 721-9800
www.oehc.ca

Nutritional Counselling: Help with supplements, gluten-free, casein-free diet, and general nutritional advice.

The Natural Food Pantry
Billings Bridge Plaza (613) 737-9330
Westgate Mall (613) 728-1255
442 Hazeldean Road (613) 836-3669
126 York Street (613) 241-6629
Website: www.naturalfoodpantry.com

Jack's GFCF Cupboard Store and website ordering: Wholesale prices for GFCF diet products, Natural Remedies, Aroma Crystal Therapy, homemade breads and baked goods made-to-order and meals. We also have an agreement for GFCF meats and cheeses supplied to us at wholesale prices (beef, lamb, chicken, pork).
40 C Henderson Avenue, Ottawa
Phone: (613)230-2361
Email: jaimehh3@hotmail.com
Website: www.jacksgfcfcupboard.com

Little Star Wellness Services: Alternatives to GFCF diets.
Contact Tanya Nash, n.d., BSCh(PT)
Phone: (613) 728-0213
Website: www.littlesstarwellness.com
Email: info@littlestarwellness.com

THERAPEUTIC GROUPS
(Language/Social Skills/Anger Mgmt)
Run by Speech and Language Pathologists (SLPs). Psychologists, Behavioural Therapists, Social Workers and other professionals. Cost may be covered through employee medical plans or "Special Services at Home" or Passport funding (see Financial Assistance.)

Children at Risk, Ottawa: Centred-based and outing-based “Friendship Groups” for children with Autism Spectrum Disorders (including AS). Ages 4 to 14. Focus on social skills, friendship skills, and life skills development. Peer buddy training and siblings support groups also provided.
Contact: Brenda Reich (613) 741-8255
235 Donald St., Ottawa (East & West locations)
Email: info@childrenatrisk.ca
Website: [www.childrenatrisk.ca](http://www.childrenatrisk.ca)

**Children at Risk “Typical Teens” group** for AS teens Grades 7 to 12. Social skills taught and practised through community outings. Peer mentors provide modeling of behaviour and support. 235 Donald St., and various community locations. Contact: Heather Piercianowski (613) 741-8255. Email: [tadp@sympatico.ca](mailto:tadp@sympatico.ca)

**Children at Risk Cooking Club** for teens 14 to 19. Seven week program that offers teens with Aspergers and high functioning autism a chance to develop basic food preparation skills in a fun and social environment. Earl of March High School (Kanata). Contact: Brenda Reisch (613) 741-8255. Email: [info@childrenatrisk.ca](mailto:info@childrenatrisk.ca)

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

**Main Street Community Services:** Ongoing social skills and mentoring groups for preschoolers up to age 16. For children with various special needs, including ASD. 1453 Main Street, Stittsville. Contact: Shelley Steinberg (613) 831-6606. Email: [mainstreetcommunity@bellnet.ca](mailto:mainstreetcommunity@bellnet.ca)

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

**Y’s Owl Maclure:** Social skills training program for adults with Asperger Syndrome. Includes peer mentors. 1140 Morrison Drive, Suite 100, Nepean. Phone: (613) 721-1500. Email: [ysowl@magma.ca](mailto:ysowl@magma.ca)

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

**OCTC (Ottawa Children’s Treatment Centre):** “Ottawa Recreation for Children on the Autism Spectrum (ORCAS),” Bowling, martial arts, baking, arts and crafts, etc. Consult website for ages and specifics. Must be a client of OCTC (go through intake at (613) 737-0871.) 2211 Thurston Dr., Ottawa. Phone: Katie Downey, (613) 688-2126 ext. 4342 or Emily Glossop 688-2126 ext. 4340. Email: [kdowney@octc.ca](mailto:kdowney@octc.ca) or [eglossop@octc.ca](mailto:eglossop@octc.ca)

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

**OCTC (Ottawa Children’s Treatment Centre):** Anger management groups for children with ASD. 2211 Thurston Dr., Ottawa. Must be a client of OCTC (go through intake at (613) 737-0871.)

**Friendship FUNdamentals:** Social Skills Groups for special needs children ages 2 and up. Groups specifically for children with Asperger’s or High Functioning Autism. Social Skills are also practiced on outings throughout the community. Contact: Jennifer DiMarco or Tina Cannon 46 Sheppard’s Glen Avenue, Kanata. Phone: (613) 290-2358. Website: [www.friendshipfundamentals.ca](http://www.friendshipfundamentals.ca)

Email: [friendshipfundamentals@yahoo.com](mailto:friendshipfundamentals@yahoo.com)

**Building Blocks:** Private social skills groups for children diagnosed with AS aged 4 to 10 years old. Call for more information on curriculum and format for sessions. Contact: Elaine Bissonnette, DSW. Phone: (613) 722-4374. Email: [ebblocks@magma.ca](mailto:ebblocks@magma.ca) or [ebissonnette@magma.ca](mailto:ebissonnette@magma.ca)


**The Speech, Voice & Language Clinic:** Social skills through “Food, Friends and Fun: An Etiquette and Social Dining Experience for Children.” Offered November and February. Ages 7-10. AS, learning disabilities, hearing impairment, etc. 250-B Greenbank Road, Suite 228, Nepean. Phone: (613) 820-4722 ext. 1. Email: [svlc@sympatico.ca](mailto:svlc@sympatico.ca)

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

**Richard Harman:** Through role playing and discussion, social skills groups address topics such as problem solving, decision making, classroom survival, self acceptance, assertiveness, making friends, and dealing with feelings. Grades 1 to 8. Contact: Richard Harman (613) 729-9940. Turnbull Learning Centre: 1132 Fisher Ave, Ottawa. [http://www.turnbull.ca/tlc/tlc_counselling_staff.html](http://www.turnbull.ca/tlc/tlc_counselling_staff.html)

**Richard Harman:** Group for depressed, anxious, withdrawn teens. In-depth focus on issues such as dependency, fear, guilt, uncertainty, relationships with others. May be appropriate for some higher functioning teens with AS. Contact: Richard Harman (613) 729-9940. Turnbull Learning Centre: 1132 Fisher Ave, Ottawa. [http://www.turnbull.ca/tlc/tlc_counselling_staff.html](http://www.turnbull.ca/tlc/tlc_counselling_staff.html)

**Positive Progress:** Communication and social development groups offered throughout the year for children between the ages of 2.5 – 9yrs. Also, parent/mediator training and coaching support groups (via Parent Practice Club, and Learning TLC (Training and Leisure in the Community programs). Not specific to Autism Spectrum Disorders.
Contact: Terri Neate  
11 Jenness Ch., Chelsea, PQ  
Phone: (619) 827-4148  
Email: positiveprogress@sympatico.ca

Goldstein, Moncion, Greenbaum, and Associates: Social skills groups for 6 to 18 years. Not specific to Autism Spectrum Disorders.  
2249 Carling Ave. Suite 314, Ottawa  
Phone: (613) 596-2333  
Email: gmgassoc@magma.ca

Western Ottawa Community Resource Centre:  
For Goulbourn, Kanata, and West Carleton parents and children who are experiencing difficulty at home, in school or the community. Confident Children’s Program includes social skills component. Not specific to Autism Spectrum Disorders; children will be assessed for appropriateness.  
2 MacNeil Court, Kanata  
Phone: (613) 591-3686  
Email: info@communityresourcecentre.ca  
Website: www.communityresourcecentre.ca

SUPPORT GROUPS

Asperger Syndrome Parent Support Group:  
Sponsored by Autism Ontario—Ottawa chapter for parents of children with Asperger Syndrome and related disorders. A diagnosis is not required. Regular emails to parents and professionals about workshops and other activities relevant to ASD. Meets the last Monday of the month (except during the summer) at 7:30 pm. Bronson Centre, 211 Bronson Ave., Ottawa  
Phone: (613) 230-6305  
Email: ottawa@autismontario.com

Family Members of Adults with ASD Support Group:  
Sponsored by Autism Ontario—Ottawa chapter for family members of adults with ASDs. A diagnosis is not required. Meets monthly. Bronson Centre, 211 Bronson Ave., Ottawa  
Phone: (613) 230-6305  
Email: ottawa@autismontario.com

Asperger Youth Group: (ages 15 to 25) combines peer support and topical discussion with social activities, such as bowling nights and movie nights. Meets monthly. Bronson Centre, 211 Bronson Ave., Ottawa  
Phone: (613) 230-6305  
Email: ottawa@autismontario.com

Aspirations: Sponsored by Autism Ontario—Ottawa for adults and older teens (ages 16 and up) with Asperger Syndrome. Mutual support, guest speakers, presentations, discussions, friendship, and fun! Parents, other relatives, friends, and professionals are also welcome to attend. Meets the third Monday of every month (except during the summer), at 7 pm at the Bronson Centre.  
Contact: Gordon Montgomery (613) 230-6305  
Email: king.atlas@gmail.com  
Website: http://aspirations.topcities.com/

Contact: Brenda Desjardins (613) 951-0034  
Email: desjbre@yahoo.ca

Ottawa Valley West Special Needs Support Group: For parents West of Ottawa with children with ASDs and other special needs. Meets monthly in member’s homes in Amherst, Renfrew, Galetta, Pakenham, Caledogie, Waba, White lake, etc. Group also communicates via an online yahoo group. To join or subscribe:  
Contact Jody Brenton: doohum@yahoo.com

RDI® Relationship Development Intervention Support: The goal of RDI is to develop the most effective methods to remediate specific deficits which impede people on the autism spectrum from productive employment, independent living, marriage and intimate social relationships.  
Ottawa Parent Contact: Cecile Wilson  
Phone: (613) 233-4869  
Email: cecilewilson@rogers.com

PLEO (Parents’ Lifelines of Eastern Ontario): Support group for families who have children and youth with mental illness. Meetings are held at CHEO every third Thursday of the month.  
Phone: (613) 321-3211  
Email: info@pleo.on.ca  
Website: www.pleo.on.ca

Contact: Barb Nesrallah (613) 831-3222  
Email: barbnearlhall@rogers.com

ONLINE

Autism Support Ottawa Yahoo Group: Online forum for parents, professionals and persons with autism spectrum disorders in the Ottawa region created to exchange information and resources. Compiles directory of services for ASD in Ottawa. Subscribe by email:  
autismsupportOttawa-subscribe@yahoogroups.com

AS and Their Partners: Semi-private forum for people with Asperger Syndrome (or those with related issues) and their partners to help support
and better their relationships.  
Website:  
http://forums.delphiforums.com/asandpartners/start

**Aspergers World:** Free community for parents, grandparents, friends, and therapists to talk about helping children live with Asperger's Syndrome. Forums, videos, blogs, interviews, medication ratings.  
www.aspergersworld.com

**RESPITE**

Respite is designed to give parents a break from the rigours of special needs parenting. For a complete list of respite options, see the Service Coordination website:  
www.scsottawa.on.ca  (under Respite Options)

**Main Street Community Services:** Respite for ASD/others on site, as per availability. To age 18. Residential program (overnight) and an after-school/evening program.  
1453 Main Street Box 432, Stittsville  
Phone: (613) 831-6606  
Email: mainstreetcommunity@bellnet.ca  
Website: www.mainstreetcommunityservices.com

**Friendship FUNdamentals:** Respite care for ASD/others. Ages 2 to adult. Daytime, evening and overnight.  
Contact: Jennifer DiMarco or Tina Cannon  
46 Sheppard's Glen Avenue, Kanata  
Phone: (613) 290-2358  
Email: friendshipfundamentals@yahoo.com  
Website: www.friendshipfundamentals.ca

**Greenland Country Haven:** Respite Care for ASD/others. Ages teen and up. Flexible scheduling to accommodate families. Short and long term respite care offered.  
3017 Greenland Road, Dunrobin  
Phone: (613) 832-0708  
Website: www.greenlandcountryhaven.com  
Email: GreenlandCSP@aol.com

**AGENCIES AND ASSOCIATIONS**

**Autism Ontario (provincial office):** Advocacy, information, post-secondary scholarships, quarterly newsletter, and other publications such as:  
*Living with ASD: Adolescence and Beyond, Navigating the Special Education System in Ontario and Children Diagnosed with Autism: What to Expect and Where to Get Help.* Summer Camp Support Fund.  
1179A King Street West, Suite 004  
Toronto, ON M6K 3C5  
Phone: (416) 246-9592  
Website: www.autismontario.com

**Autism Ontario—Ottawa Chapter:** Information packages, workshops, individual support, family activities, support groups, news bulletin and book/DVD lending library. Volunteers eligible for camp bursary.  
Bronson Centre, 211 Bronson Ave., Ottawa  
Phone: (613) 230-6305  
Fax: (613) 288-1423  
Email: ottawa@autismontario.com  
Website: www.autismontario.com/ottawa

**Association francophone d’autiste:**  
Contact: Huguette Boisvert  
Phone: (613) 722-2482  
Email: Boisvert@rogers.com

**Children at Risk, Ottawa:** Service provider of social skills, friendship skills and life skills groups for children with Autism Spectrum Disorders (including AS) and their siblings. Ages 4 to 18. Social events and workshops also offered to families. Services subsidized by ongoing fundraising activities.  
Contact: Brenda Reich (613) 741-8255  
235 Donald St., Ottawa  
Email: info@childrenatrisk.ca  
Website: www.childrenatrisk.ca

**Learning Disabilities Association of Ottawa-Carleton:** Resource centre with a lending library and information for children and youth with learning disabilities. (AS and Non-Verbal Learning Disorder share similar traits and intervention strategies.) Runs Sunshine Day Camp (see Summer and March Break Camps).  
McNabb Park School  
160 Percy St., Ottawa  
Phone: (613) 567-5864  
Email: ldaoc.resources@rogers.com  
Website: http://ldao-c.ncf.ca/

**South Nepean Autism Centre:** Support and networking opportunities for families of children with ASDs (up to 6 years) in the South Nepean area. Behavior Consultant available on site. Specialists invited monthly to provide more in-depth information on language/communication, fine/gross motor needs, self help and playskills strategies.  
Barrhaven Childcare Centre 56 Kennevale Dr.  
Contact: Dale O’Reilly 613-825-9385 ext.14  
Email: barfcc@on.aibn.com

**(CISS) Children’s Integration Support Services—Andrew Fleck Child Care Services:**  
(Bilingual) Funded by the City of Ottawa. Provides support services to licensed nursery schools, day care, school age day care and family home care that include children with special needs within the City of Ottawa. Includes the Thursday’s Child Nursery School for children with a diagnosis on the Autism Spectrum. Has lending library (See Education Resources).
Referrals can be made by families, referring agencies or childcare programs. Contact: Susan Spence (ext. 231) or Christine Stevens (ext. 244) (613) 736-1913
600-700 Industrial Ave., Ottawa
Website: www.autismontario.com

Geneva Centre for Autism: Offers a wide range of fee for service workshops, training events and consultation services that can be customized to your needs. Holds International Symposium on Autism every two years where world leaders in the field of Autism Spectrum Disorders present their current work or experience. Information packages on many aspects of ASD can be ordered.
112 Merton Street, Toronto, ON
Phone: (416) 322-7877
Email: info@autism.net
Website: www.autism.net

Aspergers Society of Ontario: Information, and services, annual conference (Toronto), free newsletter.
161 Eglinton Ave., East #401, Toronto, ON
Phone: (416) 651-4037
Email: info@aspergers.ca
Website: www.aspergers.ca

Crossroads Children’s Centre: For children up to 12 years old who have serious emotional and behavioural difficulties. These children are often having serious problems at school, trouble in the community, or showing behaviours such as fear, anxiety, sadness, aggression, or depression. Individualized treatment plan developed in partnership with parents and children including a wide range of services: parent support, crisis intervention, family and individual therapy, anger management and more.
1755 Courtwood Crescent
Phone: (613) 723-1623
Email: info@crossroadschildren.ca
Website: www.crossroadschildren.ca

Youth Services Bureau: For high-risk youth aged 12 and up with difficulties affecting their physical and/or emotional well-being and development.
2675 Queensview Drive, Ottawa
Phone: 613 562-4708 x 244 (intake for resource, referral and counselling)
Email: intake@ysb.on.ca
Website: www.ysb.on.ca

Community Resource and Health Centres: Fourteen CRHCs across the City provide social and health services. Social services include employment services, crisis intervention, home support services, community development, youth programs, support groups, legal advice, home management development, parent/child drop-ins, information and referral. Health services include family medical care, obstetrics, health education and promotion, addictions assessment and referral and seniors outreach services.

Contact your closest centre:
Carlington 722-4000 Centretown 233-4443
Orleans- Cumberland 830-4357
Eastern Ottawa 741-6025
Hunt Club-Riverside 247-1600
Kanata 591-3686 Lower Town 789-3930
Nepean 596-5626 Overbrook-Forbes 745-0073
Pinecrest-Queensway 820-4922
Sandy Hill Community Health Centre 789-1500
Somerset West 238-8210
South-East Ottawa 737-5115
Vanier 744-2892

ABC Association for Bright Children:
Advocates for the needs of bright children. Offers “Take-Off” program in fall and spring which may be of interest to children with AS. Features courses such as chess, robotics, magic, astronomy, math which may align with your child’s “special interest.”
Phone: (613) 860-1398
Email: abcottawa@abcontario.ca
Website: www.abcontario.ca/ottawa

Tourette Syndrome Foundation of Canada—Ottawa Chapter: Support group meetings held at the ROH, on the second Tuesday of each month (except during the summer). For teachers, provides Educator’s resource kit on Tourette Syndrome and its associated disorders including classroom strategies.
900 Greenbank Road, Box 386, Ottawa
Phone: (613) 823-1471
Email: info@tsottawa.com
Website: www.tsottawa.com

FINANCIAL ASSISTANCE

Note: For help filling out Ministry forms, contact Service Coordination at (613) 748-1788.

Ministry of Children and Youth: ACSD Assistance for Children with Severe Disabilities: Program based on income to assist parents with the extra costs involved with caring for a child with serious special needs.
347 Preston Street, 3rd Floor, Ottawa
Contact: (613) 788-2390

Ministry of Children and Youth: Special Services at Home (SSAH): Provides limited funding to families caring for children and adults with a developmental disability for hiring workers for developmental programming and family relief. More flexible discretionary funding allowance covers expenses such as social skills.
groups, summer camp, and housecleaning.
Adults no longer need to live with their parents to be eligible. Assistance is not means tested.
347 Preston Street, 3rd Floor, Ottawa
Contact: (613) 788-2390
Website (funding for adults): www.mcss.gov.on.ca/mcss/english/pillars/developmental/programs/family_support.htm

Ministry of Community and Social Services: Ontario Disability Support Program (ODSP):
Financial and employment supports for disabled individuals starting at age 18 and 16 respectively based on financial need and eligibility criteria.
347 Preston Street, 3rd Floor, Ottawa
Contact: (613) 234-1188
http://www.mcss.gov.on.ca/mcss/english/pillars/social/questions/odsp/about_odsp.htm

Ministry of Community and Social Services: Passport Program: Funding to help individuals with developmental disabilities participate in the community. For those who have left school and would benefit from community participation supports; who have been waiting for service and in need of community participation supports; and those who are not receiving employment supports from the Ontario Disability Support Program (ODSP).
Contact: Amber Hill or Julie Descoteaux (March of Dimes)
Phone: (613) 596-3463 ext. 232 or 277
Email: ahill@marchofdimes.ca or jdescoteaux@marchofdimes.ca
Website: http://www.mcss.gov.on.ca/mcss/english/pillars/developmental/programs/young_leave_school.htm

Accessible Parking Permit (AAP) formerly Handicapped Parking Permit: With medical certification from a physician, you may qualify for an accessible parking permit to enable you to more safely care for your child. Forms are available at Driver and Vehicle Licensing offices or on-line. For more information:
Phone: 1-800-387-3445
www.mto.gov.on.ca/english/dandv/vehicle/app.htm

City of Ottawa Recreation: Fee assistance (means-tested) is available for all programs in all areas of the City.
City-wide Portfolio Manager (613) 580-2747
West Coordinator (613) 580-2424 x 41226
East Coordinator (613) 580-2424 x 29300

Max Keeping Foundation: Helps families in the region meet emotional, physical, mental and emergency needs. Examples include funding camp and other recreational activities, buying computers and other specialized equipment, etc.
Fax request including name, phone number, amount of money requested and how you plan to use it, information about your financial situation and name(s) and age(s) of children. Request will be assessed by Board of Directors. It takes 3 to 4 weeks to receive a reply. Limit of $500.
Phone: (613) 274-4304
Fax requests to CJOH at (613) 274-4301
Website: www.maxkeepingfoundation.org

Jennifer Ashleigh Foundation: Assists children who are seriously ill, have a permanent disability (including AS), are 21 years of age or under and whose permanent residence is in Ontario. Family income impacts on assistance decisions. Does not assist with therapies like ABA or IBI but covers respite, camp/rec programs, etc.
Phone: (905) 852-1799
Email: generalmail@jenash.org
Website: www.JenniferAshleigh.org

TAXES AND TRUST FUNDS
A chartered accountant can help you determine whether you can claim expenses incurred when caring for a child with special needs or as an individual with special needs. Ask about claiming expenses of a registered therapist, purchase of special education resources, specialized camps, tutoring, diet, etc.

If you are supporting a child with AS or are yourself an individual with AS, depending on the severity of the AS, you may be eligible for:

1) Disability Amount (also known as the Disability Tax Credit): a non-refundable tax credit that reduces the amount of income tax that an individual has to pay. You must fill out Form T2201 Disability Tax Credit Certificate (with certification from a qualified practitioner.)
Website: www.cra.gc.ca/disability (for more info)

2) Child Disability Benefit (CDB): Supplement to the Canada Child Tax Benefit (CCTB). If you are eligible for the CCTB, you may be eligible for this supplement—a monthly benefit providing financial assistance for qualified families caring for children with severe and prolonged mental or physical impairments (under age 18). To be eligible you must qualify for the Disability Amount (see 1) above.) Your benefit will be calculated automatically if you receive the CCTB for your child and you or your current or former spouse or common-law partner has already submitted an approved Form T2201.
Website: www.cra-arc.gc.ca/cdb (for more info)

3) Disability Supports Deduction: Adults with AS may be able to deduct expenses they incur to
work, go to school or do research for which they are paid. Expenses might include job coaching, tutoring or note-taking expenses. Only the person with the disability can claim. Use Form T929 Disability Supports Deduction. Order publication below for more information.

To obtain a copy of Guide RC4064, Medical and Disability-Related Information (includes Form T2201) or other bulletins/forms related to disability:
Phone: 1-800-959-2221
Website: [www.cra.gc.ca/forms](http://www.cra.gc.ca/forms) (to download)
Website: [www.cra.gc.ca/orderforms](http://www.cra.gc.ca/orderforms) (to order)

For individual income tax enquiries:
Phone: 1-800-959-8281

**Trust Funds:** A qualified lawyer can help parents plan to leave money to a disabled child after their death without jeopardising qualification for government-assisted programs. Consult a lawyer with experience in setting up Henson Trusts.

**Donna Neff, LL.B, T.E.P.**
Neff Law Office Professional Corporation
1869 Maple Grove Road Stittsville
Phone: (613) 836-9915
Email: donna.neff@nefflawoffice.com
Website: [www.dnefflawoffice.com](http://www.dnefflawoffice.com)

**Kenneth C. Pope LLB TEP**
Henson Trust Specialist
The Imperial Building
Suite 500-251 Bank Street
Ottawa, ON, K2P 1X3
Phone: (613) 567-9724
Toll Free: 1-866-536-7673
Email: kpope@kpopelaw.ca
Website: [www.kpopelaw.ca](http://www.kpopelaw.ca)

**LEGAL SERVICES**

**Child Advocacy Project:** CAP lawyers provide free legal services to youth and their families who would otherwise be unable to afford a lawyer. Services are provided to students across Ontario who are involved in the Special Education process, children and youth who are at risk of being suspended or expelled, children and youth being denied the right to be enrolled in school and students who feel unsafe at school.
Phone: (416) 977-4448 ext: 226 or 866-466-PBLO
Email: info@childadvocacy.ca
Website: [www.childadvocacy.ca](http://www.childadvocacy.ca)

**CLEONet:** Online clearinghouse for community legal education in Ontario. CLEONet is a project of Community Legal Education Ontario (CLEO).
Website: [www.cleonet.ca](http://www.cleonet.ca)

**EDUCATION SUPPORT**

**ELEMENTARY AND HIGH SCHOOL**

To ensure service, students with AS should be formally identified as exceptional by an Identification, Placement and Review Committee (IPRC). Make this request to your principal.

An Individual Education Plan (IEP) containing specific objectives and an outline of educational services that meets the needs of the exceptional pupil is prepared. For students requiring equipment (e.g., laptops) or specialized personnel, the school board receives funding through special education grants. Parents may be required to provide documentation to support a claim for funds. Parents should be involved in all planning for their child and need to be informed and proactive in advocating for their children.

Two high school *Asperger classes* (one at Brookfield High School and one at Hillcrest High School) are geared to children unable to cope in the regular classroom. Recommendation must come from the principal.

Information on special education is also available at Board and Ministry websites.
For Public Board: [www.ocdsb.ca](http://www.ocdsb.ca) (look under Our Programs/Special Education)
Also see [www.ottawaspecialeducation.org](http://www.ottawaspecialeducation.org)
For Separate Board: [www.ottawacatholicschools.ca](http://www.ottawacatholicschools.ca) (look under News & Pubs/Publications)
Also see other websites listed under Websites: Educational in this Guide.

**SEAC:** Autism Ontario—Ottawa has representatives on the Special Education Advisory Committee of the local school boards who can provide information to parents about access to school services and the IPRC process.
Contact: Autism Ontario—Ottawa Chapter Office
Phone: (613) 230-6305
Email: otawa@autismontario.com
(For French board SEACs, contact Huguette Boisvert (613) 722-2482)

**Autism Resource Teams:** Both English school boards have a small team of professionals who may act as consultants to teachers with students with autism spectrum disorders.
OCDSB contact: Cheryl Bauman-Buffone
Phone: (613) 596-8211 x8108
Email: Cheryl.Bauman-Buffone@ocdsb.ca
OCSSB contact: Wendy Macphee-Ebbs
OTTAWA ASPERGER SYNDROME RESOURCE GUIDE

Phone: (613) 224-4455 ext 2107
Email: wendy.macphee-ebbs@ottawacatholicschools.ca
(For Information on autism support at the French Public and Catholic boards contact Huguette Boisvert (613) 722-2482

ASD Learners at Home Support Group: for families of children, teens or young adults homeschooling. Exchange of education resources, teaching techniques and strategies as well as recreational bowling. Contact: Simy Illouze (613) 823-5360 Email: sillouze@sympatico.ca

Edu-Advocates: A private education consulting and advocacy firm. Work with children with Aspergers in the schools including transition planning for high school and university. Contact: Dale Ford (613)769-8960 E-mail: eduadvocates@ Rogers.com Website: www.eduadvocates.com

Lindsay Moir (Comhnadh Consulting): Retired special educator with 31 years of Ministry of Education experience. Provides information on education rights, legislation, meeting preparation, correspondence, and mediation/advocacy support by phone, fax, teleconference, or in person. Or, ask Lindsay a question via the www.oacrs.com website.
92 Cumberland Crescent
London, ON N5X 1B6
(519) 660-0493 (519) 660-1491 (FAX)
Email: l.moir@sympatico.ca
Website: www3.sympatico.ca/l.moir

Tammy Robinson: Special needs education advocate. Offers services for free. Phone: (613) 523-9173 Email: tamrobinson@sympatico.ca

Ministry of Education Ottawa Regional Office:
Provides help in clarifying ministry policies and education to school communities and parents.
Suite 504, 1580 Merivale Road, Nepean
Phone: (613) 225-9210

Note: Also see the Child Advocacy Project under Legal Services for education lawyers.

POST-SECONDARY

Algonquin College Centre for Students with Disabilities: Provides educational support services to students with disabilities attending or applying to Algonquin. Also ask about the Career and College Preparation Program (19 years and older) which has benefited some ASD students. Algonquin College, Room C142
1385 Woodroffe Ave., Nepean
Phone: (613) 727-4723, ext. 7683

Carleton University—Paul Menton Centre for Students with Disabilities: Provides educational support services and academic accommodation to students with disabilities attending Carleton University. Students are responsible for contacting the Centre and must provide formal documentation in order to qualify for some services.
Pual Menton Centre - 501 University Centre
Carleton University, 1125 Colonel By Drive
Ottawa
Phone: (613) 520-6608 or (613) 520-3937 (TTY)
Email: pmc@carleton.ca
Website: www.carleton.ca/pmc

Ottawa University Access Service: Offers individualized services to improve the learning conditions for students with disabilities and collaborates with University staff to facilitate the best possible learning conditions.
The Access Service, Unicentre, 3rd floor
Phone: (613) 562-5976
Email: adapt@uottawa.ca
Website: www.sass.uottawa.ca/access

Eleanor Ritchie Post-Secondary Education Entrance Scholarships for Students with ASD:
Awards given annually in recognition of the achievements of students with ASD in finishing their secondary education and entering into post-secondary education in Ontario. Each award is $1000 towards tuition (April application deadline.) For additional information:
Phone: (416) 246-9592
Website: www.autismontario.com

Jeanette Holden Post-Secondary Education Entrance Scholarships for Siblings of Students with ASD:
Awards given annually in recognition of the role and contributions of siblings to the welfare of individuals with ASD. Each award is $1000 towards first-year tuition (April application deadline.) For additional information:
Phone: (416) 246-9592
Website: www.autismontario.com

Roy Cooper Scholarship Award for a Student with a Learning Disability: Annual $1000 award granted to a high school student who has a documented Learning Disability and will be attending a University or College, majoring in an engineering and/or physical sciences discipline.
Phone: (613) 567-5654
Email: ldaoc.resources@rogers.com
Website: http://ldaoc.nsf.ca/
Personal statement: As a student and a tutor, I understand the challenges faced by students with learning disabilities. I have been involved in various tutoring programs and have worked with students of different ages and abilities. My experience has taught me the importance of tailoring teaching methods to meet the needs of each individual student.

I have helped students improve their reading, writing, and math skills. I have also supported students in developing their study habits and time management skills. I have seen positive changes in my students' confidence and motivation.

I am interested in pursuing a career in special education, where I can continue to support students with learning disabilities. I believe that every student has the potential to succeed, and I am committed to helping them reach their full potential.

I am available for tutoring sessions that can be held at the student's home or in a public place. I can also provide online sessions.

I have a solid foundation in teaching and have been trained in various methodologies that work best with students with learning disabilities. I am open to learning new techniques and adapting my teaching style to meet the needs of each student.

I am looking for a position that will allow me to use my skills and experiences to make a positive difference in the lives of students with learning disabilities. I am confident that I can contribute to your team and help students achieve their goals.

I am available for interviews at your convenience. Thank you for considering me for this position. I look forward to the opportunity to discuss my qualifications with you in more detail.

References:

1. John Doe, Tutor, ABC School
2. Jane Smith, Teacher, XYZ School
3. David Lee, Educational Consultant, Education World
the learning style and needs of the individual student.
Phone: 613-224-9450
Email: lynnfraser@sympatico.ca

On Your Mark Tutoring: Programs are designed to improve the academic performance of remedial students, extend the learning experiences of gifted students, tutor high school students and increase the self-confidence of all students. Adult services are also available for academic upgrading and helping you project your best image for the workplace.
Phone: (613) 260-7575
Email: info@oymnb.com
Website: http://www.oymnb.com/

EDUCATION RESOURCES

Phone: (613) 230-6305 (Autism Ontario Ottawa office) or (416) 246-9592 (provincial office) for copy.

(CISS) Children’s Integration Support Services—Andrew Fleck Child Care Services: Bilingual resources including books, videos, CD’s, DVD’s, children’s books, etc., for students, parents, teachers (child care and primary) and home care providers. A yearly membership is required for agencies/organizations, child care programs, individuals and students. Membership is free for any parent who has a child with special needs.
Contact: Susan Spence (ext. 231) or Christine Stevens (ext. 244) (613) 736-1913
Website: www.autischildrencan.ca

Linguisystems: Resources for special education teachers including books and games for teaching reading and writing skills as well as social skills (some specific to ASD).
Phone: 1-800-776-4332 for a catalogue.
Email: service@linguisystems.com
Website: www.linguisystems.com

Strategic Transitions: Kidspiration Software (K-Gr 5) and Inspiration Software (Gr 6-Adult).
Graphical ways of working with ideas and presenting information. Helps with brainstorming, planning, organizing, outlining, diagramming, and writing.
Phone: 1-800-726-7784
Email: sales@strategictransitions.com
Website: www.strategictransitions.com

Team Asperger’s Gaining Face: Software helps people with Asperger's syndrome, high-functioning autism, and similar issues learn to recognize facial expressions.
Phone: (316) 744-1334
Email: info@StoneMountainSoftware.com

Mind Reading: The Interactive Guide to Emotions - Version 1.3
DVD/CD developed by psychologist Simon-Baron Cohen psychologist designed to help those with ASD learn about emotions. Jessica Kingsley Publishers.
Email: post@jkp.com
Website: www.jkp.com

Picture Card Communication:
Personalized/individualized visual materials including schedules, emotion thermometers, support for social stories and other learning materials.
Email: info@picturecardcommunication.com
Website: www.picturecardcommunication.com

RECREATIONAL AND SOCIAL ACTIVITIES - ALL AGES

City of Ottawa Programs: The City of Ottawa runs programs geared to special needs, some of which may be appropriate to AS. Contact Portfolio Coordinators for assistance or check your Ottawa Recreation Guide for a complete list of programs. Fee assistance (means-tested) is available for all programs in all areas of the City.
City-wide Portfolio Manager (613) 580-2747
West Coordinator (613) 580-2424 x 41226
East Coordinator (613) 580-2424 x 29300

SNAP—Autism Program: Recreational program for children with ASDs. Subject to registration numbers, classes for preschools, children, and teens available at various locations across the City. Call your district Special Needs Coordinator at numbers above for information on current offerings.

Exceptional Explorers: Kanata Leisure Centre offers a swim and gym program for autistic/ PDD children and their families. Learn basic swimming skills and enjoy structured play.
Phone: (613) 591-9283

--------

Stronger You Martial Arts and Fitness: Jinkaz!—Karate for children with high functioning ASDs. Ages 7 and up. Social skills and personal awareness using circle discussion and role playing. Games to emphasize gross motor skills, turn taking and build confidence.
Special Needs Small Samurai— (4 and 5 year old pre-Karate) with ASDs, ADHD, and other
developmental or physical constraints that require a lower ratio of student/instructor. Ratio is 1:1.

**Summer Camps**—for higher functioning children with ASDs (see Summer and March Break Camps.)
3570 Strandherd Dr Barrhaven
Contact: Janet Hefterman (613) 823-6697
Email: info@strongeryou.com
Website: www.strongeryou.com

**Kwon Do for Special Needs:** Instructors from Tae E. Lee school. Ages 5 to18. Saturdays.
YMCA, Merivale Mall
Phone: (613) 727-7070

**Propeller Dance:** All people, including people with physical, developmental, psychiatric and low vision and/or blindness. Integrated classes. Kid’s wing (3-6 years) (7-11 years); and youth/adults classes.
Contact: Shara Weaver (613) 240-9775
Email: sweaver@magma.ca
Website: www.propellerdance.com

**Kanata Early Years Centre Saturday Morning Drop-In:** For families with children aged 0-6 who have a, motor and/or social delay in their development.
2 MacNeil Court, Kanata
Phone: (613) 591-3686
Email: info@communityresourcecentre.ca
Website: www.communityresourcecentre.ca

**Boys and Girls Club of Ottawa-Carleton:** Integrated program responds to children and youth with special needs who are looking to develop pro-social skills. Structured and unstructured programs at three clubhouses across the city: games, sports, computers, etc. Ratio 1 staff/4 participants. Tuesday to Friday 3:30 to 7:00 pm. Primarily ages 12 and under but will accommodate up to age 18. Social skills programming closes for the summer (except Planting Seeds Social Skills day camp) and begins again in the fall.

**British Clubhouse**
2825 Dumaurier Avenue, Ottawa Phone: (613) 828-0428

**The Fred C. McCann Clubhouse**
430 McArthur Avenue, Ottawa Phone: (613) 746-8517

**The Police Youth Centre Clubhouse**
1463 Prince of Wales Drive, Ottawa Phone (613) 727-5398
Email: Laura Burgess lburgess@bgcottawa.org
Website: www.bgcottawa.org

**Ottawa Special Olympics:** Offers training in 16 sports. Athletes of all ability levels are welcomed into the programs. Coaching involves working with small groups of athletes with a 1:4 coach: athlete ratio.
Phone: (613) 860-6184
Website: www.ottawaspecialolympics.org

**Spring Action:** Trampoline classes that provide a special needs program aimed at people of all ages with minimal to severe physical, mental, emotional, social, language and/or sensory challenges.
151 Chapel Street, Ottawa
Phone: (613) 761-9620
Website (page on special needs programs): www.springaction.ca/page0011.htm

**HEATHER:** Helken Association for Therapeutic Riding. Horseback riding. Willing to accommodate special needs on individual basis.
2486 Huntley Avenue, Ottawa
Contact: Helen Wallace
Phone: (613) 853-3612
Email: hwallace@rohcg.on.ca

**Happy Trails Riding Stables:** Offers personalized programs to individuals requiring accommodations. Group or individual lessons available.
5979 Leitrim Road, Carlsbad Springs. (10 min from 417/Walkley Rd. exit)
Phone: Art Mackie 613 822-1482 or Nathalie Gour 613 302-5152.

**Horses of the Sun:** Special needs program (has limited spaces). Private lesson. Parents or support workers welcome to participate. Dr.’s note required to allow student to participate. Usually do an initial assessment of interest and ability before making a commitment. Acceptance of children depends more on size than age.
1944 Forced Rd., Vars.
Contact: Sonja Koch (613) 835-9523
Website: www.horses-of-the-sun.ca

**Corona Gymnastics Club:** Children with ASDs will be accommodated. Special needs program availability depends on level of interest from the community and numbers. Decisions made on a session-by-session basis.
155 Colonnade Rd. S., Nepean
Phone: (613) 224-6524
Website: www.coronagym.ca

**Canadian Association for Disabled Skiing—National Capital Division (CADS-NCD):** Skiing and boarding opportunities for individuals with literally any disability at Calabogie, Camp Fortune (vision impaired), Edelweiss Valley, Mont Cascades, and Mount Pakenham. Competitive Race program. Contact: Tom Abernethy (613) 824-7393 or Bernie Simpson (819) 827-4378
Email: tibernethy@rogers.com
Website: www.cads-ncd.ca
RECREATIONAL AND SOCIAL ACTIVITIES – TEENS AND ADULTS

Friends For Fun Bowling: Teens and young adults with ASD. Monday nights. 7 pm. Merivale Bowling Centre
Contact: Simy Illouze (613) 823-5360
Email: sillouze@sympatico.ca

Fit Vision Fitness Studio: Power Circuit, Fit Ball and other programs for teens (starting age 13) and young adults with ASD.
4806 Bank Street (towards Findlay Creek - Greely)
Contact: Marybette Riddell at (613) 822-0229 or Simy Illouze at (613) 823-5360
Email: sillouze@sympatico.ca

Ottawa Role Playing Group (ORC): for teens with or without AS between the ages of 10-19 who are interested in playing or learning to play a table top role playing game with a group of 4-6 other people. The game system used is GURPS and the setting for the game can be Sci-Fi, Fantasy, Historical Fiction, Cyber Punk or just about anything else you can imagine. Games will be in the evenings every two weeks for two hours.
Churchill Senior Centre (Westboro) and last two Email: orcguide@hotmail.com

Causeway Work Centre Wellness Program: Provides structured exercise for adults in the Causeway fitness centre, as well as fitness and nutrition counselling, seminars in healthy lifestyle choices, access to local YM-YWCA with a personal trainer and recreational activities at a local gym.
22 O’Meara Street, Ottawa
Intake: (613) 725-3949 ext. 35
Email: fdal@causewayworkcentre.org
Website: www.causewayworkcentre.org

The Social Network for Youth: Recreational activities for young people aged 13-21 years who have difficulty socializing. A Grad Club is available for those over 21. A French program is available as well.
Dalhousie Community Centre.
Contact: Mike Souliere
Activity Info Line: (613) 237-0113 (Stay on the line to leave a message).

Youth Empowerment and Transition Program (YET): Run by Ottawa Independent Living Resource Centre (OILRC). Life skills, social skills, and independent living skills. Ages 16 to 25. Contact Melissa for newsletter of activities.
Contact: Melissa D’Amora (613) 236-2558
Email: programs@oilrc.com
Website: www.oilrc.com

City of Ottawa Programs: The City of Ottawa runs programs geared to special needs, some of which may be appropriate to AS. Contact Portfolio Coordinators for assistance or check your Ottawa Recreation Guide for a complete list of programs. Fee assistance (means-tested) is available for all programs in all areas of the City.
City-wide Portfolio Manager (613) 580-2747
West Coordinator (613) 580-2424 x 41226
East Coordinator (613) 580-2424 x 25900

Friday Night Youth: Social program for youth who have disabilities. Ages 13 to 21. Friday evenings.
Hintonburg (613) 798-8874
Orleans (613) 824-0819 ext 231

Adult Programming: Social/recreational programs such as aquafitness, volleyball, floor hockey, yoga, weight training etc. designed for developmental delay/mental health/general disability clientele may be appropriate. Call the Portfolio Coordinator to check before signing up. Fee assistance (means-tested) is available for all programs in all areas of the City.

Best Buddies: One-to-one friendships between individuals with intellectual disabilities and high school or university students. Individuals with disabilities must be registered through hosting organizations. Contact for participating high school programs and host organizations.
Phone: 1-888-779-0061
Email: info@bestbuddies.ca
Website: www.bestbuddies.ca

H’Art of Ottawa: art and literacy day programming for adults with developmental disabilities (including ASDs). 9:30 am to 3:00 pm. Curriculum-based. Visual arts studio. Waiting list.
211 Bronson Avenue
Phone: 613-234-8497
Email: hartofottawa@bellnet.ca

SUMMER/MARCH BREAK CAMPS

Only camps that advertise accommodations for special needs are listed. Most regular camps are also suitable for children with AS. Look for camps that offer highly structured programming such as the computer, science, and engineering camps offered through the Universities. Watch for the Ottawa Citizen’s Summer Camps guide published every April.

SUMMER AND MARCH BREAK DAY CAMPS

Main Street Community Services: Summer social skills camp tailored to camper’s needs. Sports, recreation, arts and crafts, relaxation, yoga, martial arts, swimming. Ages 5-18.
Location: Katimivik Elementary School  
Contact: Shelley Steinberg (613) 831-6606  
Email: mainstreetcommunity@bellnet.ca  
Website: www.mainstreetcommunityservices.com

**Stronger You Martial Arts and Fitness**—  
**Jinza! Camp:** For children with high functioning  
ASDs. Ages 9 to 13. Social skills-bully proofing,  
martial arts, team building, friendship making,  
physical activity program. Cancelled for Summer  
2008.  
3570 Strandherd Dr Barrhaven  
Contact: Janet Heffernan (613) 823-6697  
Email: info@strongeryou.com  
Website: www.strongeryou.com

**Fit Vision Fitness Studio Camp Get Fit:**  
Provides quality, accessible, and cost-effective  
health and wellness camp program to teens and  
young adults with ASD of all fitness levels. Also  
Christmas camp.  
4806 Bank Street (towards Findlay Creek -  
Greely)  
Contact: Marybette Riddell at (613) 822-0229  
or Simy Illouze at (613) 823-5360  
Email: sillouze@sympatico.ca

**Sunshine Camps:** Summer, youth leadership  
and March Break therapeutic camps run by the  
Learning Disabilities Association of Ottawa-  
Carleton for children with LD, ADD/ADHD and  
ASD. Social skills intervention. Includes time with  
a behavioural therapist and psychologist.  
**Summer Day Camp/March Break.** Ages 6 to 12.  
**Youth Lifeskills Camp** (Overnight). Ages 11 to 16.  
**Youth Sailing Camp.** Ages 11 to 15.  
**City of Ottawa Day Camps:** The City of Ottawa  
runs camps geared to special needs, some of  
which may be appropriate to AS. Specialized  
support to compliment existing staff is available  
on first-come first serve basis. Shared care staff  
camper ratio of 1:3 for up to three weeks. Fee  
assistance (means-tested) is available for all  
programs in all areas of the City.  
Contact Portfolio Coordinators for assistance or  
check your Ottawa Recreation Guide for a  
complete list of programs.  
City-wide Portfolio Manager (613) 580-2747  
West Coordinator (613) 580-2424 x 41226  
East Coordinator (613) 580-2424 x 29300  
Camps that may be appropriate (all campers are  
screened) include:

- **Special Needs Autism Camp:** For children with  
high functioning ASDs who are current clients of OCTC  
through intake at (613) 737-0871. Consult their website  
for current camps.  
2211 Thurston Dr.  
Phone: Katie Downey, (613) 688-2126 ext. 4342  
or Emily Glossop 688-2126 ext. 4340  
Email: kdowney@octc.ca or eglossop@octc.ca  
Website: www.octc.ca

**OCTC (Ottawa Children’s Treatment Centre):** Provides summer camp, youth leadership and  
March Break camps for children and youth with  
ASDs who are current clients of OCTC (go through intake at (613) 737-0871.) Consult their website for current camps.  
2211 Thurston Dr.  
Phone: (613) 688-2126 ext. 4342 or Emily Glossop 688-2126 ext. 4340  
Email: kdowney@octc.ca or eglossop@octc.ca  
Website: www.octc.ca

**Boys and Girls Club of Ottawa Planting Seeds**  
**Day Camp.** Ages 6 to 12. Ideal for children with  
ADD, ADHD, LD, Asperger Syndrome or High  
Functioning Autism. Fees also include Boys and  
Girls Club Membership. Daily social skills  
program, swimming, recreation, art activities,  
team building games and much more.  
Staff/camper ratio: 1:4  
Contact: Laura Burgess, Behaviour Therapist  
Phone: (613) 746-8517  
Website: www.bgcottawa.org

**YMCA/YWCA Camps:** Limited number of one-on-one support placements available in most  
camp programs at a rate of $25/week in addition to the weekly camp fee.  
Phone: 613.237.1320 ext 6101  
Website: www.ymcaywca.ca

**Happy Trails Summer Riding Program:** Week-long half day camps for children 8 – 15 years.  
Accommodations given for special needs.  
Happy Trails Riding Stables  
5797 Leitrim Road, Carlsbad Springs (10 min from 417/Walkley Rd. exit)  
Phone: Art Mackie (613) 822-1482 or Nathalie Gour (613) 302-5152

**Greenland Country Haven Camps:** Horseback riding, drama, and regular  
Summer/Christmas/March Break camps for  
developmental disabilities and other special needs. Ages 14 and up.  
3017 Greenland Road, Dunrobin  
Phone: (613) 832-0708  
Email: GreenlandCSP@aol.com  
Website: www.greenlandcountryhaven.com

**A Fine Mess:** Summer workshops for children.  
Inviting, comfortable environment to experience  
art and other creative endeavours.  
3191 Strandherd Drive, Unit 104 (Barrhaven)  
Contact: Genna 613-825-0053  
Email: info@afinemess.ca  
Website: www.afinemess.ca

**City of Ottawa Day Camps:** The City of Ottawa  
runs camps geared to special needs, some of  
which may be appropriate to AS. Specialized  
support to compliment existing staff is available  
on first-come first serve basis. Shared care staff  
camper ratio of 1:3 for up to three weeks. Fee  
assistance (means-tested) is available for all  
programs in all areas of the City.  
Contact Portfolio Coordinators for assistance or  
check your Ottawa Recreation Guide for a  
complete list of programs.  
City-wide Portfolio Manager (613) 580-2747  
West Coordinator (613) 580-2424 x 41226  
East Coordinator (613) 580-2424 x 29300  
Camps that may be appropriate (all campers are  
screened) include:

**Special Needs Autism Camp:** Recreational  
activities will be chosen to build on  
communication, socialization and gross motor  
skills. Ages 6 to 12.
Beacon Hill North Community Centre (613) 580-2424 x 29300
Walter Baker Sports Centre (613) 580-2424 ext. 41226
Kanata Recreation Complex (613) 580-2424 ext. 41226

Summer Success: For children requiring specialized programming and support due to attention, hyperactivity, learning and behavioural difficulties. Ages 8-12. Ratio of 5 children to 1 leader.
McNabb R.C. (613) 580-2424 ext. 41226

Phone: (613) 580-2424 ext. 41226

Youth Leadership: Geared towards youth 14-18 with developmental disabilities. Youth will learn pre-vocational skills, participate in recreational activities and work on social and communication skills.
McNabb R.C. (613) 580-2424 ext. 29291

Experience/Adventures: Social/recreation programs for youth and young adults with special needs. Ages 15 and up.
Hintonberg Community Centre (613) 798-8874
Ron Kolbus Centre (Lakeside Gardens) (613) 798-8874
Orleans (613) 824-0819 ext. 231

SUMMER RESIDENTIAL CAMPS

Ontario Camping Association: Maintains a complete listing of summer residential camps, disability-related or otherwise. Also has information on funding sources such as SSAH (also see Financial Assistance section of this guide) that can assist with camping fees.
Phone: (416) 485-0425
Email: info@ontariocamps.ca
Website: www.ontariocamps.ca

Camp Smitty: Operated by the Boys and Girls Club of Ottawa-Carleton. Sleepover camp with integration component for 8 to 15 year olds (flexible upper age limit). Leader in Training program for 14 and 15 year olds. Financial assistance is available.
Location: Mink Lake near Eganville
Phone: (613) 746-8517 x224
Camp Director: (613) 236-1222 x2283
Website: www.campsimity.com

Sonshine Cove: Year-round camp for children in Foster Care as well as children with a variety of special needs. Weekend respite and week-long special needs camps.
Location: 100 km. north of Orleans.
Contact: Cathy Goddard (613) 834-8187 ext 28
Website: www.sonshinefamilies.ca

Camp Misquah: For children 5 and up and adults with ASDs, Down syndrome and CP.
Location: On Lac Bitobi near Gracefield, Que.
Adults—The Misquah Cottage Experience for adults.
Location: Wakefield, Quebec.
For independent adults with developmental disabilities who wish to experience a relaxing cottage holiday, participating in activities such as cards, board games, swimming and day trips if they wish.
Email: fawzimankal@hotmail.com (current director contact information is found on the website)
Website: www.misquah.com

Camp Kennebec: An inclusive residence for ADD/ADHD, ASD, learning disabilities, behavioural and mainstream campers aged 7 to 27. Over 50 activities, out-trips to the movies, provincial parks and optional academics. Professional staff keep a 2:1 ratio with a focus on social and life skills.
Location: Land O’Lakes region on Bull Lake.
Summer Contact: Toll Free (877) 335-2114
Email: info@campkennebec.com
Website: www.campkennebec.com


Club Kodiak: Ages 19+. Offers many of the same activities provided for younger campers, but there are more choices, less obvious supervision, more freedom and an integrated life skills program. Our guests select most of their own activities and there are interesting excursions out of camp.
Location: 20 minutes northeast of Parry Sound
Winter Contact: Toll Free (877) 569-7595
Summer Contact: (705) 389-1910
Email: info@campkodiak.com or club@campkodiak.com
Website: www.campkodiak.com/

Camp Winston: Residential special needs camp that includes children (age 6 to 15) with learning disabilities, AD(H)D, Tourette Syndrome and Autism Spectrum Disorders.
Location: on Sparrow Lake in the Muskokas
Winter Contact: (416) 487-6229
Summer Contact: (705) 689-9096
Email: mail@campwinston.com
Website: www.campwinston.com

Lions Clubs Camp Kirk: Learning disabilities, ADD, ADHD, some ASDs and those with bladder/bowel control delays. Ages 6 to 14.

Comments or corrections?
Send an email to: ottawa@autismontario.com
Also available at www.autismontario.com/ottawa

June 2007
The Kinark Outdoor Centre: Autism Quest Program. Supported residential recreational experiences on weekends and in the summer for children and youth ages 9-15 with high-functioning autism and Asperger’s syndrome. Location: Minden Phone: 1-800-805-8252 Email: info@koc.on.ca Website: www.koc.on.ca

Reach for the Rainbow: Provides integrated camping experiences for children across Ontario with one-to-one support. Ages 4 to 16. In partnership with Eastern Ontario-area camps. For availability and complete list of camp locations see website: Phone: (416) 503-0088 Website: www.reachfortherainbow.ca

For more day and residential camps, see also Service Coordination’s list at: www.scsottawa.on.ca

INDEPENDENT LIVING

Service Coordination: (Bilingual) Funded by Ministry of Community and Social Services. Can help AS adults with information on ODSP applications, housing and employment. Drop-in Resource Room open every day from 8:30 to 3:30 pm or call for an appointment. 200-150 Montreal Rd., Vanier Phone: (613) 748-1788

Families Matter Co-operative Inc.: On-line resource centre providing comprehensive, up to date information on community resources and services for families and individuals with developmental disabilities. Works to be a catalyst and/or partner in development of housing options and employment and/or social enterprises opportunities for its members to live a quality and purposeful life in the community. Phone: (613) 733-0112 Email: familiesmatterco@sympatico.ca Website: www.familiesmatterco.ca

Onward and Upward: Lifeskills support for individuals, families and groups. Support services are individualized, comprehensive and outcome oriented. Fee for Service. Contact Karen (613) 867-5465 or Brian (613) 296-0473 Email: karen@onwardandupward.ca or brian@onwardandupward.ca Website: www.OnwardAndUpward.ca

Citizen Advocacy: Reduces isolation of people with disabilities through the Everyday Champions and Chance for Choice programs. Everyday Champions matches volunteer advocates to people with disabilities in one-on-one long-term supportive relationships. Group Home advocates provide in-home advocacy supports to residents of group homes. Chance for Choice enhances the well-being of older adults with a disability who may be vulnerable, isolated or at risk. Real Plans for Real Life Program (developing a life plan based on an individual's goals, dreams, strengths, and abilities) is accessed through Service Coordination.

312 Parkdale Avenue, Ottawa Phone: (613) 761-9522 TTY: (613) 725-6175 Email: info@citizenadvocacy.org Website: www.citizenadvocacy.org

Ottawa Independent Living Resource Centre: Cross-disability, consumer-controlled resource centre, which enables people with any disability to access resources they need to participate in the community. Has youth empowerment and transition program for ages 16 to 25. B10 - 75 Albert St., Ottawa Phone: (613) 236-2558 Email: info@oilrc.com Website: www.oilrc.com

Directory of Ottawa Community Services: “Blue Book”—Lists organizations and programs available in this region. Access e-Blue Book online (at website below), purchase CD or printed copy, or find at your public library. Purchase from: Community Information Centre of Ottawa. 260 St. Patrick St. Suite 301, Ottawa Phone: (613) 241-4636 Email: info@cominfo-ottawa.org Website: www.cominfo-ottawa.org

EAGLE (Education, Advancement, Guidance, Leadership and Excellence) Training Centre: Life Skills course on topics such as communication and social skills, dressing for success, and banking. Four-week session. 209-1725 St. Laurent Blvd, Ottawa Phone: 613-745-3977 Email: roselyn_eaglencentre@yahoo.ca Website: www.eaglencentre.org (under construction)
City of Ottawa Home Management
Counselling: For those receiving Ontario Works, Ontario Disability Support Program or with a low income. Guidance, teaching and ideas on how to balance your home, job, school and family.
Website: www.ottawa.ca/residents/efa/disabilities/home_management_en.html

Contact your nearest community resource centre for information:
Carlington 722-4000 Centretown 233-4443
Orlans- Cumberland 830-4357
Eastern Ottawa 741-6025
Hunt Club-Riverside 247-1600
Kanata 591-3686 Lower Town 789-3930
Nepean 596-5626 Overbrook-Forbes 745-0073
Pinecrest-Queensway 820-4922
Sandy Hill Community Health Centre 789-1500
Somerset West 238-8210
South-East Ottawa 737-5115
Vanier 744-2892

Lifetime Networks Ottawa: Facilitates the establishment of loving and caring friends in the lives of people with disabilities. Through organized and responsible community friendships, monitors and maintains the individual’s quality of life for his/her lifetime. Assists families to plan for the future by providing referrals on legal matters and information on home ownership and government benefits. Workshops, resource library, publications, consulting. Membership fees.
#406 -1390 Prince of Wales Drive, Ottawa Phone: (613) 748-7162
Email: info@lifetimenetworks.ca
Website: www.lifetimenetworks.ca

Housing Help/Aide Lodgement: Free "one-stop" housing information and assistance agency.
502-309 Cooper St.
Phone: (613) 563-4532
E-mail: info@housinghelp.on.ca
Website: www.housinghelp.on.ca/

Action-Logement/Action Housing: Assists, supports and advocates for disadvantaged individuals and families to find safe, adequate and affordable housing. Issues such as housing emergencies, evictions, discrimination, maintenance and repairs, illegal rents can be addressed by a housing caseworker.
261 Montréal Rd., Suite 200
Phone: (613) 562-8219
Email: info@action-logement.ca
Website: www.action-logement.ca

Social Housing Registry of Ottawa: Centralized applications centre for subsidized housing in Ottawa.
2197 Riverside Drive, 5th Floor Ottawa
Phone: (613) 526-2088
http://housingregistry.ca

MENTAL HEALTH SERVICES

Canadian Mental Health Association: Offers brokerage service for individuals with developmental disability and mental health diagnosis (including Asperger Syndrome). Designed to "open doors" for persons with Dual Diagnosis in the mental health and developmental service sectors, as well as create new options for support.
Intake/Assessment: (613) 737-7791
Brokerage: (613) 737-7791 ext. 133
Email: sluck@cmhaottawa.ca
Website: www.cmhaottawa.ca/services.htm

Ottawa Salus Corporation: Rehabilitation services, community support services, recreation and housing to men and women, 16 years of age or older, with severe and persistent mental health problems.
2000 Scott St., Ottawa
Phone: (613) 729-0123
Website: www.salus.on.ca

EMPLOYMENT SUPPORT

If you are eligible for ODSP (Ontario Disability Support Program) Employment Supports you have free access to a number of service providers including some below that can help you develop an employment plan. Most below also offer “fee for service” for those not eligible for Employment Supports.

Ministry of Community and Social Services–Ontario Disability Support Program
Employment Supports: Provides information and eligibility requirements.
347 Preston Street, 3rd Floor, Ottawa
Phone: (613) 234-1188
http://www.mcss.gov.on.ca/mcss/english/pillars/social/questions/odsp/about_odsp.htm

Causeway Work Centre: Provides supported employment services for clients in Eastern Ontario and Southeastern Ontario regions.
Designed to help adults with mental illness, dual diagnosis, and general disabilities gain competitive employment.
22 O’Meara Street, Ottawa
Intake: (613) 725-3494 ext. 115
Email: tdaly@causewayworkcentre.org
Website: www.causewayworkcentre.org

Y’s Owl Maclure: Provides vocational, lifeskills, school to community transition, recreation/leisure and outreach services to adults with disabilities. Also offers a social skills training program for adults with Asperger Syndrome and maintains a sexuality resource library. Information session takes place the first Tuesday of every month.
1140 Morrison Drive, Suite 100, Nepean
Phone: (613) 721-1500
Email: ysowl@magma.com
Website: www.ysowlmaclure.org

March of Dimes: Employment assistance through ODSP, alternate providers and privately. Offers one-stop shopping: assessment, employment plan, job search, placement, monitoring, job coaching, and access to accommodations on worksite. Also administers Passport funding (see Financial Assistance) 2249 Carling Ave., Ste. 200 (Ottawa Office)
Contact: Tina Paradis (613) 596-3463 ext. 239 Toll-free: 1-877-695-7999
Email: tpardis@marchofdimes.ca
Website: www.marchofdimes.ca

Onward and Upward: Develops and delivers support services designed to assist individuals with or without special needs achieve personal and employment goals. Support services are individualized, comprehensive and outcome oriented. Fee for Service.
Contact Karen (613) 867-5465 or Brian (613) 296-0473
Email: karen@onwardandupward.ca
brian@onwardandupward.ca
Website: www.OnwardAndUpward.ca

Bowen & Associates Inc: Employment service for persons with special needs. One hour free consultation to explore preferred employment-related supports. Then working with the family unit facilitate the development of individualized comprehensive and outcome oriented pre-employment training to help individuals choose, get and keep a job.
Phone: (613) 523-4038
Email: Info@BowenAssociates.ca
Website: www.BowenAssociates.ca

Hawkins Institute (Toronto): Asperger-specific employment assistance through ODSP and privately. Offers to Individuals residing outside of Toronto a 3-week Foundation Building Program which is $4,500 plus tax. Program is 36 hours long, spread out over 3 hours per day, 4 days a week for 3 weeks. Provides list of affordable accommodations while in Toronto. Liaises with the service provider in Ottawa on job placement and coaching services.
Phone: (416) 466-5498
Email: info@hawkinsinstitute.com
Website: www.hawkinsinstitute.com

Active Rehab Association: Employment assistance through ODSP and privately.
376 #202 Churchill Avenue North, Ottawa
Contact: Laura Mercier (613) 761-8602

Acclaim Ability Management Inc. Approved ODSP Service Provider of employment consultation, planning, preparation, training, job placement, coaching, maintenance, job search training skills, etc.
11 Holland Avenue, Suite 301 Ottawa
Contact: Anne Desjardins Regional Manager: adesjardins@acclaimability.com
Phone: 613-274-3010 / 866-447-4447
Website: www.acclaimability.com

Job Connect: Helps young people aged 16-24, out of school and out of work to overcome obstacles to finding and keeping employment. For summer jobs helps young people 15–25 (with disabilities to age 29).
Website: www.needajob.org

1) West
Youth Employment Resource Centre
John Howard Society of Ottawa
3730 Richmond Rd., Suite 216 (behind Harvey’s)
Bells Corners, Nepean
Phone: (613) 828-2123
Email: smacdon@ottawa.johnhoward.ca
Website: www.ottawa.johnhoward.ca/jhoyerc.html

2) Central/East
Youth Employment Services
Youth Services Bureau of Ottawa
1355 Bank Street, Ground Level, Ottawa
Phone: (613) 236-8244
Email: yes-ic@ysb.on.ca
Website: www.ysb.on.ca

3) Youth Employment and Job Search Centre
St. Lawrence College of Ottawa
71 Bank Street, 5th Floor, Ottawa
Phone: (613) 232-0022
Email: ottawajobconnect@sl.on.ca
Website: http://www.jobconnectstlawrencecollege.ca

4) French Services
La Cité collégiale
270 Marier Ave. 2nd Floor, Ottawa
Phone: (613) 741-9042
Ottawa Service Canada: Provides a wide range of employment services including resume writing and job postings. Information on federal programs such as Entrepreneurs with Disabilities Program and Opportunities Fund for Persons with Disabilities:

1) Ottawa Service Canada Centre for Youth: (for students or youth 16 to 30.)
300 Laurier Avenue West, 2nd Floor
Ottawa
Phone: (613) 993-9911
Website: www.youth.gc.ca www.jobbank.gc.ca

2) Ottawa East Service Canada Centre
Beacon Hill Shopping Centre
2339 Ogilvie Road, Gloucester
Phone: (613) 990-5100

3) Ottawa Centre Service Canada Centre
L'esplanade Laurier, Level 2
300 Laurier Avenue West, Ottawa
Phone: (613) 990-5100

4) Ottawa West Service Canada Centre
Lincoln Heights Galleria, 1st Floor
2525 Carling Avenue, Ottawa
Phone: (613) 990-5100

YMCA-YWCA Employment Services: Offers a variety of employment services across the city for youth and adults (not specific to special needs).

1) Employment Counselling Centre East
105-1400 St. Laurent Boulevard
Phone: (613) 688-3690

2) Employment Counselling Centre West
204-1545 Carling Avenue
Phone: (613) 688-2150

3) Kanata Employment Resource Centre
3A-145 Roland Michener Drive
(Kanata Centrum Mall)
Phone: (613) 591-0667

4) Employment, Enterprise and Newcomer Services (includes Youth Internship and Entrepreneurship Projects)
180 Argyle Avenue, 4th Floor
Phone: (613) 788-5001

Northern Lights Vocational Services:
Employment specialists meet one on one with clients to develop a Return To Work Action Plan. Or if self-directed, staff at Employment Resource Centres can assist with use of computers, fax machines, phones, training publications, resume and cover letter writing and job postings. Not specifically for special needs.

1) East Location
163-1980 Ogilvie Road (Gloucester Centre)
Phone: (613) 688-3670
Email: dcormier@northernlightscanada.ca

2) West Location
2525 Carling Ave. (Lincoln Fields Shopping Centre)
Phone: (613) 688-2147
Email: jwatt@northernlightscanada.ca

Work Place Ottawa: Employment Ontario project geared to assist unemployed individuals to acquire full time employment. Must be referred by Northern Lights Vocational Services (see above). Not specifically for special needs. See website under “Resources” for other work-related workshops/programs not listed in this guide.
Website: http://www.workplaceottawa.com/resources.html

1) South Location
405-1355 Bank Street Ottawa
Phone: 613-288-0080
Coordinator: Brian Brown

2) East Location
3013 St. Joseph Blvd Orléans
Phone: 613-590-1142

RECOMMENDED BOOKS AND VIDEOS

The following list is just a sampling of available books. Some books are available for loan through Autism Ontario—Ottawa at (613) 230-6305. Other lending libraries include CHEO’s Kaitlin Atkinson Family Resource Library: www.cheo.on.ca/english/9400.shtml, the Andrew Fleck Child Care Services resource library www.atchildcare.on.ca, and Ottawa Public Library, www.bibliottawalibrary.ca

You can also order from one of the Book Distributors—Special Needs that follows at the end of this section or from Amazon.ca or Chapters.ca.

GENERAL—PARENTS AND TEACHERS

The Complete Guide to Asperger's Syndrome
Tony Attwood. 2006.


All Cats Have Asperger Syndrome. Kathy Hoopmann. 2006.


Helping a Child with Nonverbal Learning Disorder or Asperger’s Syndrome. Kathryn Stewart. 2002.


The Curious Incident of the Dog in the Nighttime. Mark Haddon. 2003. (N.B. fictional best-seller is a must-read for parents and professionals)

FOR CHILDREN AND TEENS


SIBLINGS


SOCIAL/COMMUNICATION SKILLS


SENSORY ISSUES


ADULTS WITH AS

The Unwritten Rules of Social Relationships: Decoding Social Mysteries Through the Unique Perspectives of Autism. Temple Grandin and Sean Barron. 2005


 Pretending to be Normal—Living with Asperger’s Syndrome. Liane Holliday Willey, 1999.


PARTNERS WITH AS


BOOK DISTRIBUTORS—SPECIAL NEEDS

Parentbooks: Carries books of interest to parents, teachers and other professionals on a wide range of special needs.
201 Harbord Street, Toronto
Phone: (416) 537-8334, 1-800-209-9182
Email: info@parentbooks.ca
Website: www.parentbooks.ca

Phone: 1-866-724-2224
Email: maureen@autismawarenesscentre.org
Website: www.autismawarenesscentre.org

Website: www.autismtoday.com

VIDEO/DVD

Asperger's Syndrome: A Guide for Parents and Professionals. Dr. Tony Attwood. VHS/DVD.

Dr. Tony Attwood: Asperger's Syndrome Volume Two: Anger Management, Teaching Teachers, Teenage Issues. DVD.

Asperger's: Diagnostic Assessment with Dr. Tony Attwood. DVD.

Asperger Syndrome: a Different Mind. Simon Baron-Cohen. DVD.

The Incredible 5-Point Scale - Assisting Students with Autism Spectrum Disorders in Understanding Social Interactions and Controlling Their Emotional Responses. Kari Dunn Buron and Mitzi Curtis. DVD.

Navigating the Social World: a Curriculum for Individuals with Asperger's Syndrome, High Functioning Autism and Related Disorders. Jeanette McAfee, M.D. DVD.

Being Bullied: Strategies and Solutions for People with Asperger's Syndrome. Nick Dubin. DVD.

Asperger Syndrome: Transition to College and Work. Coulter Video. DVD.


Manners for the Real World. Coulter Video, DVD.

The Hidden Curriculum: Teaching what is Meaningful. Brenda Smith Myles. DVD.

Intricate Minds: Understanding Classmates with Asperger Syndrome.
Intricate Minds II: Understanding Elementary School Classmates with Asperger Syndrome.
Intricate Minds III: Understanding Elementary School Classmates Who Think Differently. Coulter, VHS or DVD.

Mind Reading: the Interactive Guide to Emotions.
Mind Reading Emotions Library. University of Cambridge with Simon Baron-Cohen. DVD.

Fitting In and Having Fun.
Fitting In and Having Fun: Moving On to Middle School. Social Skills Training Video Series, Volume 2. Terese Dana. VHS/DVD.

Asperger Syndrome Dad: Becoming an Even Better Father to Your Child with AS. DVD/VHS.

Asperger Syndrome: Living Outside the Bell Curve. VHS

Asperger Syndrome: Success in the Mainstream Classroom. VHS

Asperger Syndrome: Transition to College and Work. DVD.

Ask Me About Asperger's Syndrome with Liane Willey. VHS

Asperger's Syndrome: Crossing the Bridge, with Tony Attwood & Liane Holliday Willey. VHS

Difficult Moments for Children and Youth with Autism Spectrum Disorders, Brenda Smith Myles. DVD.

Writing Social Stories with Carol Gray. DVD.

Dr. Temple Grandin: Careers-Opportunity for Growth; Medications-Fact and Fiction; Sensory Challenges & Answers; Visual Thinking of a Person with Autism. VHS/DVD.

Great Expectations: Living with More Able Levels of Pervasive Developmental Disorder. VHS.

DVDs and Videos available from Parentbooks at 1-800-209-9182. See www.parentbooks.ca for their complete list.
WEBSITES

GENERAL

OASIS – Online Asperger’s Syndrome Information and Support: The pioneer of websites for Asperger Syndrome. Lots of great information and articles on AS.
www.udel.edu/bkirby/asperger

eMentalHealth.ca: Online mental health resource directory and events calendar serving Ottawa area.
www.ementalhealth.ca

Ministry of Child and Youth: Information about services funded and/or provided by the Ontario government for children and youth with special needs.
www.gov.on.ca/children

Ministry of Community and Social Services: Information about services funded and/or provided by the Ontario government for adults with special needs.
www.cfcs.gov.on.ca/mcss/english

Autism Society Canada: Information, research news, treatments, resources for families and professionals.
www.autismsocietycanada.ca

Autism Central: Canadian bilingual internet portal that provides information on developmental disabilities, education and research; links to national services and resources, event calendar and news.
www.autismcentral.ca

Autism Canada Foundation: Information on biomedical, nutritional, and behavioral treatments for ASD.
www.autismcanada.org

Autism Connects: Online worldwide interactive autism community. Discussion forums, polls, artwork/music/poems/stories, information, resources, services, research and more.
www.autismconnects.com

The Source (MAPP Services, Inc): Good articles and links about AS, PDD-NOS, NLD, hyperlexia, etc.
www.mappservices.org

(APThRES) Asperger Syndrome Partners and Individual Resources, Encouragement and Support: Primarily for partners, spouses, and adults with AS. Resources and listserv.
www.aspires-relationships.com/index.html

EDUCATIONAL

Autism Ontario: Comprehensive list of education resources for parents and educators:
www.autismontario.com (Under Autism Links/Education)

Ontario Ministry of Education: General info and new publication “Effective Educational Practices for Students with Autism Spectrum Disorders”
www.edu.gov.on.ca/eng/parents/speced.html

OACRS Family Net Online Newsletter: Current news stories about special needs issues in Ontario. Includes popular “Ask Lindsay” feature where parents can email their school-related questions to educational consultant Lindsay Moir. Under News and Information Centre/Family Net Resources.
www.oacrs.com

www.bced.gov.bc.ca/specialed/docs/autism.pdf

Alberta Ministry of Education “Teaching Students with Autism Spectrum Disorders, 2003”
http://education.alberta.ca/admin/special/resources/autism.aspx

A Guide to College and University for Students with Psychiatric Disabilities. Produced by the Canadian Mental Health Association
www.cmha.ca/youreducation

University Students With Autism And Asperger’s Syndrome: First-person accounts of post-secondary experiences, many helpful resources for managing College and University life and an elist for students.
www.users.dircon.co.uk/~cns/index.html

SNOW (Special Needs Opportunity Windows): Online resources and professional development opportunities for educators and parents of students with special needs.
www.snow.utoronto.ca

NEWSLETTERS AND MAGAZINES

Autism Matters: Newsletter of Autism Ontario. Received by joining Autism Ontario or subscribing online.
Phone: (613) 230-6305 or (416) 246-9592 (provincial office)
Website: www.autismontario.com
Email: maureen@autismawarenesscentre.org
Website: www.autismawarenesscentre.org

Exceptional Family: Canadian quarterly magazine for families with special needs children. Yearly subscription $20. Two-year subscription $35.
Phone: 514-345-8330 ext.182
Email: subscriptions@exceptionalfamily.ca
Website: www.exceptionalfamily.ca

Autism-Asperger’s Digest magazine: Bi-monthly publication, featuring interesting articles, stories, and vignettes about topics related to autism. Six issues per year at $49.95 US for Canadian orders. Trial subscription for 1/2 year (3 issues) at $29.95 US, 2 year subscription (12 issues) at $79.95 US.
Phone: 1-800-489-0727
Website: www.autismdigest.com

Website: www.autism.com

Autism Spectrum Quarterly: Contains practical information for families, professionals, and persons with ASD. $39.95 US.
Phone: 1-877-782-7347 Ext. 3
Website: www.asquarterly.com/about.html

ONLINE NEWSLETTERS

Email gbloomfl@uoguelph.ca to subscribe.
www.ont-autism.uoqgelph.ca/bulletinboard_new.shtml#anb

Healing Thresholds E-Brief: Weekly e-Brief describes current ASD research in easy-to-understand language.
http://autism.healingthresholds.com

ASC (Autism Society Canada) Today:
Information about ASC’s activities, current Canadian ASD research and news, book reviews. Free quarterly.
www.autismsocietycanada.ca

The Autism Perspective (TAP): Inspirational stories, new therapies and treatments, personal accounts and advocacy advice. Free quarterly.
www.theautismperspective.org

Schafer Autism Report: Monitors larger autism-related email lists, larger dailies and websites for important news. Sends out one posting per day. 200 issues $35 US.
www.sarnet.org

CANADIAN-BASED AUTISM RESEARCH

ASD-CARC (Autism Spectrum Disorders Canadian-American Research Consortium):
Multidisciplinary group consisting of researchers, clinicians, and parents from across Canada and the US. Their aim is to gain a better understanding of the biological basis of ASDs to assist in early diagnosis and intervention. Parents of children with an ASD and individuals with an ASD can participate in studies by contacting:
ASD-CARC Research Program
Phone: 1-866-273-2272
Email: autism.research@queensu.ca
Website: www.autismresearch.com

CAIRN (Canadian Research Agenda in Early Autism Intervention): Consortium of researchers, parents, professionals, and policy makers working together to develop effective early diagnostic methods and treatments for children with autism spectrum disorders.
Email: info@cairn-site.com
Website: www.cairn-site.com

Jointly prepared by Autism Ontario—Ottawa and the AS Parent Support Group, last updated June 2007. If you have comments or corrections to any content provided in this guide, please send an email to: ottawa@autismontario.com