Our Vision: Acceptance & Opportunities for all individuals with Autism Spectrum Disorders (ASD).

Our Mission: To ensure that each individual with ASD is provided the means to achieve quality of life as a respected member of society.

For more information regarding the registry see CRISIS section in the guide.

Autism Ontario – Ottawa Chapter does not endorse any of the following organizations/businesses nor have any control over any of the content that may contained in their websites.
INDEX

Agencies & Association........................................................................................................11
Case Management..................................................................................................................5
Community Health & Resources Centres...........................................................................11
Crisis Contacts.......................................................................................................................4
Diagnosis & Treatment............................................................................................................5
  ▪ Covered by OHIP........................................................................................................5
  ▪ Not Covered by OHIP.....................................................................................................6
    Behavioural Consultants.................................................................................................6
    DAN Professionals..........................................................................................................6
    Environmental Health Practitioner..................................................................................7
    Family Service Agencies.................................................................................................7
    Multi-Disciplinary Services.............................................................................................8
    Nutrition & Diet Services...............................................................................................8
    Psychologists..................................................................................................................8
    Social Workers/Counsellors............................................................................................9
    Special Needs Workers....................................................................................................9
    Speech Language Pathologists.......................................................................................10
    Wellness Services..........................................................................................................10
Educational Support............................................................................................................25
  Elementary & High School.................................................................................................25
  Post Secondary School.......................................................................................................26
  Bursaries & Scholarships...................................................................................................26
  Private Options..................................................................................................................27
  Educational Resources......................................................................................................28
Employment Support...........................................................................................................29
Financial Assistance............................................................................................................33
Housing.................................................................................................................................32
Independent Living..............................................................................................................31
Last Resorts/Complex Situations..........................................................................................36
Legal Services.......................................................................................................................35
Mental Health Services.........................................................................................................36
Newsletters & Magazines.....................................................................................................42
Recreational Activities.........................................................................................................17
  All Ages.............................................................................................................................17
  Teens & Adults...................................................................................................................19
Recommended Books..........................................................................................................36
  Loaning Libraries...............................................................................................................36
  General - Parents & Teachers............................................................................................37
  For Children & Teens........................................................................................................38
  Siblings...............................................................................................................................38
  Social/Communication Skills............................................................................................38
  Sensory Issues....................................................................................................................39
  Adults with AS....................................................................................................................39
  Partners with AS...............................................................................................................39
  Book Distributors..............................................................................................................40
Recommended Videos/DVDs...............................................................................................40
Respite....................................................................................................................................16
Research................................................................................................................................43
  Canadian Based Autism Research....................................................................................43
Service Point of Entry.........................................................................................................4
Summer/March Break Camps..............................................................................................21
  Summer Residential Camp.................................................................................................23
Support Group......................................................................................................................15
  Online Support Group.......................................................................................................15
Taxes & Trust Funds..............................................................................................................34
  Trust Funds.........................................................................................................................35
  Registered Disability Savings Plan....................................................................................35
Therapeutic Groups..............................................................................................................13
  Websites.............................................................................................................................41
  General...............................................................................................................................41
Educational............................................................................................................................42

Comments or Corrections? Send an email to
Ottawa@autismontario.com
Also available at www.autismontario.com/ottawa
CRISIS CONTACTS

911
Ottawa Police: 613.236.1222

Ottawa Autism Registry
What is the Autism Registry? The Registry for People with Autism is an Ottawa Police Service 2010 pilot project in partnership with the Ottawa Chapter of Autism Ontario. The online registry promotes communication and gives police quick access to critical information about a registered person with autism. The Registry can provide police with emergency contact information, detailed physical descriptions, known routines, favourite attractions or special needs of the individual with Autism Spectrum Disorder (ASD). This information can assist officers in communicating with, attending a residence of or dealing with an emergency involving an individual with ASD.
Website:

Child, Youth & Family Crisis Line of Eastern Ontario (English and Français): We provide access to crisis professionals 24 hours a day, seven days a week, serving children and youth experiencing a crisis and their families. (18 and under)
Phone: 613.260.2360
Toll Free: 1.877.377.7775
Website: www.icrs.ca

Distress Centre of Ottawa and Region: (English)
A confidential, 24 hour telephone line offering emotional mental health support, crisis intervention, information referral, and educational services.
Phone: 613.238.3311
Website: www.dcottawa.on.ca

Mental Health Crisis Line: (English and Français)
First point of public access to the mental health crisis response system. Serves people 16 years of age and over. Provides toll free, bilingual, telephone access 24/7. Provides screening, assessment, referrals, support in a crisis, suicide intervention and transfer to the local crisis team or to emergency services when advisable. Mental Health Crisis Line serves Ottawa; the counties of Prescott –Russell; Renfrew county; and Stormont, Dundas and Glengarry counties
Phone: 613.722.6914
Toll Free: 1.866.996.0991
Website: www.crisisline.ca

Tel-Aide Outaouais ( Français):
Le service d’écoute téléphonique de Tel-aide Outaouais est offert 7 jours par semaine, de 7 heures du matin à 2 heures de la nuit. Les bénévoles de Tel-Aide Outaouais offrent de l’écoute active empathique afin de soutenir les membres de leur communauté qui sont aux prises avec diverses problématiques. Les bénévoles peuvent également informer la personne qui appelle sur disponible dans les ressources communautaires de la région.
Ottawa téléphone: 613.741.6433
Gatineau telephone: 819.775.3223
Sans Frais: 1.800.567.9699
Site web: www.tel-aide-outaouais.org

SERVICE POINT OF ENTRY- ALL AGES

OCTC (Ottawa Children’s Treatment Centre) ( English and Français) For children and youth. Diagnostic assessments, treatment services and respite for ASDs. Some services available until the age of 18. Early childhood and school-age psychologists, social workers, therapists, early childhood consultants, behaviour consultants, and recreation therapists. Referrals accepted from parents, physicians, teachers, and other community agencies. Anger management, social recreational groups, and respite for children/youth.
Main Site: 395 Smyth Rd 613.737.0871
Kanata: 2 McNeil Crt. 613.831.5098
Thurston: 2211 Thurston Dr 613.688.2126
Renfrew: 499 Raglan St N 1.888.790.9166
Cornwall: 600 Campbell St. Ste 100 613.932.2327
Website: www.octc.ca
Developmental Services of Ontario- Eastern Region (DSOER)(English and Français) (For adults): Services for people who have a developmental disability and that are funded by the Ministry of Community and Social Services, including:

- Residential Services (i.e. group homes, supported independent living);
- Day programs/community participation;
- Activities of daily living;
- Respite;
- Person directed planning;
- Passport;
- Case management;
- Other specialized or professional services;

NB this does not affect Special Services at Home (SSAH) or Ontario Disability Program (ODSP)

Assessors/Navigators: Aminata Diallo & Nandeesh Kumar

Address: 200-150 Montreal Rd
Phone: 613.748.5899
Phone toll-free: 1.855.376.3737
Fax: 1.855.858.3737
TTY: 1.855.777.5787
Website: www.dsontario.ca
E-mail: admin@dsoer.ca

CASE MANAGEMENT

Service Coordination: (English & Français): Funded by Ministry of Community and Social Services and the Ministry of Children and Youth Services. Provides case management, information about services and access to referrals for adults and children. ‘Worker Bank’ Respiteservices.com : 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. It assists adults with AS with information on ODSP applications, housing and employment.

Address: 200-150 Montreal Rd Vanier, Ottawa
Phone: 613.748.1788
Website: www.scsottawa.on.ca
Email: admin@scsottawa.on.ca

DIAGNOSIS AND TREATMENT

Psychiatrists/Neurologists/Pediatricians/Psychologists:

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 Chapter 613.230.6305 provides a list of specialists knowledgeable about ASD upon request.

COVERED BY OHIP (Public services)

CHEO Children’s Hospital of Eastern Ontario/Royal Ottawa Hospital: (English & Français):
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 for Mental Health Services at CHEO/ROMHC

Address: 401 Smyth Rd, Ottawa
Phone: 613.737.2496
Toll-free:1.866.737.2496
Website: 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 ext. 1251
Contact: claire@coordinatedaccess.ca - Claire Cantin
Website: http://www.coordinatedaccess.ca/

OCTC Ottawa Children’s Treatment Centre: (English & Français)
Diagnostic assessments, treatment services and respite for ASD’s. Early childhood and school-age psychologists, social workers, therapists, early childhood consultants,
behaviour consultants, and recreation therapists. Referrals accepted from parents, physicians, teachers, and other community agencies. Anger management, social recreational groups, and respite for children/youth.

**Main Site:** 395 Smyth Rd 613.737.0871  
**Kanata:** 2 MacNeil Crt. 613.831.5098  
**Thurston:** 2211 Thurston Dr 613.688.2126  
**Renfrew:** 499 Raglan St N 888.790.9166  
**Cornwall:** 600 Campbell St. Ste 100 613.932.2327  
**Website:** [www.octc.ca](http://www.octc.ca)

**OCTC- Infant Development Consultant:**  
All children referred to OCTC without a diagnosis between the ages of 18 months and 5 years are seen at the clinic as the first step. Clinic is offered one day a week, with no waitlist. The clinic offers a consultation with an Early Childhood Consultant for 45 min. For a developmental screening and suggestions of play activities to stimulate development and a consultation with an SLP, if not already done in the community. Will be referred to Infant Development Services from their clinic appointment at OCTC. Must first refer to OCTC.  
**Main Site:** 395 Smyth Rd. 613.737.0871  
**Kanata:** 2 MacNeil Crt. 613.831.5098  
**Thurston:** 2211 Thurston Dr 613.688.2126  
**Renfrew:** 499 Raglan St N Ste 100 1.888.790.9166  
**Cornwall:** 600 Campbell St. 613.932.2327  
**Website:** [www.octc.ca](http://www.octc.ca)

**Royal Ottawa Mental Health Centre (Adults) (English & Français):**  
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.  
**Address:** 1145 Carling Avenue, OttawaOntario K1Z 7K4  
**Phone:** 613.722.6521  
**Website:** [www.theroyal.ca](http://www.theroyal.ca)

**NOT COVERED BY OHIP (private services)**

N.B. Autism Ontario – Ottawa Chapter 613.230.6305 provides a more extensive list of private professionals upon request.

### BEHAVIOURAL CONSULTANTS

*In private practice- to decrease behaviours that interfere with learning.*

**Building Blocks:** *(English & Français):* offers In–Home Intervention, and variety of programs such as: educational information and consultation to families, Social Skills and Play Groups, Social Skills Camps – PD Days, March Break and Summer programs. PEERS: new program for teens/adolescents – information on website. Brochure available upon request.  
**Address:** 283 Churchill Avenue, Ottawa, ON, K1Z 5B7  
**Website:** [http://www.ebbuildingblocks.com](http://www.ebbuildingblocks.com)  
**Phone:** 613.722.4374  
**Email:** elaine@ebbuildingblocks.com - Elaine Bissonnette

**Connecting Pieces:** *(English or Français)*  
An Ottawa region consultation service that was created especially for the parents of children with autism. The first goal is to empower these parents to take control of their child’s progress while making changes to the family’s natural environment. Services include in-home consultations, materials and phone support. Also offered are various social skill consultations and creative ideas for children that have Asperger Syndrome  
**Contact:** Jennifer Geigel  
**Phone:** 613.294.1975  
**Email:** Jennifer@connectingpieces.net  
**Website:** [www.connectingpieces.net](http://www.connectingpieces.net)

**Positive Progress Behaviour Counselling:** Specializing in Functional Behavioural Analysis and Positive Behaviour Support- Least intrusive Intervention Measures. Target Population: Individuals troubled with severe and chronic behavioural problems. The use of timeout and physical restraint procedures on a daily basis is an indication of a faulty or poorly done functional behaviour assessment. Parents can learn how to assess intervention components of any ABA or IBI program that may be a detriment to their child’s behaviour health and integration progress.  
½ hour free initial phone consultation  
**Contact:** Terri Neate, Behavioural Analyst  
**Phone:** 613.731.3636  
**E-mail:** positiveprogress@sympatico.ca
Portia Learning Centre Inc.: Our highly trained and energetic instructor therapists work with your child's individualized program to meet their learning needs through one-to-one instruction and social opportunities throughout the day. Our programs focus on the areas of; receptive language, expressive language, requesting, academics, socialization, play, fine motor, gross motor, problem behavior and other deficient skill areas. All individualized ABA programs will involve individual play and social goals.

Corporate Head Office and Centre:
Address: 300 Terry Fox Dr. Suite 500 Kanata
Phone: 613.591.9966
Central Ottawa Central:
Address: 1770 Courtwood Cr. Suite 201 Ottawa
Phone: 613.221.9777
Email: info@portialearning.com
Website: www.portialearning.com

Christy Kelson Senior Therapist M.Ed.: Individual programming designed to address areas such as reasoning, problem solving, understanding social cues and appropriate behavior.
Contact: Christy Kelson M.Ed. Senior Therapist
Phone: 613.864.0757
Email: Christy.kelson@rogers.com

Theresa Martinez B.A. Psych.: Individual programming addressing behaviour management, self-help and independence, daily routines, outings and social skills.
Contact: Theresa Martinez, B.A. Psych, Senior Therapist
Phone: 613.724.8484
Website: www.asdseniortherapist.com
Email: theresamartinez2@gmail.com

DAN (Defeat Autism Now) PROFESSIONALS

Defeat Autism Now (DAN!) is a project of the Autism Research Institute. DAN! Doctors are trained in the “DAN! Protocol,” an approach to autism treatment based on the idea that autism is a biomedical disorder.

Dr. John Coombs, M.D.
Medical visits are mostly covered by O.H.I.P.
Address: 152 Walter’s Lane, Fallbrook (Near Perth)
Phone: 613.267.2523
Website: www.drcoombs.ca

Contact e-mail: via website
Website: www.drcoombs.ca

NutriChem Biomedical Clinic: Provides biomedical, nutritional counselling and laboratory services based on the DAN protocol.
Address: 1305 Richmond Rd, Suite 204 Ottawa
Phone: 613.721.3669
Fax: 613.820.8307
Email: clinic@nutrichem.com
Website: www.nutrichem.com

NutriChem Compounding Pharmacy: For medication related information.
Address: 1305 Richmond Rd. Ottawa
Phone: 613.820.4200
Fax: 613.829.2226
Website: www.nutrichem.com

NutriChem Biomedical Laboratory:
Address: 1305 Richmond Rd, Suite 205 Ottawa
Phone: 613.820.6755
Fax: 613.820.6985

Orleans Wellness Clinic:
Contact: Sharon Behrendt, BSc ND
Address: 6584A Richer Drive in Orleans
Website: www.ottawanaturopathy.ca

ENVIRONMENTAL HEALTH PRACTITIONERS

Dr. Judith Spence, D.N.M., RN Adj. Ac.
Doctor of Natural Medicine: Specializing in ASD-PDD-ADD-ADHD-MCS-CFS-FM-allergy biomedical services following the DAN & NAET protocols: Allergy testing and treatment; Auricular Medicine and Auricular Therapy: Laterality Balancing, Auricular Detoxification; MLD/Manual Lymphatic Drainage; IONIC Foot Detoxification Bath; Homeotoxicology; Sauna Detoxification; Nutritional Assessment; Laser Detoxification; Supplement Requirements Assessment and Natural Medicine Consultation.

NAET Clinic of Ottawa:
Address: 536-A Dovercourt Ave.
Phone: 613.728.2579

Comments or Corrections? Send an email to
Ottawa@autismontario.com
Also available at www.autismontario.com/ottawa
MULTIDISCIPLINARY SERVICES
Provide a mix of psychological, speech language, occupational and other services in one setting.

Centrepontte Professional Services: Psychological, educational assessment, study skills and speech language services for children and adults. (Not specific to Autism Spectrum)
Address: 98 Centrepontte Dr. Nepean
Phone: 613.228.1174
Email: info@centreponttepros.com
Website: www.centreponttepros.com

CommuniCare Therapy Development Disorders Clinic: Provides speech and language pathology, occupational and physical therapy, social work, dietetics and Floortime Services for treating children and adults with developmental disorders including Autism Spectrum Disorders.
Address: 2270 St. Laurent Blvd. Ste. 202 Ottawa
Phone: 613.738.2871
Email: info@communicare.ca
Website: www.communicare.ca

Emerging Minds: A multidisciplinary facility for children with Autism. Our broad objective is to provide services to children, youth and families affected by Autism. This includes assessment and diagnostic services, psychiatry, speech and language therapy, occupational therapy, psychological therapy, intensive intervention programs, anxiety management in children and youth with AS, social groups, parent groups, workshops and behaviours consultation.
Address: 97 Hinton Ave. N Ottawa
Phone: 613.883.3716
Website: www.emergingminds.squarespace.com

NUTRITION AND DIET SERVICES
Help with supplements, gluten-free, casein-free diet, and general nutritional advice.

Marvelous Mouthfuls Gourmet Cooking: Melissa Nigi has years of experience cooking for families and individuals where special diets are required, including diets for Autism.
References available. Menus can be created based upon dietary restrictions and food preferences. Entrees are prepared as individual portions that can be frozen, saving you time and energy.

**Contact:** Melissa Nigi  
**Phone:** 613.282.5655  
**Website:** [www.marvelousmouthfuls.ca](http://www.marvelousmouthfuls.ca)  
**Email:** melissainottawa@gmail.com

**The Natural Food Pantry:** Your source for health and wellness solutions. Provide an extensive selection of products including bulk foods, supplements, organic meats, books, natural body care, sport supplements, herbs, homeopathy, specialty food products and more.

**Billings Bridge Shopping Center:** 2277 Riverside Drive  
**Phone:** 613.737.9330  
**Kanata:** 5537 Hazeldean Road  
**Phone:** 613.836.3669  
**Westboro:** 205 Richmond Rd  
**Phone:** 613-728-1255  
**Website:** [www.naturalfoodpantry.com](http://www.naturalfoodpantry.com)

**HCnutrition:** Registered Dietitian Nutritionist  
Nutrition Services &/or Consultation on an individual basis to help you achieve your personal health goal. Specializing in weight management, diabetes, food intolerances, gastrointestinal syndrome.  
**Contact:** Hélène Charlebois  
**Address:** O’connor Health Group  
267 O’connor st suite # 404  
**Phone:** 613-288-0055

**Address:** U of Ottawa Health Service  
100 Marie Curie Suite #202  
**Phone:** 613-564-6627

**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 with private insurance plans.*

**Dr. Vicky Martin** (children and youth) currently accepting new clients however there may be a waitlist.  
1 Centrepointe Dr. Ste. 309 Nepean

**Dr. Yolanda Korneluk:** Works with children, adolescents and families and completes diagnostic evaluations, psychoeducational assessments, behaviour consultation, parenting, comprehensive intervention programs, individual therapy for adolescents with AS.  
**Address:** 97 Hinton Ave. N Ottawa  
**Phone:** 613.883.3716  
**Website:** [www.emergingminds.squarespace.com](http://www.emergingminds.squarespace.com)

**Dr. Faizah Visram Ph.D. CPsych:** Areas of practice include: diagnostic assessments (18 months to adolescent), cognitive/psycho-educational assessments for learning disability, intellectual disability, giftedness; intervention for anxiety in children and adolescents with ASD and /or mild intellectual disability; adjustment to chronic illness; pain management; family therapy; parenting; behaviour consultation; equine assisted psychological therapy (in Cumberland - 10 minutes from Orleans, and Plantagenet).  
**Phone:** 613.791.7865  
**Email:** faizah@emergingminds.ca  
**Website:** [www.emergingminds.squarespace.com](http://www.emergingminds.squarespace.com)

**Goldstein, Moncion, Greenbaum and Associates:** Psychological and Counselling services (all ages) and social skills groups for 6-18 year olds, not specific to AS.  
**Address:** 2249 Carling Ave. Ste. 314 Ottawa  
**Phone:** 613.596.2333  
**Email:** gmga@rogers.com

**University of Ottawa – Centre for Psychological Services:**  
Training unit for the University of Ottawa School Psychology offers individual psychological assessment, treatment, and career counselling. Fee can be modified. Currently with a long waiting list. Not accepting new applications for services.  
**Address:** 136 Jean-Jacques Lussier Vanier Hall, Ottawa  
**Phone:** 613.562.5289  
**Email:** cps@uOttawa.ca  
**Website:** [http://www.socialsciences.uottawa.ca/psy/eng/cps.asp](http://www.socialsciences.uottawa.ca/psy/eng/cps.asp)

**SOCIAL WORKERS/COUNSELLORS/PSYCHOTHERAPISTS**
**Richard Harman MSW RSW:** Counsels individuals (children and adults), couples and families. Specialized services include ADHD, NLD, ASD, social skills, psychosocial assessments and short-term crisis counselling. Services may be covered by third party insurance companies. Runs social skills groups (See Therapeutic Groups).

**Address:** 411 Roosevelt Ave. Suite 400 Ottawa

**Contact:** Richard Harman

**Phone:** 613.725.0302

**Email:** Richard.harman@sympatico.ca

**Dr. Sanford Seigel:** Individual psychotherapy and counselling for parents of children with special needs and adults with Asperger’s Syndrome. Located in the Carling and Woodroffe area. Contact by phone or email to make an appointment.

For information, appointments and fees:
**Phone:** 613.883.4478 or 613.729.4478

**Email:** drssiegel@rogers.com

**Website:** [www.ottawapsychotherapy.com](http://www.ottawapsychotherapy.com)

**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 Behavioural Science programs
- Ottawa University’s Speech and Language Department.
- Psychology Department of local universities
- Online Yahoo group: autismsupportottawa (See Support Groups)

*Post a job on University/College Websites*

- [www.carleton.ca/career](http://www.carleton.ca/career)
- [www.algonquincollege.com/studentservices/employment](http://www.algonquincollege.com/studentservices/employment)
- [www.sass.uottawa.ca/careers/employers](http://www.sass.uottawa.ca/careers/employers)

*Post at Service Canada*

- [www.carleton.ca/career](http://www.carleton.ca/career)
- [www.algonquincollege.com/studentservices/employment](http://www.algonquincollege.com/studentservices/employment)
- [www.sass.uottawa.ca/careers/employers](http://www.sass.uottawa.ca/careers/employers)

**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.)*

**Jacquie Ballantine**

**Address:** 2 McNeil Kanata, Ontario, K2L4H7, Canada

**Phone:** 613.591.3686 Ext. 265

**Jacquee Glance**

**Phone:** 613.798.5404

**Krista Simon, MA CCC-SLP Reg. CASLPO:**

Therapy from pre-school to adult targeting language and social difficulties as well as oral-motor and feeding challenges.

**Achieve Therapy Centre**

**Address:** 2948 Baseline Rd suite 210, Ottawa ON,K2H 8T5

**Phone:** 613.291.5194

**Email:** info@achievetherapycentre.com

**Website:** [http://www.achievetherapycentre.com/](http://www.achievetherapycentre.com/)

**Lisa Zanon SLP:** With extensive experience and passion for working with children with autism (including Asperger’s) in the English language. Provides assessments as well as direct “floor time” therapy to children, aged preschool to school age (elementary). Provide parent training and consultations. Currently accepting new clients and provide home visits. Do not need a formal referral.

**Phone:** 613.851.0506

**Email:** lisa.zanon@zanonspeechtherapy.com

**Mary-Anne Zubrycky:** We provide speech and language assessments and treatments of preverbal toddlers, preschool children, school age, and teens with ASD and adults with Asperger’s. Services for adults include communication services with the workplace.

**Phone:** 613.820.4722 ext.1

**Fax:** 613.820.7097

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

**Email:** svlc@sympatico.ca
Mary-Jane Slingerland  
Phone: 613.859.0813  
Address: 160 Terrence Matthews Dr. Unit B  
Email: steppingstonesmj@gmail.com  
Website: www.tipes.ca

Sheila Bell (Assessment and consultation only)  
Phone: 613.521.0549  
Website: www.autismandtheheartofcommunication.com

Tanis Friesen (has Communication Disorder Assistants Services available) provided to pre-school and school-aged children. Services offered in both English and Français.  
Phone: 613.728.8879  
Email: tjfriesen@rogers.com

Vibrant Health Massage: CranioSacral therapy is a gentle, light touch method of evaluating and enhancing the membrane surrounds the brain and spinal cord.  
For more information on Cranial Sacral Therapy see the website: www.upledger.com  
Contact: Jennifer Presley, RMT  
Address: 190 Somerset St W (at Elgin), Suite #208 Ottawa, ON K2P 0T6  
Phone: 613.237.4400  
Email: jenniferpresley@bellnet.ca  
Website: www.vibranthealthmassage.ca

The WELLNESS SERVICES  
Mix of services focusing on physical and emotional health.

Health Dynamics:  
Treating Autism, AS, ADHD, ADD, OCD, learning disorders, etc. The system of medicine called Heilkunst addresses the underlying causes of disease conditions looking at each case as unique even if many of the causes are similar. It is based on the principles of natural law. The core of Heilkunst is an approach to identifying then removing the underlying causes using a rational, natural and systematic, sequential treatment. This includes homeopathy; information and energy medicine; emotional, physical, mental and soul/spiritual aspects; treatment of life events and traumas affecting health; drainage, detoxification, diet, supplement, fungi treatment, system support confidence and self-esteem. The use of medicines that are non-toxic, non-invasive and curative of the underlying causes a high degree of success.  
Westboro (Ottawa) clinic location  
Skype/Phone consultations anywhere in North America  
Phone: 613.295.5979  
Email: info@healthdynamics.ca  
Website: www.healthdynamics.ca

Lynn Fraser Wellness and Sleep Consultant: Consultant with a research and development company (in partnership with Autism Speaks and Healthy Child Healthy World) with a focus on the prevention and maintenance of the health and wellness of individuals. Helps people develop a greener lifestyle and a safer environment for children.  
Phone: 613.224.9450  
Email: lynnfraser@sympatico.ca

Mommy Magic Yoga  
Autism Spectrum Disorder yoga: The program is geared for Parent and teen. The child range is 10-18 years old. See website for specific times and programs.  
Contact: Andrea Mailhot  
Email: mommymagic@rogers.com  
Website: www.mommymagicyoga.com

COMMUNITY HEALTH AND RESOURCES CENTRES  
Fourteen CRHC’s 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 assessments and referral and senior outreach services.  
Carlington Community & Health Services  
900 Merivale Rd.  
613.722.4000  
info@carlington.ochc.org  
Centretown Community Health Centre  
420 Cooper St.  
613.233.4443  
Eastern Ottawa Resource Centre  
2339 Ogilvie Rd.  
613.741.6025  
Hunt Club/Riverside Community Services Centre

Comments or Corrections? Send an email to  
Ottawa@autismontario.com  
Also available at www.autismontario.com/ottawa
3320 Paul Anka Drive (in the Hunt Club-Riverside Park Community Centre)  613-247-1600
Lowertown Community Resource Centre
40 Cobourg St.  613.789.3930
Nepean, Rideau & Osgoode Community Resource Centre
1642 Merivale Rd Unit 541  613.596.5626
Orleans-Cumberland Community Resource Centre
240 Centrum Blvd. Unit 105  613.830.4357
Overbrook-Forbes Community Resource Centre
225 Donald St. Unit 120  613.745.0073
Pinecrest-Queensway Community Health Centre
1365 Richmond Rd. 2nd Floor  613.820.4922
Sandy Hill Community Health Centre
221 Nelson St.  613.789.1500
Somerset West Community Health Centre
55 Eccles St.  613.238.8210
South-East Ottawa Community Health Centre
1355 Bank St. Suite 600  613.737.5115
Vanier Community Service Centre
290 Dupuis St.  613.744.2892
Western Ottawa Community Resource Centre
2 MacNeil Crt.  613.591.3686
Info@communityresourcecentre.ca

AGENCIES AND ASSOCIATIONS

ABC Association for Bright Children: Advocates for the needs of bright children. Offers “Take-Off” program in the fall and spring which may be of interest to children ages 6-14 with AS. Features courses such as chess, robotics, magic, astronomy and math which may align with your child’s “special interest”. Advocacy and support services for all ages.
Phone: 613.860.1398
Email: abcottawa@abcontario.ca
Website: www.abcontario.ca/ottawa

Asperger’s Society of Ontario: Services include Asperger’s Info line, information and referral, Adult Social Group, Community Resources.
Address: 3219 Yonge Street, Suite 231
Toronto, Ontario, M4N 3S1
Phone: 416.651.4037
Email: info@aspergers.ca
Website: www.aspergers.ca

Autism Society Canada: Autism Society Canada believes in a holistic and comprehensive approach to treating autism and encourages all parents to seek information on the biomedical, behavioural and nutritional treatment options that are available. Parents need to partner with informed Health Care Professionals to provide the best care for their child.
Address: P.O. Box 366 Bothwell, ON
Phone: 613.695.5858
Email: info@autismcanada.org
Website: www.autismcanada.org

Autism Ontario- Provincial office: Advocacy, information, post-secondary scholarships, quarterly newsletter, and other publications.
Address: 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, newsletters and book/DVD lending library.
Phone: 613.230.6305
Email: Ottawa@autismontario.com
Website: www.autismontario.com/ottawa

Autism Ontario Potential Programme (English & Français): Assistance to help families connect to resources. Provides expert speakers and workshops, social learning opportunities and educational support.
Phone: 613.230.6305 ext.24
Website: www.autismontario.com/rcp

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 on-going fundraising activities.
Contact: Brenda Reisch
Address: 235 Donald St., Ottawa ON
Phone: 613.741.8255
Email: car@childrenatrisk.ca
Website: www.childrenatrisk.ca

Children Integrated Support Services (CISS)-Andrew Fleck Child Care Services: (English and Français) 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 for children with a diagnosis on the Autism Spectrum. Has a 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)

**Address:** 600-7000 Industrial Ave., Ottawa ON

**Phone:** 613.736.1913 ext. 244

**Fax:** 613.736.8378

**Email:** ciss@afchildcare.on.ca

**Website:** [http://www.afchildcare.on.ca/cissj-e.html](http://www.afchildcare.on.ca/cissj-e.html)

**Christian Horizons East District:** Committed to providing supports that are centered around the individual. We help people to define and pursue their own dreams and goals, to experience inclusion and relationships, to enjoy meaningful activities, to exercise self-determination, and to pursue personal growth. Our services include individuals support services, supported independent living, community residences, community participation, supports/career development, family home services, children and youth services, and camp and excursion services.

**Address:** 1950 Merivale Rd. Unit 2 &3 Ottawa

**Phone:** 613.225.5900

**Fax:** 613.225.5955

**E-mail:** gwiens@christian-horizons.org - Gord Wiens

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

**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.

**Address:** 1755 Courtwood Cr.

**Phone:** 613.723.1623

**Email:** info@crossroadschildren.ca

**Website:** [www.crossroadschildren.ca](http://www.crossroadschildren.ca)

**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 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.

**Address:** 112 Merton St. Toronto ON

**Phone:** 416.322.7877

**Email:** info@autism.net

**Website:** [www.autism.net](http://www.autism.net)

**A Societe Franco-ontarienne de l’Autisme :** Organise des activites, des services et des programmes visant le developpement et le bien-etre les enfants autistes/TED et de leur famille; appuie les familles dans le defense des droits de leurs enfants au niveau scolaire; facilite l’acces aux services dans la communaute en faisant de l’aiguillage; represente les interest des personnes autistes/TED et de leur famille; fait do la sensibilisation et de l’education; revendique pour des services directs en Francais

**Address:** 1937 boul. Portobello C.P. 17075 Ottawa K4A 4W8

**Phone:** 613.276.7362

**Email:** info@autismegranco.ca

**Website:** [www.autismfranco.ca](http://www.autismfranco.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.) Provides workshops and presentations. Runs Sunshine Day Camp (see Summer and March Break Camps).

**McNabb Park School**

**Address:** 160 Percy St. Ottawa

**Phone:** 613.567.5864

**Email:** resource@ldaottawa.com

**Website:** [www.ldaottawa.com](http://www.ldaottawa.com)

**Tourette Syndrome Foundation of Canada-Ottawa Chapter:** Support group meetings help at the ROH, on the second Tuesday of each month. (Exception: during the summer). For teachers, provides Educator’s resource kit on Tourette Syndrome and its associated disorders including classroom strategies.

**Address:** 900 Greenbank Rd. Box 386 Ottawa

Comments or Corrections? Send an email to

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

Also available at [www.autismontario.com/ottawa](http://www.autismontario.com/ottawa)
Youth Services Bureau: For high-risk youth aged 12 and up with difficulties affecting their physical and/or emotional well-being and development. Runs drop-in mental health clinic for youth. See website for days/times.

Address: 2675 Queensview Dr. Ottawa
Phone: 613.562.4708 ext. 235 (intake for resource, referral and counseling)
Email: intake@ysb.on.ca or headoffice@ysb.ca
Website: www.ysb.on.ca

Building Blocks: Behavioural intervention for parent training and programming in the home. Private social skills groups for children diagnosed with AS ages 3 to early teens. Call for more information on curriculum and format for sessions. Current waitlist parent or professional referral.
Contact: Elaine Bissonnette, Behavioural Consultant
Phone: 613.722.4374
Email: elaine@ebbuildingblocks.com
Website: http://www.ebbuildingblocks.com/

Children at Risk “Typical Teens” group: for AS teens Grades 7 to 12. Social skills taught and practiced through community outings. Peer mentors provide modeling of behavior and support.
Address: 235 Donald St. and various community locations
Contact: Heather Pierscianowski
Phone: 613.741.8255
Email: car@childrenatrisk.ca
Website: www.childrenatrisk.ca

Goldstein, Moncion, Greenbaum, and Associates:
Social skills groups for 6 to 18 years. Not specific to Autism Spectrum Disorders.
Address: 2249 Carling Ave. Suite 314, Ottawa
Phone: 613.596.2333
Email: gmassoc@magma.ca

Jacquie Ballantine (SLP): Leads a social language interaction group. Ages 4 to 14. Not specific to Autism
Address: 2 McNeil Kanata, Ontario, K2L4H7, Canada
Phone: 613.591.3686Ext. 265

Mainstreet Community Services: Ongoing social skills and mentoring groups for preschoolers up to age 16. For children with various special needs, including ASD>
Address: 1453 Main Street, Stittsville
Contact: Shelley Steinburg
Phone: 613.831.6606
Email: mainstreetcommunity@bellnet.ca
Website: www.mainstreetcommunityservices.com

Holland Avenue Counselling and Psychological Services
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.
Address: 99 Holland Avenue, Suite 103
Ottawa, Ontario K1Y 0Y1
Contact: Richard Harman
Phone: 613.725.0302
Email: Richard.harman@sympatico.ca
Website: www.speechvoice.ca

The Speech, Voice & Language Clinic: Offers assessment, treatment and counseling as well as a variety of workshops for children, adolescents and adults.
Address: 250-B Greenbank Rd. Suite 228 Nepean
Phone: 613.820.4722 ext. 1
Email: svlc@sympatico.ca
Website: www.speechvoice.ca

T.I.P.E.S. – Social Integration Program: Thinking in Pictures offers social integration for youths on Saturdays. Group’s social programs are delivered using the principles of ABA. Therapists help youth develop functional communication skills (both verbal and non-verbal) and appropriate emotional responses. They also help youth in building friendships and trusting relationships with peers and adults. The focus of the
The program is to help youth with ASD and other exceptionalities feel comfortable in social situations (Offered to ages 4-18).

**Address:** 160 Terrance Dr. Unit B, Ottawa  
**Phone:** 613.592.8800  
**Email:** info@tipes.ca  
**Website:** www.tipes.ca

**Western Ottawa Community Resource Centre: (English & Français)** For Goulbourn, Kanata and West Carleton parents and individuals (6 years +) 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; individuals will be assessed for appropriateness.  
**Address:** 2 MacNeil Crt. Kanata  
**Phone:** 613.591.3686  
**Email:** info@communityresourcecentre.ca  
**Website:** www.communityresourcecentre.ca

**Y's Owl Maclure: Y's Autism Connection for Teens**  
Social skills, gaming, cooking, fitness, coping with difficult people groups for teens and young adults with Asperger Syndrome.  
**Address:** 1140 Morrison Dr. Suite 100 Nepean  
**Phone:** 613.721.1500  
**Email:** Suzanne@ysowlmaclure.org  
**Website:** www.ysowlmaclure.org

**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 pm at the Bronson Centre.  
**Location:** 211 Bronson Ave. check whiteboard in the office for the room number  
**Contact:** Gordon Montgomery  
**Phone:** 613.230.6305  
**Email:** king.atlas@gmail.com

**Autism Parent Support Group:** Supported by Autism Ontario Ottawa Chapter. Supports parents of children with an ASD through workshops and seminars. Contact the Ottawa Chapter for more information.  
**Email:** Ottawa@autismontario.com

**Asperfemme:** Sponsored by Autism Ontario Ottawa Chapter. For adult women with diagnosed with Asperger’s or High Functioning Autism. Meets monthly, please contact Ottawa Chapter Office for information.  
**Contact:** Christine Jenkins or Jody Brenton  
**Email:** Ottawa@autismontario.com

**Family Members of Adults with ASD Support Group:** Sponsored by Autism Ontario-Ottawa Chapter for family members of adults with ASD's. A diagnosis is not required. Meets three times a year.  
**Address:** Bronson Centre 211 Bronson Ave. Ottawa  
**Phone:** 613.230.6305  
**Email:** Ottawa@autismontario.com

**Autism and Asperger's Family Support Group Prescott-Russell:** Meets monthly in Prescott-Russell area.  
**Facilitator:** Katie McCall  
**Email:** whatkatydid@live.ca  
**Website:** www.whatkatydid.ca

**Lanark Autism Support Group:** Meets the 1st Monday of every month from 7 pm-9 pm  
**Location:** Lanark Community Programs in Carleton Place (30 Bennett St.)  
**E-mail:** info@lanarkautismsupport.com  
**Website:** www.lanarkautismsupport.com

**Aspirations:** Sponsored by Autism Ontario-Ottawa Chapter 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. Meetings are held the third Monday of the month every month (except during the summer) at 7 pm at the Bronson Centre.  
**Location:** 211 Bronson Ave. check whiteboard in the office for the room number  
**Contact:** Gordon Montgomery  
**Phone:** 613.230.6305  
**Email:** king.atlas@gmail.com

**Mainstreet Community Services support group**

**OCD Parent Support Group:** Parent-led informal support group for parent of children with Obsessive Compulsive Disorder, Positive, solutions oriented focus.
Meets second Wednesday of the month. Ralph & Sons Diner.

**Contact:** Barb Nesrallah  
**Phone:** 613.831.3222  
**Email:** barb@ocdottawa.com  
**Website:** www.ocdottawa.com

**Ottawa Valley West Special Needs Support Group:** For parents west of Ottawa with children with ASD’s and other special needs. Meets monthly in members’ homes in Arnprior, Renfrew, Galetta, Pakenham, and Calebogin. Waban, White Lake, etc. Group also communicates via an online yahoo group.

**Contact:** Barb Nesrallah  
**Phone:** 613.831.3222  
**Email:** barb@ocdottawa.com  
**Website:** www.ocdottawa.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.

**Contact:** Barb Nesrallah  
**Phone:** 613.831.3222  
**Email:** barb@ocdottawa.com  
**Website:** www.ocdottawa.com

**RDI Relationship Development Intervention Support:**  
The goal of RDI is to develop the most effective methods to remediate specific deficits which impede individuals 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

**WIMS (Walking In My Shoes):** is a "Parents Helping Parents" support group for parents /guardians of children with developmental delays/disabilities.

**Contact:** Janet Robinson  
**Phone:** 613.841.1194  
**Email:** wims_parents@hotmail.com

**ONLINE**

**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

**Autism Support Ottawa Group:** Online forum for parents, professionals and persons with autism spectrums disorders in the Ottawa region created to exchange information and resources. It compiles directory of services for ASD in Ottawa. Subscribe by E-mail: Autismsupportottawa-subscribe@yahoogroups.com

**RESPITE**

*Respite is designed to give parents a break from the rigours of special needs parenting. For a complete list respite options see the Service Coordination website: www.scsottawa.on.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. Appropriate for individuals 13 years and older. Some Francais services are available.

**Address:** 3017 Greenland Rd Dunrobin  
**Contact:** Debra McLean, Retired Nurse or Meaghan Chapman BSc  
**Phone:** 613.806.0690  
**Website:** www.greenlandcountryhaven.com  
**Email:** greenlandcountryhaven@gmail.com

**RECREATIONAL AND SOCIAL ACTIVITES- ALL AGES**

**City of Ottawa Programs:** Fee assistance (means-tested) is available for all City of Ottawa programs in all areas of the city.

*For information, assessments, referrals, integration and volunteer opportunities, contact the Portfolio Coordinator Special Needs:*

**City Wide Special Needs**  
**Phone:** 613.580.2424 ext. 29283  
**Information:** SpecialNeedsCityWide@Ottawa.ca

**City of Ottawa-SNAP (Special Needs Autism Program)**  
**For children 5 to 12:** Therapeutic recreational programs. Staff to child ratio 1:4  
**SNAP:** (6-12). Learn to Swim Program, fitness component, recreational activities to build on communication, socialization and gross motor skills.
Aqua SNAP (5-12): Structured 30 minutes of the Learn to Swim program followed by 15 minutes of interactive free play.

SNAP Junior Gliders (6-12): Learn to Skate Program
Location: Various throughout the City
Contact: Jodie Gilvear
Phone: 613.580.2424 ext. 41226
Email: Jodie.Gilvear@ottawa.ca

City Of Ottawa-Teen SNAP (Special Needs Autism Program): Therapeutic recreational program. Staff to teen ratio 1:4. Designed to help participants improve social communication and recreation skills along with physical fitness, healthy living and self-confidence.
Location: Walter Baker Sports Complex and St. Laurent Complex
Phone: 613.580.2424 ext.41226
Email: Jodie.gilvear@ottawa.ca

City of Ottawa-Yoga for Asperger Teen/Pre-teen and Yoga for Parent and Autistic Teen/Pre-teen.
Location: Splash Wave Pool
Phone: 613.748.4222

City of Ottawa-Special Needs Programming: For further information about City of Ottawa special needs programs that may be appropriate, consult the Special Needs Recreation Guide or contact City Wide Portfolio Coordinator Special Needs:
Phone: 613.580.2424 Ext. 29283
Email: SpecialNeedsCityWide@ottawa.ca

Boys and Girls Club of Ottawa: 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 to 4 participants. Tuesday to Friday 3:30 to 7:00 pm. primarily ages 12 and under but will accommodate up to 18. Social skills programming closes for the summer (except Planting Seeds Social Skills day camp) and begins again in the fall.
Britannia Clubhouse
Address: 2825 Dumaurier Ave. Ottawa
Phone: 613.828.0428
The Fred C. McCann Clubhouse
Address: 430 McArthur Ave. Ottawa
Phone: 613.746.8517
The Police Youth Centre Clubhouse

Address: 1463 Prince of Wales Dr., Ottawa
Phone: 613.727.5398
Email: ljardine@bgcottawa.org
Website: www.bgcottawa.org

Canadian Association for Disabled Skiing-National Capital Division (CADS-NCD): Skiing and boarding opportunities for individuals with literally any disability or severity. Programs offered at Calabogie, Edelweiss Valley, Mount Cascade and Mount Pakenham.
Contact:
Ross Holden 613.692.4898
Tom Abernethy 613.824.7393
Bernie Simpson 819.827.4378
Email: volunteers@CADS-NCD.ca
Website: www.CADS-NCD.ca

Corona Gymnastics Club: Children with ASD 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.
Address: 155 Colonnade Rd. S. Nepean
Phone: 613.244.6524
Website: www.coronagym.ca

Gloucester Association for Children with Special Needs: (English & Français): Dedicated to providing youth with special needs between 7 and 25 years of age with an exceptional social and recreational program experience. Group meets each Saturday afternoon for 3 hours in the Orleans area. Group size is typically 20 youth, 20 volunteers and 5 staff members. Program runs from Sept. to June and breaks for school holidays.
Phone: 613.422.6024
Contact: President (Amanda Telford)
Email: amanda.telford@gacsn.org
Website: www.gacsn.org

Happy Trails Riding Stables: Offers personalized programs to individuals requiring accommodations. Groups or individual lessons available.
Address: 5979 Leitrim Rd, Carlsbad Springs (10 minutes from 417/Walkley Rd. Exit)
Phone: 613.302.5152 - Nathalie Gour
Email: recreation@happy-trails.ca
Website: http://www.happy-trails.ca
Horses of the Sun: Addressing the physical, emotional and social needs of children and teenagers through movement education and equine assisted therapy. Provides groups and private lessons. Dr.’s note required to participate.
Address: 1944 Forced Rd. Vars
Contact: Sonja Koch 613.835.9523
Website: www.horses-of-the-sun.ca

iPlay Network Gaming Lounge: A community based Network Gaming Lounge where individuals and groups can escape to play high end professional computer games. Interactive video gaming builds hand-eye coordination and helps to develop life skills such as leadership, communication, cooperation and strategic thinking while building self-confidence and increasing self-esteem. Appropriate for ages 9 and older.
Address: Kanata Location 1565 Maple Grove Rd. (Bell Sensplex)
Telephone: 613.836.4511
Email: info@iPLAY.ca
Website: www.iplay.ca/kanata

Kanata Early Years Centre: For families with children aged 0-6 who have motor and/or social delay in their development.
Address: 2 MacNeil Crt. Kanata
Phone: 613.591.3686
Email: info@communityresourcecentre.ca
Website: www.communityresourcecentre.ca

Lotus Centre for Special Music Education: offers specialized music lessons for students with autism spectrum disorder, learning disabilities, and other developmental disorders. We develop individual education plans for each student and work to meet those goals through private and group lessons as well as other music training activities like Therapeutic Listening and Interactive Metronome. Also offers half-day summer camps.
Contact: Erin Parkes
Phone: 613.801.0031
Email: erin@lotuscentre.net
Website: www.lotuscentre.net

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 to athlete ratio.
Phone: 613.860.6184
E-mail: secretary@specialolympicsottawa.ca
Website: www.specialolympicsontario.ca

Propeller Dance: All people including people with physical, developmental, psychiatric and low vision and/or blindness. Integrated classes for Children (4-7 years) (8-11 years) and youth and adult classes.
Contact: Shara Weaver 613.240.9775 or Renata Soutter 819.773.7523
Email: propellerdance@gmail.com
Website: www.propellerdance.com

Lotus Centre for Special Music Education: offers specialized music lessons for students with autism spectrum disorder, learning disabilities, and other developmental disorders. We develop individual education plans for each student and work to meet those goals through private and group lessons as well as other music training activities like Therapeutic Listening and Interactive Metronome. Also offers half-day summer camps.
Contact: Erin Parkes
Phone: 613.801.0031
Email: erin@lotuscentre.net
Website: www.lotuscentre.net

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.
Address: 151 Chapel St. Ottawa
Phone: 613.761.9620
Website: www.springaction.ca
Email: info@springaction.ca

Stronger You Martial Arts and Self Defense: Karate for children with high functioning ASD’s. Ages 4 years and up. (Programs for children and adults). 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 Karate: (4 and 5 year old Karate) with ASD’s, ADHD and other developmental or physical constraints that require a lower ratio of student/instructor Ratio is 1:1
Kakudan Kickers Karate: 12 years old and up: ASD’s, ADHD and other developmental or physical constraints that require a lower rate of student/instructor Ration is 1:1.
Kakudan Kickers Junior Karate: 6 years old and up: ASD’S, ADHD and other developmental or physical constraints that require a lower rate of student/instructor Ration is 1:1.

Summer Camps for higher functioning children with ASD’s (see Summer Camp)
Address: 3570 Strandherd Dr. Barrhaven
Contact: Denise Therens and Janet Heffernan
Phone: 613.823.6697
Email: info@strongeryou.com
Website: www.strongeryou.com

RECREATIONAL AND SOCIAL ACTIVITIES – TEENS AND ADULTS
Adult Programming: Social/recreational programs such as aqua fitness, 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.

City Of Ottawa-Teen SNAP (Special Needs Autism Program): Therapeutic recreational program. Staff to teen ratio 1:4. Designed to help participants improve social communication and recreation skills along with physical fitness, healthy living and self-confidence.
Location: Walter Baker Sports Complex and St. Laurent Complex
Phone: 613.580.2424 ext.41226
Email: Jodie.gilvear@ottawa.ca

City of Ottawa-Yoga for Asperger Teen/Pre-teen and Yoga for Parent and Autistic Teen/Pre-teen.
Location: Splash Wave Pool
Phone: 613.748.4222

City of Ottawa-Special Needs Programming: For further information about City of Ottawa special needs programs that may be appropriate, consult the Special Needs Recreation Guide or contact City Wide Portfolio Coordinator Special Needs:
Phone: 613.580.2424 Ext. 29283
Email: SpecialNeedsCityWide@ottawa.ca

After School Bowling Group (13 years and over)
Cost: $5.00 shoes are free
Merivale bowling Centre
Contact: Simy Illouze
Email: logme@rogers.com

Best Buddies – Vrais Copains: (English & Français)
One-to-one friendships between individuals with intellectual disabilities must be students at participating high schools or registered through hosting organizations.
Phone: 1.888.779.006
Email: info@bestbuddies.ca
Website: www.bestbuddies.ca or www.vraiscopains.ca

City of Ottawa Teen SNAP (Special Needs Autism Program): Therapeutic recreational program. Staff to teen ratio 1:4. Designed to help participants improve social communication and recreation skills along with physical fitness, healthy living and self-confidence.
Location: Walter Baker Sports Complex and St. Laurent Complex
Phone: 613.580.2424 ext. 41226
Email: Jodie.gilvear@ottawa.ca

City of Ottawa-Yoga for Asperger Teen/Pre-teen and Yoga for Parent and Autistic Teen/Pre-teen.
Location: Splash Wave Pool
Phone: 613.748.4222

City of Ottawa-Special Needs Programming: For further information about City of Ottawa special needs programs that may be appropriate, consult the Special Needs Recreation Guide or contact City Wide Portfolio Coordinator Special Needs:
Phone: 613.580.2424 Ext. 29283
Email: SpecialNeedsCityWide@ottawa.ca

Fit Vision Fitness Studio: Power circuit, Fit Ball and other programs for teens (starting age 13) and young adults with ASD. Don’t Sit – Get Fit program (13 yrs. & over)
Address: 4806 Bank St (towards Findlay Creek – Greely)
Contact: Marybette Riddell & Simy Illouze
Phone: 613.822.0229/ 613.823.5360
Email: fitvision@rogers.com

Friday Night Youth: Social program for youth who have disabilities.
Hintonburg C.C.
Phone: 613.798.8874

Friends for Fun Bowling: Teens and young adults with ASD.
Monday Nights 6:30 p.m.
Merivale Bowling Centre
Contact: Anita Acheson
Email: a.acheson@sympatico.ca

Comments or Corrections? Send an email to Ottawa@autismontario.com
Also available at www.autismontario.com/ottawa
Comments or Corrections? Send an email to Ottawa@autismontario.com
Also available at www.autismontario.com/ottawa
City of Ottawa-March Break Camp: Therapeutic Recreation camp for children with Autism ages 6 to 12 years. Participants must be able to work in a 1:4 staff to child ratio. The program involves a swim component, snack time and specifically chosen recreation activities to build on communication, socialization and gross motor skills.

Location: Various throughout the city
Phone: (West Location) 613.580.2424 ext.41226
Phone: (East Location) 613.580.2424 ext. 29300

City of Ottawa-SNAP Summer Camp: Recreation activities will be chosen to build on communication, socialization and gross motor skills.

Location: Various throughout the city
Phone: 613.580.2424 ext. 41226
Email: Jodie.gilvear@ottawa.ca

City of Ottawa-Summer Success: For children requiring specialized programming and support due to attention, hyperactivity, learning and behavioural difficulties. Ages 8-12. Staff camper ratio of 1:4

McNabb Recreational Complex
Phone: 613.580.2424 ext. 41226
Email: Jodie.gilvear@ottawa.ca

Contact Portfolio Coordinators for assistance or check Ottawa Recreation Guide for a complete list of programs.

City-wide Portfolio Manager: 613.580.2747
West Coordinator: 613.580.2424 ext. 41226
East Coordinator: 613.580.2424 ext. 29300

Camps that may be appropriate (all campers are screened) include:

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

Kamp Kanata: Integrated special needs children. Bridlewood Community Centre Ages 6-12
Phone: 613.580.2424 ext. 41226

SNAP Camp: Recreational activities will be chosen to build on communication, socialization and gross motor skills. Ages 6 to 12. Each child must be able to work within a 1:4 staff to camper ratio. Program runs from 9 to 4

Brother Andre School
Phone: 613.580.2424 ext. 29300
Email: diane.cyr@ottawa.ca

Walter Baker Sports Centre
Phone: 613.580.2424 ext. 41226
Email: Jodie.gilvear@ottawa.ca

Kanata Recreation Complex
Phone: 613.580.2424 ext. 41226
Email: Jodie.gilvear@ottawa.ca

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 Recreational Complex
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 Recreational Complex
Phone: 613.580.2424 ext. 29291

Dovercourt Day Camps: Daily activities are planned and reviewed by senior programming staff so that you can expect a well-balanced and age appropriate schedule full of fun and skill developing activities. Committed to the right for all children to play in the community. With assistance from the City of Ottawa Special Needs Department, we support physically and mentally challenged children to integrate into our camp programs.
Phone: 613.798.8950 ext. 230 Robin Cloutier
Contact: camps@dovercourt.org
Website: www.dovercourt.org
E-mail: info@dovercourt.org

Fit Vision Fitness Studio Camp Get Fit: Provides quality, accessible and cost-effective health and wellness camp

Comments or Corrections? Send an email to Ottawa@autismontario.com
Also available at www.autismontario.com/ottawa
program to teens and young adults with ASD of all fitness levels, Also Christmas camp.
Address: 4806 Bank St. (towards Findlay Creek – Greely)
Contact: Marybette Riddell at
Phone: 613.822.0229
Email: fitvision@rogers.com

Greenland County Haven Camps: Horseback riding, drama and regular Summer/Christmas/March Break camps for developmental disabilities and other special needs. Ages 12 and up.
Address: 3017 Greenland Rd Dunrobin
Contact: Meaghan Chapman BSc.
Phone: 613.806.0690
Email: greenlandcountryhaven@gmail.com
Website: www.greenlandcountryhaven.com

Happy Trails Summer Riding Program: Week-long half day camps for children 8-15 years. Accommodations given for special needs.
Address: 5979 Leitrim Rd. Carlsbad Springs (10 min. from 417/Walkely rd. Exit)
Phone: 613.302.5152 - Nathalie Gour
Email: recreation@happy-trails.ca
Website: www.happy-trails.ca

iPlay Network Gaming Lounge: One-week camps help your child discover the world of computers in a fun, interactive environment. Specifically, learning the basic WEB design using HTML and receives hands-on training in flash animation and other digital-art techniques. Daily physical activity/sports will also be included in the program. Appropriate for ages 9 and older. Kanata
Location
Address: 1565 Maple Grove Rd. (Bell Sensplex)
Phone: 613.836.4511
Email: info@iPLAY.ca
Website: www.iplay.ca/kanata

Le Societe franco-ontarienne de l’autisme: Organise le seul camp d’été pour enfants et adolescents autistes francophones en Ontario. Elle y recoit 40 enfants et adolescents autistes de 4 a 21 ans a plain temps pour tout le mois de juillet. Un appui d’un animateur pour 3 enfants y est offert et le personnel profite d’une formation specialisee d’une semaine avant la tenue du camp.
Tel.: 613.276.37362 & 613.820.4066

Courriel: info@autismefranco.ca
Site Internet: www.autismefranco.ca

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
Address: 1453 Main St. Stittsville
Location Katimivik Elementary School
Contact: Shelley Steinburg 613.831.6606
Email: mainstreetcommunity@bellnet.ca
Website: www.mainstreetcommunityservices.com

Planting Seeds Day Camp: The Boys and Girls Club of Ottawa in Partnership with MBNA Canada Bank is pleased to offer the Planting Seeds Social Skills Summer Day Camp. The aim of this social skills camp is to help children (6-12 yrs.) build on existing pro-social skills. Our focus is on helping children in a 1 to 4 ratio (especially those who are diagnosed with ADHD, ADD, LD & Asperger Syndrome): Integrate into less structured programming (i.e. recess), Develop positive social interactions, Learn effective problem solving, Increase self-confidence.
Location: Boys and Girls Club of Ottawa: McCann Clubhouse (430 McArthur Ave.)
Contact: Laura Burgess, Behaviour Therapist
Phone: 613.746.8517
Email: ljardine@bgcottawa.org
Website: www.bgcottawa.org

Stronger You Martial Arts and Fitness: Jinzai
For children with high functioning ASD’s. Ages 9 to 13.
Social Skills-bully proofing, martial arts, team building, friendship making, physical activity program.
Address: 3570 Strandherd Dr. Barrhaven
Contact: Janet Hefferman 613.823.6697
Email: info@strongeryou.com
Website: www.strongeryou.com

Suns hine Camps (LDAO-C): Summer, (children and youth) and March Break social skills camps run by the Learning Disabilities Association of Ottawa-Carleton for children with LD, ADHD, ADD and high-functioning ASD. Fun and Supportive. Includes time with a psychologist and martial arts instructor.
Summer Day Camp/March Break. Ages 8 to 12.
Location: McNabb Community Centre
Youth Lifeskills Camp (Overnight). Ages 11 to 16.
Youth Sailing Camp. Ages 11 to 15.
**Location:** Ottawa New Edinburgh Club
Ottawa, ON K1R 6E5,
**Phone:** 613.567.5864 ext. 115
**Email:** idao.resources@rogers.com
**Website:** [http://idao-c.ncf.ca](http://idao-c.ncf.ca)

The Social Learning Centre: Creative arts and academic skills summer camp for children ages 4 to 12 years old.
**Address:** 725 Churchill Avenue North, Ottawa
**Phone:** 613.729.1333
**Email:** info@sociallearningcentre.ca
**Website:** [www.sociallearningcentre.ca](http://www.sociallearningcentre.ca)

**T.I.P.E.S. Summer Camp:** Registration deadline is April 30th. Respite will be available for an additional fee; respite will be available for an additional fee and will be available until 5:00 p.m. after camp hours, Monday to Friday. Camp is offered half days or full days, either two days a week, three days a week or five days a week. Offered to ages 3-16+
**Address:** 160 Unit B Terrence Mathews Dr. Ottawa
**Phone:** 613.592.8800 (between 12-4)
**Email:** jwyatt@tipes.ca
**Website:** [www.tipes.ca](http://www.tipes.ca)

TMCA/YWCA Camps: Limited number of one-to-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](http://www.ymcaywca.ca)

**SUMMER RESIDENTIAL CAMPS**

**Ontario Camps 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](http://www.ontariocamps.ca)

**Camp Kennebec:** Camp Kennebec: Making Kids Happy Since 1967! A residential overnight camp for children and young adults with various exceptionalities ranging from ADD, ADHD, LD, Autism, Aspergers, Tourettes, Down Syndrome and other special needs. Campers range in age from 7 and up with no age limit. We offer a 1-6 week program, optional academics, 50 plus activities, out trips, theme days and so much more. Professional staff keep a 2:1 camper to staff ratio with a focus on fun, social and life skills.
**Location:** Arden, Ontario on Bull Lake
**Contact:** (613)335-2114
**Email:** info@campkennebec.com
**Website:** [www.campkennebec.com](http://www.campkennebec.com)

**Camp Kodiak:** Integrated residential camp children and teens with and without ADHD, Learning Disabilities, NVLD and Asperger Syndrome. Ages 6-18. We offer a social skills program, an academic program and over 50 sports and activities. Located 20 minutes northeast of Parry Sound, ON.
**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 integrated life skills program. Our guests select most of their own activities and there are interesting excursions out of camp. Located off of Burks Falls, ON.
**Summer Contact:** 705.389.1910
**Winter Contact:** Toll Free 1.877.569.7595
**E-mail:** info@campkodiak.com
**Website:** [http://www.campkodiak.com](http://www.campkodiak.com)

**Camp Misquah:** For children 7 and up and adults with ASD’s, Down Syndrome and CP.
**Location:** On Lac Bitobi near Gracefield, Que.
**Email:** fawzimankai@hotmail.com
**Website:** [www.misquah.com](http://www.misquah.com)

**Camp Misquah Cottage Experience:** 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.
**Location:** Camp Misquah operates on Lac Bitobi near Gracefield, Québec.
**Phone:** 613.806.6676
**Email:** fchair@misquah.com & director@misquah.com
**Website:** [www.misquah.com](http://www.misquah.com)

**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
The Kinark Outdoor Centre: Autism Quest Program: Supported 5-day residential recreational experiences in the summer for children and youth ages 9-16 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

For more day residential camps, see also Service Coordination’s list at: www.scsottawa.on.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 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.
Autism Resource Teams: Both English school boards have a small team of professional who may act as consultants to teachers with students with autism spectrum disorders.

Learning Support Services: 
OCDSB contact: Colleen Richards  
Phone: 613.596.8211 ext.8108

OCCSB contact: 

Edu-Advocates: A private education consulting and advocacy firm. We strive to create appropriate and accessible education for individuals with Asperger Syndrome. We examine the current programming then work with families and schools to create the proper environment for each individual to reach their true potential. Services for IPRC, IEP’s, appeals. Representation for school meetings. We also provide transition services whether it is moving across town, from one province to another, or high school to college. Age of service includes any school age child, 5 years and older. No referral process: contact directly, we are currently accepting new clients.  
Contact: Dale Ford  
Phone: 613.769.8960  
Email: dale@eduadvocates.com  
Website: [www.eduadvocates.com](http://www.eduadvocates.com)

Ministry of Education Ottawa Regional Office: 
Provides help in clarifying ministry policies and education to school communities and parents.  
Address: Suite 504, 1580 Merivale Rd. Nepean  
Phone: 613.225.9210

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.  
Aspirations: A social club for students with Asperger’s. Forming and Maintaining new Friendships, Dealing with Difficult People, and Self-Awareness and Self-Advocacy.  
FACTS (Fall Asperger’s Carleton Transition to Success): This is a one-day transition program for incoming Carleton Students with AS, scheduled to take place on Aug 30, 2012.  
Regular Problem-solving Support through the student’s PMC Coordinator. This may include initial meetings with

Comments or Corrections? Send an email to 
Ottawa@autismontario.com  
Also available at www.autismontario.com/ottawa
Instructors to facilitate communication and if warranted, disclosure.

**MVP (Mentor Volunteer Program):** Informal, non-academic support includes assistance navigating an unfamiliar physical and social environment, practicing social skills, and staying connected to the Carleton Community.

**Address:** Paul Menton Centre - 501 University Centre
Carleton University, 1125 Colonel By Drive Ottawa

**Phone:** 613.520.6608
**TTY:** 613.520.3937
**Email:** pmc@carleton.ca
**Website:** [www.carleton.ca/pmc](http://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.

**Location:** The Access Service, University Centre Rm. 339

**Address:** 100 Marie-Curie (4th floor), Ottawa

**Phone:** 613.562.5976
**Email:** adapt@uottawa.ca
**Website:** [www.sass.uottawa.ca/access](http://www.sass.uottawa.ca/access)

**BURSARIES AND SCHOLARSHIPS**

**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 (mid-late April application deadline) for additional information:

**Phone:** 416.246.9592
**Website:** [www.autismontario.com](http://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 (Mid-late April Application deadline) for additional information:

**Phone:** 416.246.9592
**Website:** [www.autismontario.com](http://www.autismontario.com)

**Ontario Bursary for Post-Secondary Students with Disabilities, Canada Study for the Accommodation of**

**Students with Permanent Disabilities and Canada Access Grant for Student with Permanent Disabilities:** Find out details on the Ministry of Training College and University or OSAP websites and through your college or university disability centre.

https://osap.gov.on.ca/OSAPPortal

**Roy Cooper Scholarship Award for a student with a Learning Disability:** Annual $1000 award granted to a Disability and will be attending a University or College Majoring in an engineering and/or physical sciences discipline.

**Phone:** 613.567.5864
**Email:** Idaoc.resources@rogers.com
**Website:** [http://www.idaottawa.com/](http://www.idaottawa.com/)

**For more Scholarships for Students with Learning Disabilities:**

http://www.idrc.ca

**PRIVATE OPTIONS**

Private schools need to be assessed on an individual basis. Tutoring instruction can also be helpful when a child has a difficulty in a specific subject or with organization or study skills. Ask other parents for recommendations for private schools and tutors.

**Ann Sutherland:** Individualized programs for all ages of children with or without developmental or learning differences. Program can be tailored to be academic or play: structured or outing based; or a combination. Special language programs available for Asperger Syndrome students and students with dyslexia or other language learning requirements.

**Phone:** 613.841.5492
**Email:** ann.abacus@rogers.com

**Astolot Educational Centre/Independent Day School:**

Elementary day school, after school club and summer camps. High school offering OSSD, registered with the Ministry of Ontario

**Address:** 203-1187 Bank St. Ottawa

**Phone:** 613.260.5996
**Email:** astolot@rogers.com
**Website:** [www.astolot.com](http://www.astolot.com)
Heritage Academy: Grades 1-12. A private not-for-profit school located in Ottawa specifically designed for students with learning disabilities.
Address: 207 Bayswater Ave. Ottawa
Phone: 613.722.0133
Email: info@heritage-academy.com
Website: http://www.heritage-academy.com

Lynn Fraser Educational Consultant: Provides tutoring for students with special needs who are the elementary school level. Uses reports from the health care professionals, psychologists, speech pathologists, teachers and addresses parental concerns. Develops a program which best suits the learning style and needs of the individual student.
Phone: 613.224.9450
Email: lynnfraser@sympatico.ca

March Academy: Private learning institution for students from grade 1 to grad 6, with a special emphasis on individual learning styles. March Academy recognizes that some children are in need of extra attention or support.
Address: 325 Sandhill Rd. Kanata
Phone: 613.258.0683
Toll-Free: 1.800.3.409.4420
Email: info@marchacademy.ca
Website: www.marchacademy.ca

Meadowlark Tutorials: At-home and in-school remedial tutorials for students with special needs and learning disabilities. Lessons are designed to meet the specific needs of the individual. Advocacy and support for difficulties at school are available.
Contact: Philip Powel Smith
Phone: 613.565.9889
Toll-Free: 1.800.409.4420
Email: info@meadowlark.ca
Website: www.meadowlark.ca

MindWare Academy: Private day school grades 1-8 specializing in learning disabilities and Asperger Syndrome. Social skills are taught as part of the regular program.
Contact: Shelley Holloway
Phone: 613.829.2694
Email: info@mindware.ca
Website: www.mindware.ca

On Your Mark Tutoring: (English and Français) Provides tutoring services designed to improve the academic performance of remedial students, extend the learning experiences of gifted students, tutor high school students and provide academic upgrading to adults, while increasing the self-confidence of all students. We serve clients from 5 years of age up to and including all ages of adults. We welcome new clients continuously, either by referral from agencies or self-referral.
Phone: 613.260.7575
Email: info@oymnb.com
Website: http://www.oymnb.com

Sylvan Learning Centre: is the leading provider of tutoring and supplemental education services to students of all ages and skill levels. At Sylvan, our warm and caring tutors tailor individualized learning plans that build the skills, habits and attitudes students need to succeed in school and in life. Affordable tutoring instruction is available in math, reading, writing, s study skills, homework help, test prep and more, at more than 1,100 learning centres in Canada, the United States, and abroad. Ottawa Central and West locations
Phone: 613.727.9636
Email: info@sylvanottawa.com
Website: www.SylvanLearning.ca

Tancook Bell: Grades 6-12. Tancook Bell School provides a safe haven with guidance from a staff whose priority is to help all students move forward, deal with their challenges and help students identify and work with their strengths.
Address: 1160 Maitland Ave. Ottawa
Phone: 613.983-0219
Email: lboucher@tancookbell.ca
Website: www.tancookbell.ca

The Social Learning Centre: An after-school homework and creative arts program. Creative arts and academic skills summer camp available for children ages 4 to 12 years old. Parent referral process.
Address: 725 Churchill Avenue North, Ottawa
Phone: 613.729-1333
Email: info@sociallearningcentre.ca
Website: www.sociallearningcentre.ca

EDUCATIONAL RESOURCES
**Phone:** 613.230.6305 (Autism Ontario Ottawa office) or 416.246.9592 (provincial office) for copy.

*(CIS) 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:** Christine Stevens ext. 244
**Phone:** 613.736.1913
**Email:** ciss@afchildcare.on.ca
**Website:** www.afchildcare.on.ca

**Phone:** 1.800.776.4332 for a catalogue.
**Email:** service@linguisystems.com
**Website:** www.linguisystems.com

Picture Card Communication:
Personalized/individualized visual materials including Schedules, emotion thermometers, support for social stories and other learning materials. Products are available in any language.
**Contact:** Marion Pusey
**Telephone:** 613.825.4803
**Email:** info@picturecardcommunication.com
**Website:** www.picturecardcommunication.com

Strategic Transitions: Kidspiration Software (K-Gr 5) and Inspiration Software (Gr 6-Adult): Visual learning software(s) that help students visually organize and outline ideas to structure writing and improve communication and expression. Brainstorming using symbols and images to represent and sort their ideas, and create visual diagrams and graphic organizers to break work down into manageable sections. Visual learning engages students of all abilities as they work together and contribute at their individual levels.
**WordQ (Gr 3-Adult):** Word Prediction and Speech Feedback software, commonly used with Word Processing Software but can be used with any accessible text.
**SpeakQ (Gr 3-Adult):** Plug-in for WordQ that offers very forgiving simple Speech Recognition (Speech-to-Text). WordQ+SpeakQ can assist anyone who struggles with writing.

**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:** public@StoneMountainSoftware.com
**Website:** www.ccoder.com/GainingFace/

**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.

**Active Rehab Association:** Employment assistance through ODSP and privately.
**Address:** 1066 Somerset St. W. Suite 404
**Contact:** Laura Mercier
**Phone:** 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.
**Address:** 1600 Carling Avenue, Suite 120 Ottawa
**Contact:** Anne Desjardins Regional Manager: adesjardins@acclaimability.com
**Phone:** 613.274.3010
**Toll Free:** 1.866.447.4447
**Website:** www.acclaimability.com
**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.

*Address*: 22 O’Meara Street, Ottawa

*Intake*: 613.725.3494 ext. 115

*Email*: fdaly@causewayworkcentre.org

*Website*: [www.causewayworkcentre.org](http://www.causewayworkcentre.org)

**Hawkins Institute (Toronto)**: Asperger-specific employment assistance through ODSP and privately. Offers 3-week small group pre-employment training program to individuals residing in Toronto and who are 18 years of age or older. Also offer private one-to-one pre-employment training, 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*: 416.466.05498

*Email*: info@hawkinsinstitute.com

*Website*: [www.hawkinsinstitute.com](http://www.hawkinsinstitute.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 up to age 29).

*Website*: [www.ysbemploymentservices.org](http://www.ysbemploymentservices.org)

**Red Chair Hr**: is an innovative staffing agency uniquely dedicated to fostering working relationships with people facing employment barriers due to a Disability or Vocational Challenge with the Private, Public and Not for Profit corporate business sectors looking for an effective staffing solution to incorporate or expand employee diversity and employment equity standards as part of their company’s profile & culture.

*Address*: 2451 St Joseph Blvd. Suite 219

*Phone*: 613.424.7234

*Fax*: 613.424.7170

*Email*: info@redchairhr.ca

*Website*: [www.redchairhr.ca](http://www.redchairhr.ca)

**Youth Employment and Summer Job Services**

Youth Services Bureau of Ottawa: provide one-on-one employment counselling services to individuals who are not enrolled in full time school or employed full time. Eligible clients can acquire assistance with resume development, preparing cover letters, individual interview practice, access to career information workshops and job fairs.

**Summer Job Services**—Free job search and self-marketing support for students aged 15 – 30, planning to return to school in the fall. YouthZoneJeunesse—“One start “centre where youth (16-30 years) can obtain information on services such as training, career preparation, employment, health, housing, recreation, etc.

(1) **The Community Employment Resource Centre (CERC)**

*Address*: 3730 Richmond Rd Ste 216, Ottawa

*Phone*: 613.828.2123

*Email*: info@cercottawa.ca

*Website*: [www.cercottawa.ca](http://www.cercottawa.ca)

(2) **St. Lawrence College of Ottawa Employment Service**

*Address*: 71 Bank Street, 5th Floor, Ottawa

*Phone*: 613.232.0022 ext. 1770

*Email*: ESO@sl.on.ca

*Website*: [http://www.jemploymentservice.sl.on.ca](http://www.jemploymentservice.sl.on.ca)

(3) **YSB Employment Services**

*Address*: 1355 Bank Street, Ground Level, Ottawa

*Phone*: 613.236.8244

*Email*: yes-jc@ysb.on.ca

*Website*: [www.ysbemploymentservices.ca](http://www.ysbemploymentservices.ca)

(4) **ITO 2.0 Employment Services**

*Address*: 301 Moodie Drive Suite 203, Ottawa

*Phone*: 613.688.0440

*Website*: [www.ysbemploymentservices.ca](http://www.ysbemploymentservices.ca)

(5) **La Cité collégiale (Français)**

*Address*: 240, Centrum blvd. Unit # 105 Orleans,

*Phone*: 613.741.9042

*Email*: dbertr@lacitec.on.ca

*Website*: [www.eolcc.ca](http://www.eolcc.ca)

(6) **Youth Zone Jeunesse**

*Address*: 370 Catherines St, Ottawa

*Phone*: 613.580.9663 (613.580.ZONE)

*Address*: 2339 Ogilvie Rd., 1st floor, Orleans

Comments or Corrections? Send an email to [Ottawa@autismontario.com](mailto:Ottawa@autismontario.com)

Also available at [www.autismontario.com/ottawa](http://www.autismontario.com/ottawa)
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.
Address: 2249 Carling Ave., Ste. 200 (Ottawa Office)
Contact: Amber Hill or Julie Descoteaux (March of Dimes)
Phone: 613.596.3463 ext. 232 or 277
Phone: 613.596.3463
Toll-free: 1.877.695.7999
Email: info@marchofdimes.ca
Website: www.marchofdimes.ca

Ministry of Community and Social Services–Ontario Disability Support Program
Employment Supports: Provides information and eligibility requirements.
Address: 351 Preston Street, 2nd Floor, Ottawa
Phone: 613.234.1188

Northern Lights Vocational Services: (English & Français) 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. Self-referral by contacting one of the locations and setting up an appointment.
Address: 163–1980 Ogilvie Road (Gloucester Centre)
Phone: 613.688.3670
Email: dcormier@northernlightscanada.ca
Website: http://www.northernlightscanada.ca/

Neil Squire Society: Offers Employability program that works within groups as well as individual basis for qualifying participants. Website indicates physical disabilities but the program will accommodate all disabilities, illnesses or injuries.
Address: 150-34 Colonnade Rd. Ottawa
Phone: 613.723.3575
Contact: Polly Beach
Email: pollyb@neilsquire.ca
Website: www.neilsquire.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

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.)
Address: 300 Laurier Avenue West, 2nd Floor Ottawa
Telephone: 1.800.622.6232
Website: www.youth.gc.ca www.jobbank.gc.ca

(2) Ottawa East Service Canada Centre
Beacon Hill Shopping Centre
Address: 2339 Ogilvie Road, Gloucester
Phone: 613-990-5100 or 1.800.622.6232

(3) Ottawa Centre Service Canada Centre
L’esplanade Laurier, Level 2
Address: 300 Laurier Avenue West, Ottawa
Phone: 613.990.5100 or 1.800.622.6232

(4) Ottawa West Service Canada Centre
Lincoln Heights Galleria, 1st Floor
Address: 2525 Carling Avenue, Ottawa
Phone: 613.990.5100 or 1.800.622.6232

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

(1) Employment Access Centre – Argyle Avenue
Address: 180 Argyle Ave., 4th floor, Ottawa
Phone: 613.788.5001 ext. 5123
Email: YEACArgyle@nationalcapitalregionymca-ywca.ca

Comments or Corrections? Send an email to
Ottawa@autismontario.com
Also available at www.autismontario.com/ottawa
(1) Employment Access Centre – Merivale Avenue  
**Address:** 1642 Merivale Road (Merivale Mall) 2nd floor, suite 2000, Ottawa  
**Phone:** 613.688.2150  
**Email:** YEACMerivale@nationalcapitalregionymca-ywca.ca

(3) Kanata Employment Resource Centre  
**Address:** 3A-145 Roland Michener Drive (Kanata Centrum Mall), Kanata  
**Phone:** 613.591.0667

(4) Employment, Enterprise and Newcomer Services  
(includes Youth Internship and Entrepreneurship Projects)  
**Address:** 180 Argyle Avenue, 4th Floor  
**Phone:** 613.788.5001

Y's Owl Maclure: Provides supported employment program, vocational, life skills, 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.  
**Address:** 1140 Morrison Drive, Suite 100, Nepean  
**Phone:** 613.721.1500  
**E-mail:** Suzanne@ysowlmaclure.org  
**Website:** www.ysowlmaclure.org

**INDEPENDENT LIVING**

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. Independent Planning and Facilitation program allows people with developmental disabilities to become actively involved in planning their future. Lifetime Networks works with individuals with disabilities (focus persons) and their families to create a personal support network.  
**Address:** 312 Parkdale Avenue, Ottawa  
**Phone:** 613.761.9522  
**TTY:** 613.725.6175  
**Email:** info@citizenadvocacy.org  
**Website:** www.citizenadvocacy.org

City of Ottawa Home Management Counseling: For Support Program or with a low income. Guidance, teaching and ideas on how to balance your home, job, school and family. Contact your nearest community resource centre for information (see website below for contact information):  
**Website:** http://www.ottawa.ca/social_com/efa/disabilities/home_management_en.html

Directory of Ottawa Community Services: “Blue Book”—Lists organizations and programs available in the Ottawa region. Access e-Blue Book online (at website below), purchase PDF or printed copy. Purchase from: Community Information Centre of Ottawa, Mailing Address: 1910 St-Laurent Blvd, PO Box 41146, Ottawa, Ontario K1G 1A4  
**Phone:** 613.241.4636  
**Website:** www.cominfo-ottawa.org

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.  
**Address:** Suite 201, 1155 Lola St. Ottawa  
**Phone:** 613.733.0112  
**Email:** miriam@familiesmattercoop.ca  
**Website:** www.familiesmattercoop.ca

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.

**Address:** #406 - 1390 Prince of Wales Drive, Ottawa
**Phone:** 613.748.7162 ext. 248
**Email:** aharrison@citizenadvocacy.org
**Website:** www.citizenadvocacy.org/programs/lifetime-networks

**Onward and Upward:** Life skills support for individuals, families and groups. Support services are individualized, comprehensive and outcome oriented. Fee for Service.
**Phone:** 613.867.5465

**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.
**Address:** 214 Montreal Rd. Suite 401 Ottawa
**Phone:** 613.236.2558
**Email:** info@oilrc.com
**Website:** www.oilrc.com

Independent Planning and Facilitation (Citizen Advocacy program): Allows people with developmental disabilities to become actively involved in planning their future. A trained Independent Facilitator provides support in exploring a positive, possible vision for a person’s future. The facilitator works with the person and their family/trustee and support circle for a number of months to identify the actions needed to move closer to that vision.
**Address:** 312 Parkdale Avenue, Ottawa
**Phone:** (613) 761-9522 ext 249
**Email:** CMartinelli@citizenadvocacy.org
**Website:** www.citizenadvocacy.org/programs/independent-facilitation-and-planning

**Service Coordination:** *(English & Français)* 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.
**Address:** 200-150 Montreal Rd., Vanier
**Phone:** 613.748.1788

**Website:** www.scsottawa.on.ca
**Email:** admin@scsottawa.on.ca

**HOUSING**

*If independent living is an issue:*

**Service Coordination:** Help finding supportive living and other housing options.
**200-150 Montreal Rd., Vanier**
**Phone:** (613) 748-1788
**Website:** www.scsottawa.on.ca [Search Ottawa Community Services for a list of housing options.]

The agencies below help with affordable living and tenancy issues.

**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.
**Address:** 261 Montréal Rd., Suite 200
**Phone:** 613.562.8219
**Email:** info@action-logement.ca
**Website:** www.action-logement.ca

**Bairn Croft Residential Services (BCRS):** Provides residential and community based services and treatment for dependent and semi-dependent males and females with developmental disabilities and special needs. Our programs are individualized for all age groups and a range of functioning levels, including emotional and behavioural challenges. In addition, we offer specialized programs which address the needs of “higher” functioning male adolescents with learning disabilities, behavioural disorders and Autism Spectrum
**Address:** 1439 Youville Dr., Suite 17
**Telephone:** 613.841.6844
**Website:** www.bairncroft.com

**Housing Help/Aide Logement:** Free "one-stop" housing information and assistance agency.
**Address:** 502-309 Cooper St.
**Phone:** 613.563.4532
**E-mail:** info@housinghelp.on.ca
**Website:** www.housinghelp.on.ca/

**Social Housing Registry of Ottawa:** Centralized applications centre for subsidized housing in Ottawa.

**Comments or Corrections? Send an email to**
**Ottawa@autismontario.com**
**Also available at www.autismontario.com/ottawa**
FINANCIAL ASSISTANCE

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

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.shtml

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 residencies in Ontario. Family Income impacts on assistance decisions. Does not assist with therapies like ABA or IBI but covers respite, camp/recreational programs, etc. Charity requires that every attempt has been made to access other government and service agencies prior to applying. Contact charity to obtain an application.
Phone: 905.852.1799
Email: generalmail@jenash.org
Website: www.JenniferAshleigh.com

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.
Address: 347 Preston Street, 3rd Floor, Ottawa
Contact: 613.788.2390
Website: www.children.gov.on.ca

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.

Note: as of April 12 2012, Special Services at Home (SSAH) for adults only will be part of the Passport Program
Address: 347 Preston Street, 3rd Floor, Ottawa
Contact: 613-788-2390
Website (funding for children): www.children.gov.on.ca
Website (funding for adults): www.mcss.gov.on.ca

Ministry of Community and Social Services: DSOER
(Developmental Services Ontario Eastern Region) Most of the Services for people who have a developmental disability and that are funded by the Ministry of Community and Social Services, including:
- Residential Services (i.e. group homes, supported independent living);
- Day programs/community participation;
- Activities of daily living;
- Respite;
- Person directed planning;
- Passport (includes SSAH for adults);
- Case management;
- Other specialized or professional services;

Note: as of April 12 2012, Special Services at Home (SSAH) will be part of the Passport Program. Ontario Disability Program (ODSP) is unaffected.
Assessors/Navigators: Aminata Diallo & Nandeesh Kumar
Address: 200-150 Montreal Rd
Phone: 613.748.5899
Phone toll-free: 1.855.376.3737
Fax: 1.855.858.3737
TTY: 1.855.777.5787
Website: www.dsontario.ca

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.
Address: 351 Preston Street, 2nd Floor, Ottawa
Contact: 613.234.1188
http://www.mcss.gov.on.ca/mcss/english/pillars/social/questions/odsp/about_odsp.htm

Centre 454: Will provide assistance with completing an ODSP application, gather supporting medical documentation, accompany individuals to appointments and assist with the appeal process.
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: http://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.

4) Children’s Fitness Amount/Children’s Art Amount

If your child qualifies for the Disability Amount and is under the age of 18, you can claim $500 (on top of the base amount of $500) as long as a minimum of $100 has been paid on registration or membership fees for a prescribed program of physical activity/art activity.

Website: www.rdsp.com

For more information on disability-related tax benefits, 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 (to download)
Website: www.cra.gc.ca/orderforms (to order)

For individual income tax inquiries:

Phone: 1.800.959.8281

REGISTERED DISABILITY SAVINGS PLAN

Savings plan that assists families in planning for the long term financial security of relatives with disabilities. You must be eligible for the disability tax credit to qualify. The Ontario government fully exempts RDSP assets and money withdrawn from the plan when determining eligibility for social assistance. You can open an RDSP at your financial institution. For more information see the website below or the website of your financial institution as follows:

Website: www.rdsp.com

Royal Bank of Canada (RBC)

Canadian Imperial Bank of Commerce (CIBC)
https://www.cibc.com/ca/investing/rdsp/about-rdsp.html

TD Canada Trust

Bank of Montreal (BMO)

Scotiabank
http://www.scotiabank.com/ca/en/0,,77,00.html
A qualified lawyer can help parents plan to leave money to a disabled child after their death without jeopardizing Qualification for government-assisted programs. Consult a lawyer with experience in setting up Henson Trusts.

Donna Neff, B.A (Hon.), JD, TEP,SP
Neff Law Office Professional Corporation
Address: 1869 Maple Grove Road Stittsville, k2S1B9
Phone: 613-836-9915
Email: donna.neff@nefflawoffice.com
Website: www.nefflawoffice.com

Kenneth C. Pope LLB TEP
Henson Trust Specialist
The Imperial Building
Suite 600 - 251 Bank Street
Ottawa, ON, K2P 1X3
Phone: 613.567.9724
Toll-free: 1.866.536.7673
Email: k pope@kpopelaw.ca
Website: 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
Toll Free: 1.866.466-PBLO
Email: info@childadvocacy.ca
Website: 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

REACH: Links people with disabilities to lawyers to help resolve legal issues. Reach is a lawyer referral organization that helps people with all disabilities including people who are deaf, hard of hearing, people with physical disabilities, mental health issues, developmental disabilities, learning disabilities, environmental sensitivities, AIDS and chronic pain. Reach lawyers practice in almost every area of law including, immigration, criminal, family, mental health, personal injury, landlord/tenant and business. If we are unable to help by providing a lawyer to assist you with your issue, we will try to refer you to the appropriate agency. Reach does not advocate or lobby on behalf of individuals or issues.
Address: 400 Coventry Rd
Phone: 613.236.6636
Toll-Free: 1.800.465.8898
TTY: 613.236.9478
Fax: 613.236.6605
Email: reach@reach.ca
Website: www.reach.ca

MENTAL HEALTH SERVICES

Canadian Mental Health Association: (English/Français) Offers the Brokerage Service program for adults with developmental disability and mental health issues (May or may not include a person with Asperger Syndrome depending on their circumstances). The service promotes a rehabilitative person-centered approach that responds to the breakdown of a person’s support system. It is designed to increase a person’s access to appropriate services and supports by navigating through various government ministries, collaborating with mental health and developmental service agencies, providing training to service professionals and families, monitoring and assessing service system gaps.
Brokerage Service: 613.737.7791 ext. 277
Email: cmhaoc@magma.ca
Website: www.cmhaottawa.ca/services.htm

Mental Health Service Information Ontario (MHSIO): Province-wide information and referral service providing Ontarians with round-the-clock access to information about mental health services and supports across the province.
Toll Free: 1.866.531.2600
Website: www.mhsio.on.ca

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.

**Address:** 2000 Scott St., Ottawa

**Phone:** 613.729.0123

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

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**LAST RESORTS/COMPLEX SITUATIONS**

Children’s Case Resolution Mechanism. (English & Français) 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

**Phone:** 613. 729.0577 ext. 1251

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**RECOMMENDED BOOKS**

The following is just a sampling of available books.

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** LOANING LIBRARIES**

Andrew Fleck Child Care Services – Resource Library
[www.afchildcare.on.ca](http://www.afchildcare.on.ca)

Autism Ontario – Ottawa Chapter – Resource Library
211 Bronson Ave. Suite 210
**Phone:** 613-230-6305

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

CHEO’s Kaitlin Atkinson Family Resource Library:

Ottawa Public Library
[www.bibliottwalibrary.ca](http://www.bibliottwalibrary.ca)

You can also order from one of the Book Distributors—Special Needs that follows at the end of this section or from [www.amazon.ca](http://www.amazon.ca) or [www.chapters.ca](http://www.chapters.ca).

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**GENERAL – PARENTS AND TEACHERS**

All Cats Have Asperger Syndrome. Kathy Hoopmann. 2006.


*NEW* Asperger Syndrome in the Inclusive Classroom – Advice & Strategies for Teachers Stacey W. Betts, Dion E. Betts & Lisa N. Gerber-Eckard, 2007


*NEW* Guiding Your Teenager with Special Needs through the Transition from School to Adult Life Mary Korpi, 2007

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

*NEW* How to Make School Make Sense – A Parent’s Guide to Helping the Child with Asperger Syndrome Claire Lawrence, 2008

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

Also available at [www.autismontario.com/ottawa](http://www.autismontario.com/ottawa)


*NEW* Mind/Body Techniques for Asperger’s Syndrome – The way of the Pathfinder Ron Rubio, 2008


*NEW* Parenting a Child with Asperger Syndrome Brenda Boyd, 2003

*NEW* Talking Teenagers – Information and Inspiration for Parents of Teenagers with Autism or Asperger’s Syndrome Ann Boushey, 2007


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

*NEW* The Myriad Gifts of Asperger’s Syndrome John M. Oritz, 2008


FOR CHILDREN AND TEENS


*NEW* Asperger Meets Girl Jonathan Griffiths, 2008


How Rude!: The Teenagers' Guide to Good Manners, Proper Behavior, and Not Grossing People Out. Alex J. Packer. 1997. (N.B. There are others in the series)


*NEW* Making Sense of Sex – A Forthright Guide to Puberty, Sex and Relationships for People with Asperger’s Syndrome Sarah Attwood, 2008


SIBLINGS


SOCIAL/COMMUNICATION SKILLS


SENSORY ISSUES


*NEW* Living Sensationally – Understanding you Senses Winnie Dunn, 2007


ADULTS WITH AS


*NEW* Appreciating Asperger Syndrome – Looking at the Upside – with 300 Positive Points Brenda Boyd, 2009

*NEW* Asperger Syndrome and Alcohol – Drinking to Cope? Matthew Tinsley & Sarah Hendrickx, 2008


*NEW* Asperger Syndrome and Employment – What people with Asperger Syndrome Really Really Want to Know Sarah Hendrickx, 2008


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

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

PARTNERS WITH AS


*NEW* Counselling for Asperger Couples Barrie Thompson, 2008

*NEW* Love, Sex and Long-Term Relationships – What people with Asperger Syndrome Really Really Want to Know Sarah Hendrickx, 2008

*NEW* The Asperger Couple’s Workbook – Practical Advice and Activities for Couples and Counselors Maxine Aston, 2008


BOOK DISTRIBUTORS

Autism Awareness Centre: On-line bookstore on autism and related disabilities, resources, articles, blog, information and hosts conferences across Canada. Phone: 1.866.724.2224 Email: maureen@autismawarenesscentre.com Website: www.autismawarenesscentre.com


Jessica Kingsley Publishers: Publishers of books and resources for parents, professionals and individuals with Asperger Syndrome. Email: post@jkp.com Website: www.jkp.com Distributed in Canada by UBC Press To order in Canada, call toll free: 1.800.565.9523

Parentbooks: Carries thousands books and DVDs of interest to parents, teachers, professionals and kids on a wide range of special needs. The best collection of autism resources in North America. Parentbooks will ship mail orders anywhere in the world. Phone: 416.537.8334 Toll Free: 1.800.209.9182 Email: info@parentbooks.ca Website: www.parentbooks.ca

RECOMMENDED VIDEO/DVD

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

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

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

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


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

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

Asperger Syndrome: Living Outside the Bell Curve. VHS
Asperger Syndrome: Transition to College and Work. Coulter Video. DVD.

Asperger Syndrome: Success in the Mainstream Classroom. VHS

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

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

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

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

Functioning Autism and Related Disorders. Jeanette McAfee, M.D. DVD.

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


Manners for the Real World. Coulter Video, DVD.


Navigating the Social World: a Curriculum for Individuals with Asperger’s Syndrome, High-Functioning Autism and Related Disorders Jeannette McAfee, DVD

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

Writing Social Stories with Carol Gray. DVD.

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

WEBSITES

GENERAL


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

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

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

OASIS – Online Asperger’s Syndrome Information and Support: The pioneer of websites for Asperger Syndrome. Lots of great information and articles on AS. www.aspergerssyndrome.org

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

EDUCATIONAL

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


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


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

OCASC (Ottawa Carleton Assembly of School Councils) www.ocasc.ca


Ottawa Special Education – Parents Helping Parents www.ottawaspecialeducation.org

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

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 e-list for students. www.users.dircon.co.uk/~cns/index.html

NEWSLETTERS AND MAGAZINES

Autism-Asperger’s Digest magazine: Bi-monthly publication, featuring interesting articles, stories, and vignettes about topics related to autism. Print, Digital App, and PDF available. See website for rates Phone: 1.800.489.0727 Website: www.autismdigest.com

Autism Awareness Centre Newsletter: Free quarterly. Articles, book reviews, upcoming conferences. Email: maureen@autismawarenesscentre.org Website: www.autismawarenesscentre.org

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

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

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

Exceptional Family: Exclusively for Canadian parents and caregivers of children with cognitive and physical special needs. From critically-acclaimed features authored by renowned clinicians, insightful columns, must-read book reviews and eye-opening news briefs to fascinating profiles, in-depth series and useful “how-to” articles. Exceptional Family delivers the authoritative and inspirational content sought by special families around their unique experiences and concerns – validation and support our readers simply don’t find in mainstream parenting magazines. Subscription rates: 20$/one year (4 issues) or 35$/two years (8 issues).

Phone: 514.345.8330 ext.182

Email: subscriptions@exceptionalfamily.ca

Website: www.exceptionalfamily.ca

ONLINE NEWSLETTERS


www.autismsocietycanada.ca


http://autism.healingthresholds.com


Email gbloomfi@uoguelph.ca to subscribe.

Website: www.ont-autism.uoguelph.ca/

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.

Website: www.sarnet.org

The Autism File: provides practical information covering medical, nutritional and educational matters. It tracks and reports on research and focuses on applications today and the solutions that may be coming soon.

Email: info@autismfile.com

Website: www.autismfile.com

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

Website: www.theautismperspective.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

The York University Alliance in Autism: researchers from the Faculty of Health with expertise across the continuum from basic science to clinical outcomes. Integrate several methodologies to understand the whole individual, working from the level to genes to cells to behaviour to the family.

Email: whgage@yorku.ca
The Kilee Patchell-Evans Autism Research group
(Western University): Use multidisciplinary methods to
study environmental triggers in Autism Spectrum
Disorder,
Email: dmacfabe@uwo.ca
Website: www.psychology.uwo.ca/autism/index.htm