

Revised July 4, 2009
Ottawa Directory of Services for Children and Adults with
Autism Spectrum Disorder

*Please e-mail Debbie Barbesin at robert_and_debbie@sympatico.ca with any updates

Note: The following information is **not** an endorsement of a particular treatment, agency, service or specific professional. **I would advise anyone to carefully examine the services and qualifications of the service providers prior to making a decision.**

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Psychologists

Dr. David Guth	613-858-8872
Dr. Owen Helmkey	613-327-5866
Dr. Yolanda Korneluk	613-851-6292
Dr. Vicki Martin	613-526-4977
Dr. Gerald Munt	613-233-7108
Dr. Karen Ogston	613-563-4492
Dr. Jeff Sherman	613-728-4848

Dr. Susan Rich srich@cyberus.ca 613-228-1174

I first began working with infants and children with autistic spectrum disorders in Toronto in 1983 and continued in private practice in Ottawa in 1997. I provide diagnostic assessments for infants and preschoolers with behavioural and developmental delays, treatment (not ABA), and parent and family support. Assessment, diagnosis and treatment are also available for older children who may be functioning at a higher level or have been diagnosed with Asperger's Syndrome.

Assessments

Autism Intervention Program of Eastern Ontario

613-745-5963

Provide early Intensive Behavioural Intervention (IBI) to children in English or in French. The child has to be identified and given a diagnosis of autism or disorder considered to be toward the severe end of the spectrum prior to assessment of services. **Please note:** children with Asperger's Syndrome would not qualify for services under this program

Ottawa Children's Treatment Centre (OCTC)

613-737-0871 (ext. 4425)

Early Childhood Program (ECP)

Focus: Children from birth to school entry

Services Offered:

- 4 Integrated Rehab Teams** responsible for providing treatment, consultation and education from specialists like physiotherapists, occupational therapists, speech-language pathologists, social workers and psychologists.
- OCTC Preschool** - Provides a therapeutic-based program for children aged two to five who have physical disabilities and complex associated difficulties.
- Infant Development** - Provides service to infants and young children from birth to five who have a developmental disability or are at risk of a developmental delay.

Life Span Program

Focus: This program offers a mix of life span services:

Intake Team – provides a coordinated point of access to OCTC services.

- Behavioural Services** – Provides a continuum of care for children, youth and certain adults with physical and/or developmental disabilities requiring behavioural intervention and their families
- Medical Clinics** –medical clinics with developmental pediatricians, neurologists, physiatrists, orthopedic surgeons, nursing and dietitian
- School Aged Youth and Adolescent Services** – Provides specific aged based team focused on school-aged youth and adolescents including therapists, social workers, psychologists, recreation/leisure and transition to adult services.

Assistive Technology Program

Focus: Specialty technology services for children up to 19 years of age:

- Clinic for Augmentative Communication** - Provides equipment and support to children - youth who have severe difficulty speaking or writing and who require augmentative/alternative methods of communication.
- Seating & Mobility** – Serves children and youth with complex needs who require specialized seating and mobility devices to increase their functional ability and participation in home, school and community activities.
- Technical Services** – Promotes and facilitates the use of computers, adaptive equipment and adapted toys through the Toy Library, Family Resources Centre and the Computer group.

Special Education & Respite Program

Services Offered: Unique specialized teams for OCTC School, Liaison Teachers and Out-of -Home Respite

a) OCTC School – Provides an educational-therapeutic placement for kindergarten and primary-aged children with a primary diagnosis of a physical disability (neuro-motor) and associated complex communication, developmental and/or learning disabilities.

Liaison Teachers – Provide services to children and youth with a primary diagnosis of a physical disability (neuro-motor) and associated learning and developmental disabilities to assist board personnel and parents/caregivers with the placement, acceptance and integration of students into a community school.

Out of Home Respite – Provides out-of-home, daytime respite options for families of children and youth who are medically fragile and/or technologically dependent and who require 24-hour care and meet the Ministry of Community and Social Services criteria.

Getting Started Clinic—Early Intervention for Autism www.quickstartautism.ca

The 'Getting Started Clinic' is funded by 'QuickStart' and is a free early intervention clinic for children at risk of autism in the Ottawa area.

It is run by health care professionals and it provides an assessment, one on one meetings and group sessions for the child and families while they are awaiting a diagnosis. Contact: Suzanne Jacobson, QuickStart, Early Intervention for Autism, 613-791-3757or suzannejacobson@sympatico.ca

Psychiatrists

Dr. E. Esmond 613-739-8388
Assessment and consultation by referral.

Royal Ottawa Mental Health Centre 613-722-6521 ext 7141
Dual Diagnosis Outreach Team. For adults with developmental delay

Dr. Daniel Doiron 613-737-2155
2211 Riverside Drive, Suite 404

Behavioural Consultants

ABA Consultation and Services (ABACS, LLC) bherschovitch@abaconsultation.com 774-249-8403

Brandon Herscovitch, M.S.ABA, BCBA, program director

Applied Behavior Analysis Consultation and Services (ABACS, LLC) offers behavior analysis services directed toward those whose lives have been touched by autism spectrum disorders, as well as other developmental or behavioral disorders. Services include, but are not limited to:

- Workshops and trainings
- Service consultation (i.e. assessments, program evaluations, IEP consultation) • Comprehensive program consultation (establish and maintain a comprehensive home- and/or school-based program) • Direct behavior therapy services (therapists implement programs prepared by the consultant) Consultation and direct services are available in your child's home- and school-based settings. Consultants are masters and PhD level board certified behavior analysts (BCBA), and all direct behavior therapy services are overseen by a BCBA. Please visit our website to meet the consultants (BCBAs and clinical psychologist).

We are also pleased to present a new Online Program Development Resource (PDR) for individuals with autism and other developmental disabilities. The online PDR has been developed to change the operation of school-based, home-based, and center-based behavior intervention programs, by offering a cost-effective way for systematizing and simplifying the process of curriculum development for individualized educational programs. A video is available online which provides an overview of this service at <http://www.abacsllc.memberlodge.org/Default.aspx?pageId=146703>. The video is just under 17 minutes and illustrates some of the basic ways the PDR will save staff time developing and maintaining curricula, associated prompt and data collection systems, data summary systems, and graphic displays of data. I hope you have a chance to watch the video, and I welcome the opportunity to communicate with you further regarding this service and how it may benefit you and your students.

As the director of ABACS, LLC, I have eight years experience in Applied Behavior Analysis (ABA) and special education in home-based, school based, and vocational settings. I have worked with students from preschool through early adulthood with varying diagnoses, including students on the autism spectrum as well as students with other behavioral and developmental disabilities, in both the U.S.A. and Canada.

Professional experience:

- Program Director for ABACS, LLC
- District Behavior Analyst in a Massachusetts public school system
- Research role, lead teacher, and case manager at the New England Center for Children
- Behavior therapist

Credentials:

- Ph.D. candidate in ABA
- Masters of Science in Applied Behavior Analysis. My experience has shaped the structure, philosophy, and vision of ABACS, LLC, and the services provided.

If you are interested in obtaining further information from ABACS, LLC, or have any questions regarding available services, please email info@abaconsultation.com or call 774-249-8403. Additionally, if you know any family, school, or organization that may benefit from our services, please forward them our information. I look forward to hearing from you and welcome the opportunity to provide our services to you. For further information on these services: www.abaconsultation.com (Please note that although this is an American consulting service, Brandon Herscovitch is originally from Ottawa and is a contributor to our list. This is why I've included his services at his request in our directory. DB)

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If you'd like to understand how to navigate the IBI system, please take a look at this website: <http://www.autismzeitgeist.com> (DB)

Nancy Baker

nbaker@magma.ca

819-459-1524

Child Guidance Consultation and Senior Therapist

For children aged 1-12. In home consultation in the areas of behavior skills training, social skills training and parent training.

Senior Therapist for home based programs IBI program. Consultation and program plans to teach implementation of ABA and IBI principles.

The service is for both for parents and therapists in the home. *Sorry; I am no longer accepting clients in Barrhaven.*

Building Blocks

ebissonnett@intranet.ca

613-722-3873

Elaine Bissonnette, owner

Emerging Minds

www.emergingminds.ca

613-851-6292

Emerging Minds is a multidisciplinary treatment 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, speech and language therapy, occupational therapy, psychological therapy, intensive intervention programs, social groups, parent groups, workshops, and behaviour consultation.

Yolanda Korneluk, Ph.D., C.Psych. Clinical Director Emerging Minds

GIRAAF Centre

www.giraaf.ca

613-230-4054

Taken from their website:

GIRAAF Centre is a federally incorporated (in Canada) *not-for-profit* organization dedicated to working with families affected by autism.

Our MISSION is to build positive relationships in the autism- affected home and in the community.

We do this from the diagnosis through the stages of change and growth in the child with autism by:

- Guiding families that have recently received a diagnosis towards positive outcomes.
- Developing an understanding of theory and practice in the field of autism
- Assisting children with autism, as well as their families, in establishing and maintaining supportive relationships within the family unit, as well as within the extended family, and the community.
- Providing guidance to families to understand the behaviour and learning style of their child with autism.
- Providing guidance and support in teaching new skills that allow for positive interactions with the child affected by autism
- Developing and delivering ABA based programs for children with autism, that allow the child and family to effectively access the community.
- Developing and delivering programs and workshops to individuals, and the public at large, relating to understanding and working with children affected by autism.
- Conducting, directing, and coordinating research alone, or with individuals or entities, relating to the effect of autism on children, their families, and the community.

Andrea Garner, MEd., PGCE, President of GIRAAF Centre

andrea@giraaf.ca

Christine Gougeon

cfgougeon@sympatico.ca

613-837-8187

Consultant for families of children with ASD, implementing Applied Behaviour Analysis and stimulation integration-based strategies.

H.O.P.E. - ABA Family Support Services

hope_abaservices@yahoo.ca

613-795-HOPE (4673)

Catherine Cooke - Behaviour Consultant/Senior Therapist

H.O.P.E., Helping Our Parents Educate, is dedicated to providing training to parents and family members who wish to run their own ABA programs. Contact: hope_abaservices@yahoo.ca for more information. Currently accepting new clients.

The Portia Learning Centre

www.portialearning.com

Central Ottawa: 613-221-9777

Kanata: 613-591-9966

Two locations to better serve the Ottawa Community. (We also offer services in the Kingston area.) Our state-of-the-art facilities provide centre-based and home-based one-to-one Intensive Behavioural Intervention (ABA) for children of all ages.

Our programs focus on the areas of: receptive language, expressive language, requesting, academics, socialization, play, fine motor, gross motor, problem behaviour and other deficient skill areas. Children will benefit from constant supervision, opportunities for socialization and generalizing to other environments. All individualized ABA programs will involve individual play and social goals. Some of these include; requesting from peers, initiating play, sharing, turn-taking, interactive play. Effective data recording methods are utilized and instructional decisions will be guided by student performance data.

Individualized curriculum is designed by our highly trained Senior Therapists: Charlene Gervais, (M.ADS Candidate), BA Psychology Honours, Jill Miller, BA Education, BA Sociology Honours, Kristy Miller, BA Psychology, Theresa Martinez, BA Psychology. All Senior

Therapists and the children's programs are overseen by the Director of Education, Christy Kelson, M.Ed. Our service delivery in its entirety is overseen by the Executive Director, Service Delivery, Kim Moore, (M.ADS Candidate), BA Psychology Honours.

The Portia Learning Centre works closely with Dr. Karen Ogston (Registered Psychologist) on a weekly consultative basis. The Portia Learning Centre is also pleased to provide parent training, workshops and consultative services. For an overview please visit www.portialearning.com.

Developmental Consultants

Kim Moore, (M.ADS Candidate), BA Psychology Honours Executive Director, Service Delivery kmoore@portialearning.com

Christy Kelson, M.Ed., Director of Education ckelson@portialearning.com

Charlene Gervais, (M.ADS Candidate), BA Honours, Senior Therapist cervais@portialearning.com

Jill Miller, BA Education, BA Sociology Honours, Senior Therapist jmiller@portialearning.com

Kristy Miller, BA Psychology, Senior Therapist kmiller@portialearning.com

Theresa Martinez, BA Psychology, Senior Therapist tmartinez@portialearning.com

For more information please call or visit our website at www.portialearning.com

Spectrum Intervention Group

www.spectrumig.com

613-723-0606

19 Grenfell, Suite 100

Spectrum offers a centre-based program which is similar to an individual home ABA program. After an initial assessment, we will match the needs of the child with one of our trained instructor/therapists. Close supervision by trained professionals is essential to ensuring a good quality/effective intervention program. Our programs are supervised by Senior Therapists Jackie Chretien, B.Ed., Emily Collins, B.A., and Jon Pehleman M. Ed., as well as Clinical Supervisors, Lynne Thibodeau, M.Ed and Kristen Copeland, BCBA, MA. You can read more about their extensive experience and qualifications by clicking on the "Staff" button.

Spectrum's primary objective is to provide individualized programming using ABA principles and procedures, to children with ASD, in order to increase their cognitive and social abilities in the home, school and community. ABA programs that take into account Skinner's analysis of verbal behaviour (commonly referred to as "VB programs"), are at the core of Spectrum's programs. Our knowledgeable and well-trained staff develop and provide individualized programs based on each child's needs. Programming is delivered consistent with the effective teaching procedures (such as developing instructional control, fading in number, effort and difficulty of demands, maintaining a quick pace, delivering reinforcement immediately, and teaching to fluency) noted in Dr. Vince Carbone's workshop series.

At Spectrum, our aim is always to help each child reach his/her potential. Our goals for each child enrolled in our intensive intervention programs, include an individualized combination of social, speech and language, cognitive, fine motor, gross motor, play skills and academic skills.

Please contact us at 613-613-723-0606 for more information on our intensive intervention programs, or you can e-mail us at info@spectrumig.com

Thinking in Pictures Educational Services (T.I.P.E.S)

www.tipes.ca

613-592-8800

Current, state-of-the art principles of applied behaviour analysis are delivered within a modern, well equipped, school-like setting. The programme is implemented by instructor therapists whose existing skills are supported and enhanced by professional, ongoing live supervision and training. T.I.P.E.S promotes a team approach. Our team includes junior and senior therapists with consultation and regular supervision by a psychologist. Speech language pathologists and occupational therapists are available upon request. Currently our consulting speech pathologist is Connie Wilker. Our consulting psychologists are Dr. June Pimm and Dr. Jeff Sherman. A fundamental principle of T.I.P.E.S is that we attempt to deliver programming that is not only effective but also professional and affordable.

TIPES head office is located in Kanata at 2 BeaverbrookRd. Hours of operation are from 8am until 5:30 pm. Monday through Thursday. Friday 8 am until 4pm and Saturdays from 10-2:30 for social integration programs. For more information please contact Jennifer or Deborah Wyatt at 613-592-8800.

Developmental Consultants

CommuniCare Therapy

613-738-2871

(fax) 613-738-2754

Floortime consultations as well as speech and occupational therapy (see also under Speech-Language Pathologists and Services)

Little Star Wellness Services

www.littlestarwellness.com

613-325-9642

Sensorimotor interventions to enhance learning, behaviour, communication, movement, attention, sensory processing (defensiveness, modulation, registration and integration), sleeping, digestion, allergies, frequent illnesses (ear infections, colds, etc), bladder & bowel control, anxiety & self-esteem. Advanced Therapeutic Listening provider. Insurance coverage.

Senior Therapists, Senior Tutors/Consultants

Nancy Baker

nbaker@magma.ca

819-459-1524

Child Guidance Consultation and Senior Therapist

For children aged 1-12. In home consultation in the areas of behavior skills training, social skills training and parent training.

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Developmental Consultants

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Kristy Miller, BA Psychology, Senior Therapist kmiller@portialearning.com

Theresa Martinez, BA Psychology, Senior Therapist tmartinez@portialearning.com

For more information please call or visit our website at www.portialearning.com

Spectrum Intervention Group www.spectrumig.com 613-723-0606 19 Grenfell Cres., Suite 100

Executive Director: Lynne Thibodeau, M.Ed.

Senior Therapists: Jackie Chretien, B.Ed, Kristen Copeland, BCBA, M.A., Jon Pehleman M.Ed., Emily Collins, B.A.

Provide centre-based 1:1 therapy; social skills groups for children ages 3-6, and 7-16, and ABA training workshops.

For more information, please contact info@spectrumig.com (Also under *Recreational Programmes and Activities, Behavioural Consultants, Preschools*)

Instructor Therapists, Special Needs Workers, Tutors, Agencies supplying workers

Ola Audeh hipgal4you@yahoo.com

Behaviour Management Consulting behaviourmanagement@rogers.com 613-513-4381

My name is Michelle Lowes and I own a company called Behaviour Management Consulting. I go into families homes and create behaviour plans, parent training with regards to positive discipline and I offer a 24hr Crisis Support line 613-755-9379. This line is a pager and it is answered 24 hrs a day 365 days a year. I also do ABA therapy and am currently accepting new clients.

Service Coordination 613-748-1788

Worker Bank

The Worker Bank is designed to assist families who are in need of [respite](#) and / or developmental programming (for their child with a physical disability, developmental disability or autism or an adult with a developmental disability or autism) by connecting them with workers.

To access the Worker Bank, families must be receiving funding from one of the following programs:

- [Special Services at Home \(SSAH\)](#)
- [Assistance for Children with Severe Disabilities \(ACSD\)](#)
- [Passport](#)
- Autism Spectrum Disorder (ASD) Initiative

It is important to appreciate that the worker is an independent contractor who is employed by and paid by the family. To help families and workers find the right match some of the following criteria are considered: geographic location, skills, interest, availability and gender.

It is also important to note that the Worker Bank is not a placement agency. It is a referral source available for families.

Special Needs Caregivers SpecialNeedsHelp@aol.com

613-762-2304

“Our experienced, qualified Special Needs Caregivers can help with whatever special needs your child or adolescent may have. If your child or adolescent does not fit a standard community program or service, we will customize a one-to-one program to meet your child's or adolescent's needs.”

Paula Cowan pcowan5188@rogers.com
Instructor/Therapist with 4 years experience in ABA programs

613-594-4593

Jen Donovan jendonovan@magma.ca
Special Needs worker (Also under “Resource Providers” for Discovery Toys)

613-823-4544

Crystal Gallant, CYW, BA gallantrcy@gmail.com

613 230 5962

Experience working with children of various ages with Asperger’s Syndrome and high functioning Autism.
Attended two of the Geneva International Symposiums on Autism as well as various Geneva Centre workshops here in Ottawa
I have worked as an Educational Assistant, a Residential Counselor and have provided independent family support
Social/Life Skill building

- Create and implement written and illustrated tools to help child/youth become familiar with routines and changes in routines (Social Stories and other similar tools)
- Role-play scenarios- conversation skills, resolving conflicts and misunderstanding
- Integrating children/youth into community activities
- Familiarizing child/youth with using the library, transit system, ordering in a restaurant etc.

Emotional

- Recognizing and coping with various emotions- in self and in others
- Recognizing triggers for anger, stress, frustration, etc.
- Theory of mind

Academic

- Build organizational skills that meet the needs of the child, parents and teacher
- Tools to help with group work assignments
- Help with abstract thinking

I am available to come to your home and work with you and your child/youth during the evenings and on occasional Saturday mornings

Jack’s GFCF Cupboard www.jacksgfcfcupboard.com

Please call Jaime Harris 613-230-2361 for availability.

Penny Laughlin pennyloonietwoonie@yahoo.ca
Special Needs Worker in the Crystal Beach area.

613-421-7022

Ann Sutherland ann.abacus@rogers.com

613-841-5492

1:1 tutoring. Cognitive development. Flexible approach and program using a variety of materials and techniques suited to each child's needs. Experience with Asperger's, LD and dyslexia.

Erin Ruck, CYW certified helping_hearts_hands@yahoo.ca

(613) 838-4431

A worker in the family home whose services include:

- * Academic assistance
- * Skill development (fine and gross motor)
- * Transportation and supervision for extra curricular activities
- * Life skills training
- * Individualized programmed activities
- * Behaviour management / modification programs
- * Relief / family support
- * Short term-Life Space Counselling
- * Language / communication and social skills development

Marg Young
Special Needs worker mayoung@magma.ca

HRSDC (Human Resources Development Canada) www.jobbank.gc.ca

A free student job-bank available to potential employees. The phone number for the HRDC job bank is 613-993-9911.

www.abacuslist.ca

A listing of ABA providers and workers serving Ontario.

Carleton University

career@carleton.ca

613-520-6611

There is an online form: www.carleton.ca/career. Click on left side and go to employer, from there go to job postings and follow the instructions. The contact is Lynn Murphy. You can use this service to recruit candidates to work with your children.

Algonquin College

www.algonquincollege.com

613-727-4723 ext. 7171

You go to employer services and follow the links for new employers

University of Ottawa

This service will distribute job postings campus-wide and it is free. Contact: Employment Team / Équipe emploi

Service des carrières de l'Université d'Ottawa

Career Services of the University of Ottawa

Service d'appui au succès scolaire - Student Academic Success Service (SASS)

Tel: (613) 562-5800 ext 4381

Fax: (613) 562-5154

job@uOttawa.ca

www.carrieres.uottawa.ca - www.careers.uottawa.ca

Parent Counselling

Dr. Sanford Siegel

www.OttawaPsychotherapy.com

613-729-4478

Parenting special needs children is a life commitment that takes special determination, stamina and a willing, open heart. At every turn, the emotional issues of grief and sorrow, guilt, isolation and burn-out can threaten to de-rail family and personal life and the struggle to maintain some daily sense of home and routine-living -- which so often seems out of reach. Men and women, husbands and wives, coping with the pressures of raising special needs children, themselves need emotional support, healing relation, compassion and insightful dialogue in what is not only a challenging, but also in so many ways, poignant, heartfelt and rewarding journey.

Dr. Sanford Siegel is a therapist and counselor now in private practice in Ottawa, who combines a professional and personal background and expertise wholly relevant to providing this kind of emotional support and guidance to men and women parenting children with special needs.

Before arriving in Ottawa, Dr. Siegel conducted a successful full-time therapy and counseling private practice in Vancouver for 12 years. In his practice, he saw adults from all walks of life dealing with a wide range of psychological issues including relationship crisis and difficulty, addiction recovery, depression, and the impact of childhood and family issues in adulthood. Dr. Siegel is also the parent of a daughter diagnosed with juvenile diabetes at age 3 1/2 and the stepfather of a son with autism.

As such, in the person and practice of Dr. Siegel, professional and life experience come together to provide an informed, caring approach to dealing with the challenges, dilemmas and personal growth opportunities, which are such an intimate part of raising special needs kids. The office is centrally located in Westboro on Danforth Avenue behind the Mountain Equipment Co-op.

Sleep and Wellness Consultant

Lynn Fraser

lynnfraser@sympatico.ca

613-224-9450

Consultant with a research and development company (in partnership with Autism Speaks) with a focus on the prevention and maintenance of the health and wellness of individuals. Helps people bring wellness home - develop a greener lifestyle and change their home into a "wellness home."

Agency Services

Community Care Access Centre (CCAC) www.ottawa.ccac-ont.ca

613-745-5525

Services: Taken from their website: "We offer: case management, nursing, personal support, nutritional services, occupational therapy, physiotherapy, speech-language pathology, social work, respite care, some equipment and supplies, placement services co-ordination."

Serving infants to the elderly, working with other community organizations to deliver necessary services.

Children at Risk

www.childrenatrisk.ca

info@childrenatrisk.ca

613-741-8255

Over the years, the charity Children at Risk has provided supports and services to families and professionals working with children diagnosed within the Autism Spectrum Disorders. We host the following programs and activities (partially funded by fundraising and donations):

Friendship Social Skill Therapy Groups are offered to children with Autism.

Intensive Behavioural Training Groups are offered for Autistic children with higher behaviour requirements.

Sibling Support Groups are offered to meet the needs of sisters and brothers of a sibling with Autism.

Information Seminars and Educational Workshops are provided during the year, based on identified needs and concerns of families. All workshops, seminars and special topic groups are open to extended family members and family-support workers.

Children's Integration and Support Services

613-736-1913

Part of Andrew Fleck Childcare Services and Childcare Information. Support to child care/ preschool in an integrated setting. English contact is Susan Spence (ext 231), French contact is Marie Josée Landry (ext. 233).

Susan Spence is also the intake co-ordinator for Thursday's Child Preschool (segregated preschool setting)

City of Ottawa

613-580-2747 or 613-580-2424 ext 29289

Donna Quiggin, Portfolio Manager, city-wide Special Needs. Offering specialized programmes, matching volunteers to special needs children so these children can be integrated in a programme with typically developing children.

Easter Seal Society

1-888-377-5437 or (416) 696-1035

Grant money for incontinence supplies for children and youth.

Ottawa Children's Treatment Centre

www.octc.ca

613-737-0871

Infant development, augmentative communication, behavioural intervention, parent and family support and training, speech OT PT therapists, social play groups. "OCTC is a leader in providing specialized care for those with complex physical, developmental, and associated behavioural needs, focusing on our region's children and youth. We exemplify community partnership, maximizing integration and independence for clients and families." (see also under Assessments for complete description of OCTC's programmes.)

Autism Intervention Program of Eastern Ontario (formerly Preschool Autism Program--PAPEO) 613-745-5963

Provides early Intensive Behavioural Intervention (IBI) to children in English or in French. The child has to be identified and given a diagnosis of autism or disorder considered to be toward the severe end of the spectrum prior to assessment of services. **Please note:** children with the diagnosis of Asperger Syndrome (AS) are not eligible for this service.

Service Coordination--Case Management / Access

Service Coordination des services assists people in the Ottawa community who have a developmental disability and/or autism by:

- providing information about services, supports and resources that are accessible and available to individuals/families;
- facilitating the individual's access to appropriate community resources to meet needs and achieve goals;
- research alternate supports where conventional services/supports are not available.

Service Coordination des services offers bilingual services to individuals of all ages.

For more information or to reach a Case Manager, visit our web site: www.scsottawa.on.ca or send an e-mail: adm@scsottawa.on.ca

Call: 613-748-1788, from 8:30 AM to 4:30 PM Visit our Resource Room: 200-150 Montreal Rd, Ottawa, from 8:30 AM to 3:30 PM

Occupational Therapists

Veronique Chiasson O.T. Reg. (Ontario) Vero.ot-ergo@rogers.com

613-590-1027

Fax: 1(888)268-7019

Bilingual private Occupational Therapist provides assessment, consultation and intervention services to children. Experience in consulting to ABA programs (experienced as an ABA therapist as well).

Valérie Giaume will be accepting new referrals to offer services to francophone clients in Ontario and Québec. The contact information will be the same as above.

CommuniCare Therapy

613-738-2871

(fax) 613-738-2754

Services: We provide occupational therapy, sensory integration, speech language pathology and floortime consultations. Our area of focus is children, adolescents and adults with ASD, regulatory disorders and/or language based learning disabilities

Physiotherapy

CommuniCare Therapy

613-738-2871

(fax) 613-738-2754

Services: We provide physiotherapy, occupational therapy, sensory integration, speech language pathology and floortime consultations. Our area of focus is children, adolescents and adults with ASD, regulatory disorders and/or language based learning disabilities.

Little Star Wellness Services www.littlestarwellness.com

613-325-9642

Sensorimotor interventions to enhance learning, behaviour, communication, movement, attention, sensory processing (defensiveness, modulation, registration and integration), sleeping, digestion, allergies, frequent illnesses (ear infections, colds, etc), bladder & bowel control, anxiety & self-esteem. Advanced Therapeutic Listening provider. Insurance coverage.

Dr. Daniel Gagné

613-798-0004

Augmentative and Alternative Communication Consultant

Simy Illouze

got@sympatico.ca

613-823-5360

Developing & Structuring Visual Learning Systems to enhance Alternative or Augmentative Communication and Designing Visual Strategies to improve functional & receptive use of language (PECS, TEACCH, DynaVox, Clicker 5, ClozePro).

Planification et développement des stratégies et des outils de la communication fonctionnelle visuelle augmentative ou alternative. Programmation individualisée et structurée inspirée du modèle TEACCH.

Speech-Language Pathologists

Jacque Ballantine

613-591-8636 ext 243

Sheila Bell

sheilaslp@rogers.com

613-521-0549

Services: speech-language assessment and therapy for ASD individuals aged preschool to adult.

Currently **not** taking clients but willing to do workshops or consults and help connect families to appropriate services.

CommuniCare Therapy

www.communicare.ca

613-738-2871 (fax) 613-738-2754

Services: We provide occupational therapy, sensory integration, speech language pathology and floortime consultations. Our area of focus is children, adolescents and adults with ASD, regulatory disorders and/or language based learning disabilities.

Community Care Access Centre (CCAC) www.ottawa.ccac-ont.ca

613-745-5525

Services: Taken from their website: “We offer: case management, nursing, personal support, nutritional services, occupational therapy, physiotherapy, speech-language pathology, social work, respite care, some equipment and supplies, placement services co-ordination.”

Serving infants to the elderly, working with other community organizations to deliver necessary services.

Tanis Friesen

tjfriesen@rogers.com

613-728-8879

Robin Gaines

613-725-3105

Jacquee Glance

613-798-5404

Services: speech-language assessment and therapy for children with ASD. Currently doing assessments and evaluations.

Janice Krymuza

613-794-8255

Karen Mallet

kmallet@magma.ca

613-851-4133

Services: bilingual speech-language therapist. I offer Speech and Language assessments and therapy for children with autism. Mainly newly diagnosed pre-school aged children. Will also work with school aged children (no teens or adults).

Krista Simon

kristasimon@rogers.com

613-291-5194

Services: I'm a Speech-Language Pathologist who works with individuals with ASD from pre-school to adult. I have experience in both ABA/IBI and Floortime. I provide therapy in English to target language, social/pragmatics, oral-motor and feeding difficulties. I provide therapy in office and in home. I am accepting new clients.

Mary-Jane Slingerland

613-839-3271 ext 115

Connie Wilker

613-228-1174 ext 43

Services: speech-language pathologist available for office and/or home visit therapy in Ottawa west end. Background includes working with preschool aged children diagnosed with disorders on the autistic spectrum. Experienced with therapy in speech, language behaviour and pragmatics.

Lisa Zanon

zanonlisa@hotmail.com

613-851-0506

I am a Speech-Language Pathologist with extensive experience and passion for working with children with autism in the English language. I provide assessments as well as direct “floor time” therapy to children, aged preschool to school age (elementary). In addition, I provide parent training and consultation. Currently I am accepting new clients and provide home visits.

Mary-Anne Zubrycky

www.speechvoice.ca

613-820-4722

Services: The Speech, Voice and Language Clinic for all ages.

Compounding Pharmacies

Glebe Apothecary

613-234-8587

Nutrichem Pharmacy

613-820-4200

Watson's Pharmacy and Wellness Centre

613-238-3891

Dentists

CHEO—Dentistry Outpatient Clinic

613-737-7600 ext 2357

Dr. Sam Lee

613-837-9293

Dr. Raj-deep Mahal

613-722-0233

Dr. Ian McConnachie

613-226-6634

Dr. Nikoui (Kanata)

613-820-8830

Dr. Roberts 613-226-6634
Dr. Ublansky 613-737-4343
Dr. Robert Whyte (Kanata) 613-599-8555
Dental Clinic at the Ottawa Hospital Civic Campus site 613-761-4084

Dietary Issues

DAN! Doctors

Dr. John F. Coombs (613) 267-2523

Scott Clack, ND Touchstone Naturopathic Centre (905) 822-2046
950 Southdown Road, Unit B5 Mississauga, ON L5J 2Y4 www.touchstonecentre.ca

Nutrichem Pharmacy Kent McLeod 613-820-4200
Provides medical, biochemical and nutritional counseling as well as lab services based on the DAN! Protocol

Judith Spence, DNM, RN, Adj.Ac., ND(QC) is a DAN-oriented practitioner.

NAET Clinic of Ottawa 536-A Dovercourt Avenue

Ottawa, ON K2A 0T9

Tel: (613) 728-2579

www.naetottawa.com; judith_spence@naetottawa.com

Naturopaths

Health Dynamics, Irma Boyle, DMH, B.A. Psych, Heilkunst Physician

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 and symptoms are similar. It is based on the principles of natural law. The core of *Heilkunst* is an approach to identifying and 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, fungal treatment, system support; with confidence and self esteem strengthening as natural outcomes. The use of medicines that are non-toxic, non-invasive and addressing of the underlying causes gives it a high degree of success.

Clinic, phone and Skype consultations

613-295-5979

Email: info@healthdynamics.ca

Website: www.healthdynamics.ca

Irma Boyle, DMH, B.A. Psych.

Heilkunst Physician

Advanced Homeopathy

www.healthdynamics.ca

info@healthdynamics.ca

Skype: healthdynamics

613-295-5979

Naturally Well—Naturopathic Clinic 613-526-4134
Dr. O'Farrell and Dr. Warren

Environmental Sensitivity Testing

Dr. Jennifer Armstrong 613-721-9800
Dr. Ross Mickelson 613-523-0108

Health Food Stores

Jack's GFCF Cupboard www.jacksgfcfcupboard.com

We offer wholesale prices for GFCF diet products, Natural Remedies, Aroma Crystal Therapy, homemade breads and baked goods made –to-order and meals. We also have an agreement for GFCF meats and cheeses supplied to us at wholesale prices.(beef, lamb, chicken, pork). Our website is already up and running! It offers GFCF diet products, Natural Remedies, E books, links to community services, GFCF restaurant lists, tax forms for CDB/CDTC, service worker lists, etc.Families can order online now through the website, or email us for a product list from our store in Ottawa. Our prices are lower than retail outlets and grocery stores as we will all benefit from cooperatively ordering our products and therefore getting wholesale pricing and no shipping and handling charges. Payment for store orders will be collected at pickup or delivery (free on orders over 150.00). Online purchases can be made through paypal/credit cards. The address is 40 C Henderson Avenue, Ottawa, Ont. K1N 7P1
(613)230-2361 cell (613)293-3315 (see also *Respite Services*)

Natural Food Pantry (check telephone book for location near you—will also bake bread at your request!)

Rainbow Natural Foods
Trillium Bakery

613-726-9200
613-730-1316

Paediatricians

Dr. Bergh

613-231-5000

Please note: Dr. Bergh is by referral only and specializes in dealing with children whose diagnosis is ADHD. However, he does deal with children who have a dual diagnosis of ADHD/ASD.

Preschools

The Beacon Learning Centre

613-741-3422

The staff has experience working with children with ASD.

Bells Corners Nursery School

www.bccns.ca

613-828-6011

Has been recommended by parents on autism support Ottawa list.

Centre psychosocial pour enfants et familles d'Ottawa

613-789-2240 ext 212

Segregated preschool setting which is now operating 11 months of the year on a full-time basis. It will take up to 6 children and the service will now include community integration activities. Parents can obtain more information about registration, intake and needs by contacting Kathleen Riley at 742-0884 or Kathleen.riley@cepeo.on.ca For more information on this initiative, please contact Le Chapitre francophone d'Ottawa (Denise Leroux: 834-4257 or Huguette Boisvert: 722-2482)

Children's Integration and Support Services

613-736-1913

Part of Andrew Fleck Childcare Services and Childcare Information. Will assist you in finding a preschool (subject to availability) and provide support to child care/preschool in an integrated setting. English contact is Susan Spence (ext 231) French contact is Marie Josée Landry (ext. 233).

Glen Cairn Co-operative Nursery School (Kanata)

www.gccp.ca

613-836-3318

Has experience working with children with ASD.

Katimavik Cooperative Nursery School

www.kcns.ca

613-860-0912

Also recommended by a parent on the autism support list.

Royal Ottawa Hospital

Marie Guinan

613-722-6521 ext 6516

Therapeutic school for children ages 3.8-5 (kindergarten equivalent). Half-days only, for children with developmental delays and not limited to ASD children. Referral required.

South Nepean Autism Centre (S.N.A.C)

For more information contact:

Dale O'Reilly Manager of S.N.A.C. Resource Centre

Barrhaven Childcare Centre

56 Kennevale Dr. Ottawa

613-825-9385 ext.14

barfrc@on.aibn.com

Spectrum Intervention Group 19 Grenfell Cres, Suite 100

613-723-0606

At Spectrum, our aim is always to help each child reach his/her potential. Our goals for each child include an individualized combination of social, speech and language, cognitive, fine motor, gross motor, play skills and academic skills. To this end, programs are delivered via individual, small group, or larger group instruction, depending on the needs of the child. Programming is based on the principles of applied behaviour analysis. Our ratio of staff to child is typically 1:1 or 1:2. Programming is closely supervised and staff is provided with on-going clinical training. (see also *Recreational Programs and Activities*) **Please Note: Spectrum's new address is 19 Grenfell, Suite 100 613-723-0606**

JK/SK (4-6 year old) group program

Mon/Wed/Fri afternoons from 1:00 to 4:00 PM. This small group setting, maximum of 8 learners, is an ideal setting to work on social, communication and play/leisure goals, as well as preparing students for school routines and group instruction. This group is led by Anne Frazer. The program is supervised by Lynne Thibodeau, M.Ed., Clinical Supervisor. Please contact info@spectrumig.com for more information .

Thursday's Child Nursery School

613-736-1913 (ext 231)

Susan Spence is the intake co-ordinator for Thursday's Child Preschool (segregated preschool setting).

Day care Providers/Care-givers

Andrew Fleck Day Care Centre

group@afchildcare.on.ca

613-789-4100

George Street Andrew Fleck Day Care Centre

Barrhaven Childcare Centre

barfrc@on.aibn.com

613-825-9385 ext.14

Contact: Dale O'Reilly, Manager Resource Centre. 56 Kennevale Dr., Ottawa

MTJB (More Than Just Babysitting) Child Care Centre

613-258-4710

The director's name is Julie and the centre is in Kemptville.

Jo Anne Sheldrick

j.sheldrick@sympatico.ca

Private daycare provider in Metcalfe.

Military Family Resource Centre Daycare

613-998-9358

Open to military and non-military families.

Resources (materials, pictures, equipment etc.)

All About Kids

613-742-0308

Store that sells educational materials and supplies.

AutismPro

Meaghan Seagrave

seagrave@vecinc.com

506-474-8130

We are Virtual Expert Clinics (www.vecinc.com) and have a product that allows parents and professionals to design tailored intervention plans for children with ASD. Our product is called AutismPro (www.autismpro.com).

Product: AutismPro – A web based application that allows parents and professionals to design tailored intervention plans for children with ASD. This educational, research based tool provides parents with immediate anywhere access for cost-effective and convenient treatment without having to wait for government sponsored services. It provides parents and professionals with 24-hour access to the information they need to answer questions on-the-fly or reference a child's specific treatment program details including: What to do (Goals) and How to do it (Lesson Plans, Strategies and Supports). www.autismpro.com

Focus: Children with developmental delays from 9 months to 7 years.

Services Offered: Online tailored intervention curriculum planning

Hetland Multimedia

Sells PIX IT, a computer software program that allows you to print off photographic flash cards from your own computer. Great for use in ABA therapy, but can be used for children with other disabilities as well. If your child is a visual learner, this is the software for you!

Website: www.hetlandmultimedia.com Email: pixit@hetlandmultimedia.com

Maximum Potential

Garrett Butch

"My company has created courses that teach parents and teachers how to do ABA therapy in the home or in the class room. Our programs were developed for people who could not afford therapy, those who do live near a therapist and those who just want to add hours. Please take a look at our website www.maximumpotentialkids.com. We are based in the US, but our products can be shipped all over the world".

Ottawa Children's Treatment Centre

www.octc.ca

737-0871

Augmentative assisted devices. *Augmentative communication*, infant development, behavioural intervention, parent and family support and training, speech OT, PT therapists, social play groups. (see also under *Assessments* for complete description of OCTC's programmes.)

Discovery Learning Store (see telephone directory for store near you)

Store that sells educational materials and supplies.

Discovery Toys

The Premier Educational Toy Company. Award winning, developmental toys, books, games, puzzles and computer software for all ages. Products backed by a lifetime guarantee! Home based business, catalogue shopping, home demos, fundraisers, etc.

www.discoverytoysinc.com for a free catalogue, contact Jennifer Donovan 613-823-4544 or email jendonovan@magma.ca 10% Discount Offered through Jennifer to families of the ASO.

Picture Card Communication

Marion Pusey

www.picturecardcommunication.com

825-4803

I create and make personalized/individualized visual resources and educational materials for people affected by Autism and their families, teachers, therapists, etc.

I can make visual cards, puzzles, visual schedules, matching materials, visual step -by-step check lists, etc. I use pictures of the items, foods, activities and places to make up the cards, etc.

If you have pictures of your child's own specific needs ie. items, family members, foods, activities and places, I can use these to further personalize his/her visual cards.

Children with autism understand pictures far more easily if taken from their own environment. I can use other picture sources such as the internet or pictures that I have already.

I scan the pictures into my computer then work with the pictures. I will delete backgrounds in the pictures to remove any distraction from the item you want your son or daughter to concentrate on. I can add word descriptions (one or two words) under each picture using the exact words that you would use with your son. The pictures are then sized to the size you need, then they are printed out and laminated.

The laminated picture cards can be used and would have adaptations made depending on how you would like to use them:

- the visual cards can have velcro attached for use on a velcro work board (which I also make) which can be kept in a binder for easy access.
- the visual cards can have a magnet attached so they can be used as refrigerator magnets
- the visual cards can be used on a key chain. This provides for a "hands free", easy access (because these key chains can be attached to your belt loop), portable communication system which can be used anywhere.

I also discovered and make laminated, letter-sized cards with pictures, the alphabet, child's photo and name, etc to be used with washable markers. This way your son can learn to "colour, colour match, learn to print his own name, learn to print the alphabet, etc." This also could help him or her with his or her fine motor skills.

Products:

1. Toileting, hand washing, bedtime sequence
2. Choice boards:
 - outings eg. McDonald's, Canadian Tire, Toys R Us, Loblaws, Wal-Mart, Zellers
 - park, bicycle, trampoline
 - snacks
 - pre-school and school activities
 - Emotions (no thermometer) - "I feel .."
3. Picture key chains - to attach to belt loops for easy and quick access.
4. Dressing Program: for Spring, Summer, Fall, Winter, rain and bed-time.
5. Puzzles - farm animals (full colour cartoon)
 - "5 Little Monkeys"
6. Visual Schedules: hand washing, brushing teeth, toileting, dressing, bedtime, pre-school and school
7. Emotions - choice board with "I feel."
 - emotion thermometers
8. Visual materials to support ABA/IBI Programs:
 - numbers, colours, shapes, alphabet
9. Visuals to support "Social Stories"
 - birth of a sibling
 - telephone etiquette
10. Learning materials:
 - alphabets - block letters and cursive letters with upper and lower case
 - alphabet letters are all single cards good for learning the alphabet and pairing with pictures to learn spelling.
 - clocks - to teach time with both regular and digital clocks

Scholar's Choice (see telephone directory for a store near you)

Store that sells educational materials and supplies.

Special Needs Equipment Exchange (SNEES)

1445 Carling Avenue, Ottawa Contact: - Stacey North - 613 724 5586 x 225

Toys "R" Us

Provides an on-line catalogue of toys for differently-abled children. Please visit their website below.

http://www.toysrus.com/graphics/coupon/TRUS_2007-Diff-Abled-Guide2.pdf

Financial Support and Housing

Easter Seal Society

Grant for incontinence supplies for children and youth.

1-888-377-5437 or (416) 696-1035

Habitat for Humanity-NCR

We aim to build simple, decent, affordable homes for low income working families. We look to help provide long term solutions through our home ownership program by giving low income families a chance to own their own home by offering an interest-free mortgage and no down payment. There is an application process for interested families, and once someone has been selected, they partner with Habitat and volunteer their time to build their home with the help of the community. Contact: Kimberlie Montagner, Community & Family Relations Coordinator phone: (613) 749-9950 ext. 225; fax (613) 749-8991; cell (613) 292-5032 communications@habitatncr.com

Assistance for Children with Severe Disabilities

613-788-2399

A program for families making less than \$60,000 gross income per year to help with the additional costs of raising a child with a disability. Related to this is the **Fitness Tax Credit**, good up until the year the child turns 18, consistent with other federal tax measures targeted to children with disabilities. As well, the Income Tax Act will be amended to introduce an additional \$500 non-refundable amount for DTC-eligible children subject to spending a minimum of \$100 on registration fees for an eligible program.

This additional non-itemizable amount recognizes the extra costs that children with disabilities may encounter in participating in programs of physical activity, notably with regard to specialized equipment, transportation and attendant care.

<http://www.prontario.org/creditFAQ.htm>

www.jenniferashleighfoundation.ca

The Jennifer Ashleigh Foundation assists children who are chronically or seriously ill, are 21 years of age or under and whose permanent residence is in Ontario. Family income impacts on granting decisions. We will consider requests for assistance in the following areas as they are related to the child's illness:

Emergency financial relief

Respite for a pre-determined period of time

Developmental therapies (excluding Hyperbaric Oxygen Treatment)

Educational programs, materials, instruction

Specially adapted computer equipment and software

Medical treatments not covered by government health plans or insurance

Recreation that promotes a child's involvement in the community.

Please call the Foundation office at (905) 852-1799 and ask for a Request for Assistance form. The form may be completed by the child's parent, physician, therapist, social worker, teacher or community liaison.

The BEAR Children's Fund (radio station 106.9) <http://www.thebear.fm/>

The BEAR Children's Fund was established at the launch of The BEAR in September of 1994 for the purpose of donating money to assist children's charities and causes that make the quality of life better for children in the Ottawa-Carleton region. Fund-raising for The BEAR Children's Fund continues year round with 100% of all monies raised going into the fund to help children.

If you would like more information on how to receive help from The BEAR Children's Fund or make a donation call The BEAR Monday to Friday 8:30 to 5:00pm. Or write to:

The BEAR Children's Fund

1504 Merivale Rd

Ottawa, ON K2E 6Z5

Main Number: (613) 225-1069 Toll-free: 1-800-754-1069

Contest FAX: (613) 226-8480 Business FAX: (613) 226-3381

Studio line for requests & contests: (613) 750-1069

General Inquiries - bearinfo@thebear.fm

The Max Keeping Foundation <http://www.maxkeeping.com>

274-4304

Cathy Cavanaugh is the contact for the Max Keeping Foundation. They may provide financial assistance for your child. Your request will be reviewed by the Board of Directors and you will be notified of the decision within 3-4 weeks.

The Max Keeping Foundation
c/o P.O. Box 5813 Merivale Depot

Ottawa, Ontario K2C 3G6

Email: foundation@igs.net

Special Services at Home

613-787-4064

Services: Application for funding developmental programming and family relief.

Related to this is the following information about the funding and its uses:

SSAH Provincial Coalition's website: www.ssahcoalition.ca

WE have now placed a "Bill of Rights for Families who use SSAH". Please share this printable flyer with families who use SSAH, the only source for individualized funds in Ontario.

Fee assistance program for the City of Ottawa (go to your local community centre)

If you are a recipient of ODSP or ACSD, you may qualify for fee assistance for community centre-based programs through the City of Ottawa. Fee assistance is salary based.

Disability Tax Credit

www.ccra-adrc.gc.ca

You will need the original T2201 (Disability Tax Credit Certificate). Please check the website for details.

For back-dating disability tax credits (taken from their website): **By mail:** Send both of the following to your <http://www.cra-arc.gc.ca/tax/individuals/faq/t1filingaddress-e.html> tax centre:

a completed form:

<http://www.cra-arc.gc.ca/E/pbg/tf/t1-adj/README.html> T1-ADJ T1

Adjustment Request, or a signed letter providing the details of your request (including the years of the returns you want us to change), your social insurance number, an address, and a telephone number where we can reach you during the day; and supporting documents for the changes you want to make and, if you have not sent them to us before, supporting documents for your original claim.

Note: Previously, you could request adjustments to returns for 1985 or subsequent tax years. Under proposed legislation, after December 31, 2004, only requests relating to tax years ending in any of the 10 calendar years before the year you make the request, will be considered. For example, a request made in 2005 must relate to the 1995 or a subsequent tax year to be considered.

It is better to claim this tax credit under the parent (or similar to

parent) with higher income because it may reduce his/her Ontario surtax. Please remember this credit is non-refundable, which means you won't be refunded more than the tax you paid for the tax year.

More information can be found on the website www.cra.gc.ca

<http://www.cra.gc.ca/> with information regarding disabilities at same website plus /disability

Guardianship and Trust Funds

Henson Trust

Gives you the information on establishing a trust fund and assigning a guardian for your disabled child in the event of your death.

http://www.mcass.gov.on.ca/NR/MCFCS/ODSP/ISDIR/en/4_7.doc

Jason Dever - JM Dever Financial

jdever@jmdever.com

613-686-5842

Services: Financial planner with ASD son, who specializes in helping families plan around and with their children with special needs.

Insurance, RDSP, Henson Trusts, wills and estates are some of the services we provide. Planning for financial independence of your ASD child after they are no longer in school, as well as careful legacy planning in the event of a caregivers disability, illness or death are important things to consider as caregivers of ASD children and adults.

Fax: 613-248-4566 or go to his website: www.jmdever.com

Donna Neff

donna.neff@nefflawoffice.com

613-836-2576

Services: Lawyer who deals with Henson Trusts, wills and estates and assists families with someone who has a disability and persons with disabilities.

Fax: 613-836-7123 or go to her website: www.nefflawoffice.com

Natalie Schoenfeld: natalie.schoenfeld@nefflawoffice.com

Services: Lawyer who deals with Henson Trusts, wills and estates and assists families with someone who has a disability and persons with disabilities.

Fax: 613-836-7123 or go to the website: www.nefflawoffice.com

Kenneth C. Pope www.kpopelaw.ca

613-567-8230

Services: Specializes in wills with Henson Trusts, dealing with ODSP benefits and assistance with disability tax credits and caregiver credit back filing.

Personal Security and Safety

Finding the Way

info@findingtheway.ca

1-416-236-3929

Tracking number system designed to assist children with communication difficulties. Please check out their website: www.findingtheway.ca

Road ID

www.roadid.com

Recommended by a list mate as an identity bracelet or ankle band:

"I highly recommend Road ID for anyone wanting an ID bracelet or ankle band or shoe ID for their autistic child (or themselves). They have other cool stuff as well, especially reflective products so you can be seen at night. If you use the URL <http://www.roadid.com/?referrer=3564> for Road ID, Alex will make commission on any sales made through that link."

Stuck on You

www.stuckonyou.biz/canada

Services: This site has clothing labels, vinyl wrist bands with your child's name and phone number, shoe labels etc, and other vinyl labels (ie nut free zone etc) that might be of some use.

Contacts, support groups and Ottawa lists

Autism Ontario—Ottawa chapter www.autismontario.com/ottawa

613-230-6305

211 Bronson Avenue, Suite 210

Email: Ottawa@autismontario.com

Fax: 613-288-1423

La Société franco-ontarienne de l'autisme holds support groups. Their contact information is available on their website:

www.autismefranco.ca.

autismsupportOttawa@yahoogroups.com

A list for parents, professionals and persons with PDD/Autism in the Ottawa Carleton region to exchange information and resources as well as to offer support. To subscribe, send an e-mail to autismsupportOttawa-subscribe@yahoogroups.com from the e-mail address you want the list to be sent to. Please contact Lynne Thibodeau at lmthib@cyberus.ca or Debbie Barbesin at robert_and_debbie@sympatico.ca for further information. The *Directory of Services for Individuals with ASD* is emailed directly to members of this group.

Autism (ASD), Pervasive Development Disorder (PDD), Asperger Syndrome (AS) Autism Parents' Support Group: For details, call Brenda Desjardins - 741-5150, e-mail: Brenda.Desjardins@statcan.ca

Child and Youth Health Network of Eastern Ontario www.child-youth-health.net

Click on Respite Care and follow the link through Parks and Recreation Day Camps. The following description is taken right from the website:

*The **CHILD** and **YOUTH HEALTH NETWORK** for **EASTERN ONTARIO**, facilitated through CHEO, began in the spring of 1997 with a focus on modelling integrated services for children and youth in Eastern Ontario. Over a dozen working groups bring parents and representatives from health, social services, education and recreation together on specific projects aimed at making a difference and improving services. The Steering Committee of 32 members represents a range of disciplines and geographic communities and provides strategic directions and critical information sharing. The **NETWORK** has proven itself to be a mechanism through which opportunities for better service delivery and integration can be both identified and created.*

eMental Health <http://www.ementalhealth.ca>

eMental Health is a compendium of resources and information on mental health issues. Go to their home page and type in "autism" under the "Search by keywords".

Families Matter Co-operative Inc. www.familiesmattercoop.ca

613-733-0122

This is a member-driven, not-for-profit organization dedicated to meeting the needs of developmentally disabled individuals, their families and friends. Founded, managed and supported by people whose own lives have been directly touched by developmental disabilities, Families Matter Co-op brings information and families together to improve their quality of life.

Families Matter Co-op offers a single independent source for comprehensive access to information about resources and services for people with developmental disabilities. It is available online.. Families Matter Co-op coordinates member-driven support networks to connect people with developmental disabilities as well as their families and friends.

Families Matter Co-op is committed to raising awareness of the challenges facing people with developmental disabilities, their friends and families and to addressing those challenges through member-driven initiatives.

Telephone: Marge 613-733-0112 email: famileismattercoop@sympatico.ca

Learning Disabilities Association of Ottawa Carleton

Transitions An after school program for youth in grades *seven to nine* who have various learning disabilities. Give your child the tools to become their own advocate! The third Transitions group is starting this February and what better time to start preparing your child for the intricacies of high school, or perhaps they are already in grade nine and having a difficult time adjusting.

Transitions is based on the following topics:

- Communication skills
- Problem solving and critical thinking
- Time management skills - patterning
- Organizational skills
- Self advocacy skills
- Taking responsibility
- Stress management and knowing your support network (concept of guidance counselors)

This is a ten week program starting in February - don't miss out! Facilitator: Laura Burgess

Location: 180 Percy Street, the McNabb Community Centre

Parents Lifeline of Eastern Ontario (PLEO)

A support group for parents of children with mental illness--not for autism specifically but for mental health issues which are sometimes a secondary diagnosis for our children. Please visit the website: www.pleo.on.ca for schedule of meetings. Meetings are held at CHEO.

There's also an OCD (Obsessive Compulsive Disorder) one which holds meetings sporadically.

Parents of Children with OCD: Janet van den Heuvel 220-1507 Janet.Vandenheuvel@ottawa.ca

SSAH Provincial Coalition's Website www.ssahcoalition.ca

We have now placed a "Bill of Rights for Families who use SSAH" (Special Services at Home—individualized funding for people and families with children who have disabilities).

Ottawa Children's Coordinated Access and Referral to Services

Special Needs Committee

Coordinated Access is a case resolution mechanism designed to provide recommendations and referrals for families, children and youth who have complex needs and are experiencing difficulties gaining access to support and services in the community. The role of Coordinated Access is to offer assistance in the form of recommendations (not direct services) in an attempt to resolve difficult situations. Case resolution is offered through the Coordinated Access committees comprised of various professionals whose agencies provide services in the Ottawa region. Coordinated Access has a Francophone and Anglophone committee to provide assistance to clients in their language of choice.

Who refers people to Coordinated Access?

Community agencies and other professionals make referrals to Coordinated Access. Their role is to assist families with the preparation needed to put together a presentation before a Coordinated Access committee. The submitting agency will gather all the documentation needed and help families fill out the Coordinated Access application form. They will also prepare the presentation to the committee. However, it is strongly recommended that parents/guardians remain actively involved in the application process and participate in the presentation. The submitting agency is also responsible to forward the recommendations of the committee to the family and assist them with their implementation.

Who is eligible to be presented to the Coordinated Access committee?

Coordinated Access is designed to assist children with a developmental delay who have complex needs and their families. These children and/or families must be able to demonstrate that they have attempted to use various community services, but have been unsuccessful in their attempts to resolve their current difficulties. In other words, Coordinated Access is designed to assist only those people whose needs have not been met by existing community services.

Caroline Vinette-Arseneau, Coordinated Access Manager/Gestionnaire d'Accès coordonné

Phone/Tél: 613-729-0577 x 251 Fax/Télé: 613-729-1918

Email/Courriel: coordinatedaccess@ysb.on.ca

Ottawa Resolution Service for Adults with a Development Disability

This is a relatively new service for an adult with a development disability who:

is at serious and imminent risk of harm to him/herself or others, and

is unable to access services; or

is at risk of family breakdown, if supports and services are not provided; or

is at risk of receiving a more intrusive response in the absence of supports; or

requires support that is beyond the current capacity of an individual agency and/or the service system. (Source: Because you asked ...

Questions and Answers about the Ottawa Resolution Service, a publication of Citizen Advocacy, also available in French.)

This is not a crisis service; it is, rather, a community based problem-solving service where all options appear to have been tried and exhausted.

The Resolution Service operates through Citizen Advocacy on Parkdale, 613-761-9522.

Asperger's Syndrome Parent Support Group

You are not alone! Share ideas, information, and resources with other parents who have children with AS and related disorders. A confirmed diagnosis is not required. Interested professionals and adults with Asperger's are also welcome to attend. We offer the following:

Support Group Meetings: a mix of informal support group discussions and invited speakers on topics of interest. Held the last Monday of every month from Sept. to May at the Bronson Centre (Bronson Ave. at Nepean St.) at 7:30 p.m.

Resource Guide: comprehensive list of local services and activities available to children and adults with Asperger Syndrome. Available at www.autismOntario.com/Ottawa. Click under Support Groups/ASO Groups. If you do not have access to the Internet, call us and we will mail you a copy.

Regular Email Updates: information on upcoming workshops and other relevant activities. Just send us your email address.

For further information email Ottawa@autismontario.com or call 613-230-6305

Aspirations

Is a support group for adults and mature teens with ASPERGER SYNDROME. New members, friends, family members, and professionals are always welcome. **For more information, please contact Gordon Montgomery at king.atlas@gmail.com or Bob Basil at (613) 723-8488.**

Aspirations is sponsored by the Ottawa Chapter of Autism Ontario.

Meeting location: 211 Bronson Ave., Suite 210 (at Nepean St.), Ottawa. Limited free parking is located behind the building, off Nepean St.

Meeting time: 7 PM

Contacts: Gordon Montgomery: king.atlas@gmail.com

Bob Basil: Tel. (613) 723-8488

Web site: <http://aspirations.topcities.com>

The Social Learning Centre, a tutoring service, is branching out to include social skills activities. Trisha Kassotis 613-852-7297 or socialearningcentre@rogers.com

School-Related Problems, Issues and Information

For assistance with **school related matters** (IPRC, IEP, needs statement), please see <http://www.edu.gov.on.ca> or send a message via the SEAC representative for your board <http://www.ottawacatholicschools.ca> or www.ocdsb.on.ca

For proposed changes to Special Education Services and Delivery in the Ottawa Carleton District School board for the year 2008-2009, please go to the following link: http://ocdsb.ca/op_se_spec_education_consultation.asp

How our schools are governed: The Education Act

http://www.e-laws.gov.on.ca/html/statutes/english/elaws_statutes_90e02_e.htm

Education funding 2007-2008. The link is:

<http://www.edu.gov.on.ca/eng/funding/0708/index.html>

Under “**Publications**”

Another very important document is the Comprehensive Plan for the school board you are with. It is available from the English Public Board (www.ocdsb.ca and then click on Special Education) and English Catholic Board (www.ocdsb.on.ca and then click on Publications, scroll down to Comprehensive Special Education Plan).

Here is a list of some of the documents available:

Highlights of Regulation 181/98 The part of the Education Act that requires that school boards provide special education programs and services for their exceptional pupils.

<http://www.edu.gov.on.ca/eng/general/elemsec/speced/hilites.html>

Special Education Monographs No. 4: Students with Autism

<http://www.edu.gov.on.ca/eng/general/elemsec/speced/monog4.html>

Incorporating Methods of Applied Behaviour Analysis (ABA) into programs for students with Autism Spectrum Disorder (ASD)

<http://www.edu.gov.on.ca/extra/eng/ppm/140.html>

Individual Education Plan (IEP) Resource Guide 2004

<http://www.edu.gov.on.ca/eng/general/elemsec/speced/guide/resource/iepresguid.pdf>

Getting Help Along the Way for high school students. Some information about how services that your child is receiving in Elementary/Intermediate schools will continue at the high school level.

<http://www.edu.gov.on.ca/eng/document/brochure/stepup/getting.html>

Autism Program Guidelines--2006

<http://www.children.gov.on.ca/CS/en/programs/SpecialNeeds/Publications/autismGuidelines.htm>

Special Education Overview

Many, many links to almost every document about spec ed by the ministry:

<http://www.edu.gov.on.ca/eng/general/elemsec/speced/speced.html>

The Identification, Placement, and Review Committee Identifying the Needs of Exceptional Pupils

<http://www.edu.gov.on.ca/eng/general/elemsec/speced/identifi.html>

The Individual Education Plan Process with other links

<http://www.edu.gov.on.ca/eng/general/elemsec/speced/individu.html>

The Transition Plan with links to IEP Standards and Transition Planning: A Resource Guide, 2002

<http://www.edu.gov.on.ca/eng/general/elemsec/speced/transiti.html>

Ministry Support for Special Education

<http://www.edu.gov.on.ca/eng/general/elemsec/speced/minsupport.html>

Resolving Identification or Placement Issues Procedures for Parent(s)/Guardian(s)

<http://www.edu.gov.on.ca/eng/general/elemsec/speced/issues.html>

School Entry

<http://www.edu.gov.on.ca/eng/parents/planningentry.html>

There are many more links to Policy Directions and Resource Documents. It all starts with getting to the Special Education Overview link.

- [Progress in Education Benefiting Students. Highlights of 2006-07 Changes to Grants for Student Needs](#) (PDF, 152 KB)
- [Special Education Funding Guidelines: Special Equipment Amount \(SEA\) and Special Incidence Portion \(SIP\), 2006-07](#) (PDF, 57 KB)
- [Technical Paper 2006-07](#), (PDF, 740 KB)
- [School Board Funding Projections for the 2006-07 School Year](#), (PDF, 428 KB)

This is a link to IEP writing through OISE (Ontario Institute for Studies in Education at University of Toronto) <http://iepinfo.oise.utoronto.ca/>

ASD LEARNERS AT HOME SUPPORT GROUP

A support group for families of children, teens or young adults who are on the autism spectrum and who have chosen to assume responsibility for their education through home instruction. The purpose of this group is to provide a forum where we can exchange education resources, teaching techniques and strategies with one another. For further information, please contact Simy Illouze at sillouze@sympatico.ca

AUTISM ZEITGEIST

For the newer members of the group or those in the IBI program ... please visit <http://www.autismzeitgeist.com>

This IBI/ABA informational website was created by a mom to help families navigate the government's Autism Intervention (IBI) Program in Ontario. It's chock-full of information and resources ideal for families who are about to enter or who are already receiving IBI services. Download example ISP's, Behaviour Management Plans, DFO GuideBook, Service Option Contracts and view other important supervision information for this ministry funded program

Special Education Advocates

Edu-Advocates

www.eduadvocates.com

613-769-8960

Edu-Advocates is a private education consulting and advocacy firm. We exist to facilitate appropriate, accessible education for all students. We offer special education services to all school aged children experiencing difficulty in the education system. We will audit your child's files, review their program and placement, consult on accommodations needed for support and then advocate for the proper resources to be directed into the classroom support conditions for success. Dale Ford is the contact person: eduadvocates@rogers.com

Tammy Robinson

tamrobinson@sympatico.ca

613-523-9173

An advocate in the Ottawa area.

Lindsay Moir of Comhnadh Consulting provides support and information on dealing with schools (IPRC, IEP, ISA grants etc.). See his website: www3.sympatico.ca/l.moir

Or email him at l.moir@sympatico.ca by telephone (519) 660-0493

He also answers questions on www.familynet.on.ca

For assistance with services for children with special needs (provincial), visit www.familynet.on.ca

Child Advocacy Project (CAP)

1-416-977-4448 ext. 226

CAP is dedicated to safeguarding the education rights of children and youth across Ontario. The volunteer lawyers who take CAP cases are experienced and trained in Education Law. *CAP lawyers work for free.*

CAP lawyers provide free legal services to:

- ▶ Students who are involved in the Special Education process.
- ▶ Children and youth who are at risk of being suspended or expelled.
- ▶ Young people who are living independently.

Private Schools

I have several emails with various comments from parents on this topic. For the sake of brevity, I am just listing the possibilities with contact information. If you would like more information or opinions, I would suggest writing to the Autism Support Ottawa List (DB): autismsupportOttawa@yahoogroups.com

Astolot

astolot@rogers.com

613-260-5996

1187 Bank Street, Ottawa. Principal: Jennifer Cowan.

Educarium

613-747-4646

419 St. Laurent Blvd, Ottawa, K1K 2Z8. Principal: Pierrette Mathews.

Heritage Academy of Learning Excellence

613-722-0133

207 Bayswater, Ottawa, K1Y 2G5. Principal: Louise Ward

Kanata Academy

613-599-5399

2 Beaverbrook Rd, Kanata, K2K 1L1. Principal: Jean Slinn Higgins

March Academy

<http://www.marchacademy.ca/>

613-832-3784

A private learning institution for students from grades 1 to 6, with a special emphasis on individual learning styles. (Director: Kerry Armitage) 325 Sandhill Road, Kanata

Mindware Academy

<http://www.mindware.ca>

613-591-3485

Has grades 1-8, located at 985 Pinecrest. Also has summer camp programmes.

Redeemer Christian High School

613-723-9262

82 Colonnade Rd N, Nepean, K2E 7L2. Principal: Leo Van Arragon.

Turnbull Academy

613-729-2273

1132 Fisher Ave, Ottawa, K1Z 6P7. Principal: Gareth Reid/Dianne McArthur

Educational Services**Thinking in Pictures Educational Services (T.I.P.E.S)**www.tipes.ca

613-592-8800

T.I.P.E.S. is a charitable organization that provides support to children aged 2-18 years who have autism and related or additional exceptionalities. Our mission is to teach children with pervasive developmental disabilities and other exceptionalities so they can reach their potential. Individualized programming is delivered in a positive, caring, learning environment, using a holistic, team based approach.

At TIPES we work in partnership with parents in intervention planning implementation. Specific program planning, play and recreational activities are combined to promote success. Professional supervision is provided by Jennifer Wyatt BSc. and Deborah Wyatt B.A. T.I.P.E.S also works closely with several psychologist's speech/language pathologists and occupational therapists. If required, Dr. Pimm and Dr. Sherman are our consulting psychologists and Connie Wilker is our consulting speech pathologist.

Currently there are various options for children and parents. TIPES is a professional service that provides affordable ABA therapy (in home and at the centre), respite (family relief) as well as social integration programs. Training courses for parents and professional are also available.

TIPES head office is located in Kanata at 2 Beaverbrook Rd. Hours of operation are from 8am until 5:30 pm. Monday through Thursday. Friday 8 am until 4pm and Saturdays from 10-2:30 for social integration programs. For more information please contact Jennifer or Deborah Wyatt at 613-592-8800.

Recreational Programmes and Activities

ACE (Abilities, Challenges, Exceptionalities) Christine Rondeau at Partners in Parenting 613-821-1127 ext 223

ACE is a recreational based day program that offers an educational component. The program runs out of the Boys and Girls Club on McArthur St. Many activities throughout the day including gym, computers, cookday, music therapy, swimming, sensory stimulation, games and educational activities, physio programs and range of motion. Clients range in abilities from total care to high behavioural. Hours: Monday-Friday 9:00-3:00. Fee for service.

Christian Horizons - After School Program

Ages 12-16

Time: 3:00pm - 6:00 pm - Monday to Friday

Location: St Timothy's Presbyterian Church - 2400 Alta Vista Drive The program is to build peer relationships and have fun doing a variety of recreational activities (art & crafts, going outside, etc)

Cost \$20 per day or \$100 per week

Contact: Matthew Garlough 613-526-1055

Capital City Condorsinfo@capitalcitycondors.org

A hockey club established for children with special needs who may not be able to play in a regular league

East Nepean Baseball Association

Challengers is for 5-18 year olds of all abilities who have a physical and/or mental disability who want to have fun in an encouraging, friendly team environment. Challengers usually play Saturday mornings starting the beginning of May. Contact Steve Suttie, Challenger Director, 613-825-8773 or email him at: challenger@eastnepeanbaseball.on.ca **Note: ball players do not need to live in Nepean to access this activity.**

<http://eastnepeanbaseball.on.ca/divisions/challenger>**Happy Trails**

Art Mackie 613-822-1482

Nathalie Gour 613-302-5152

We are providing a unique facility with personalized programming to individuals, groups and families of eastern Ontario who require special care and attention while experiencing the full benefits of nature and animals offered on a safe farm environment.

Horseback riding can improve muscle tone, balance, coordination and motor development; combined with the nature part of the program, this will achieve an all around positive experience to enhance well-being in our clients.

Services include:

- Assessment visit at Happy Trails
Following assessment, we will provide a personalized program suited to meet each client's needs, abilities, adaptability and availability.
- Services will be extended to children and adults with physical, developmental and psychological disabilities.
The family members of the participants are welcome to take an active role in the program or they can choose to take advantage of the respite cabin.

- Group activities available as well.
We offer ongoing private sessions, with the option of day camp during the march break and summer camp as well.

For more information or any specific request please feel free to contact us at :

Art Mackie 613-822-1482 Nathalie Gour 613-302-5152
recreation@happy-trails.ca www.happy-trails.ca/recreation

Ontario Early Years Centre

For families with children aged 0-6 who have a language, motor and/or social delay in their development. Enjoy a small group environment that offers free play, structured activities, circle and craft time. Staffed by an Early Childhood Educator, supported by OCTC.

For a listing of other Early Years Centres, please visit this website:

http://www.communityresourcecentre.ca/documents/RegularProgramScheduleCalendar_004.pdf

City of Ottawa Special Needs Autism Program - (SNAP)

Therapeutic recreation program for children with Autism. Participants must be able to work in a 1:5 staff to client ratio. Involves a swim component, snack time and recreation activities chosen to build on communication, socialization and gross motor skills

Portfolio Manager, City Wide Special Needs; Donna Quiggin 613-580-2424 X 29289 Donna.Quiggin@ottawa.ca

Fee Assistance

The City of Ottawa offers a system of financial support to ensure that all City residents can participate in recreation & culture programs. You can pick up the application at any recreation facility or Client Service Centre. Please note you will be asked to provide proof of financial need.

City of Ottawa Aqua SNAP

Therapeutic aquatics for children with autism. Structured 30 minute swim followed by 15 minutes of free play. Builds on motor skills, communication, socialization and survival skills in an aquatic environment.

(I have no information at this time if the program is running past March 5th. Please contact the city of Ottawa: 613-580-2424 X 29289. DB)

SNAC BARFRC@on.aibn.com

We are pleased to inform you that for the month of March 2009 we will be holding a morning drop-in at SNAC

Tuesdays we will be open for drop-in from 9:00 am-11:00am. Thursdays will remain the same open in the afternoons from 1:00-3:00 pm.

These changes are for the month of March only. Looking forward to seeing new and returning members.

For more information please give us a call at 613-825-9385 ext.14

We are planning workshops for the months of March and April. We will forward you dates times and topics when they are confirmed.

TREATS N' TREASURES

Treats n' Treasures is a working storefront also on McArthur. Clients with an ability to manage in a store setting, assist with all aspects of running the store. Clients sell snacks, coffee, pop and make beaded jewelry and beading kits to sell, assist with stocking, customer service, cleaning. This is a day program. Hours: Monday-Friday 8-4. Fee for service.

Contact: Christine Rondeau at Partners in Parenting 613-821-1127 ext 223 to set up a tour of either location.

There is an application and assessment process to ensure that we can meet the client's needs.

Don't Sit - Get Fit

Fit Vision

613-822-0229

DON'T SIT - GET FIT SATURDAY PROGRAM

With Special Needs Coach and Owner of Fit Vision Marybette Riddell. For ages 13 and up. High Needs must be accompanied by worker.

Program includes:

Hydraulic Power Circuit

Weights

Stability Ball Training

Adapted Yoga

Peer Bonding & Snack

Please contact Simy Illouze for further information at got@sympatico.ca

Summer Programs

SUMMER ACTIVITIES

LET'S BOWL!

FOR ALL AGES

Every Tuesday at 3:00 p.m. Starts June 30th at the Merivale Bowling Centre \$5.00 per session

For flyer and info, please request at got@sympatico.ca

LAWN BOWLING

FOR TEENS & ADULTS

Mondays at 9:45 a.m. Nepean Sportsplex Starts July 6th \$5.00 per session

For flyer and info, please request at got@sympatico.ca

Walk & Fitness Sessions

Offered by Feel'n Fine Personal Fitness/Cindy Little FOR TEENS & ADULTS

Wednesdays at 9:45 a.m. BARRHAVEN Starts July 15th Registration ends July 1, 2009

\$10.00 per session

For flyer and info, please request at got@sympatico.ca

A Gym Tale

613-825-9165

Recommended by a listmate. This is a developmental play program with emphasis on coordination, movement, music and imagination.

Geared towards the pre-school set—please check out their website for additional information: www.agymtale.com

Boys and Girls Club

contact integration advisor – 613-232-0925 ext. 45

Provides support for children with disabilities (ages 6-18) to participate in any regular Boys and Girls programs or camps.

Spectrum Intervention Group (*see also Preschools*)

19 Grenfell, Suite 100

613-723-0606

lynn@spectrumig.com

Please see our website, www.spectrumig.com for more details on our programs.

Main Street Community Services

(613) 831-6606

We are a registered not for profit community agency working in partnership with other established community organizations to provide comprehensive social and health services. We are committed to the vision of empowering children, youth, individuals and families to achieve whole health, social well being and community collectiveness. More specifically we offer a variety of programs to children and their families especially those with an exceptionality including ADD/ADHD, Aspergers Syndrome, Autism, Downs Syndrome, PDD etc.

Artswell

artswell@magma.ca

613-256-6912

Artswell is a new, non-profit organization in Ottawa. We invite autistic children to share in our courses that consist of intervention with art program and an artist who has been specially trained in this disability. We will run workshops on weekends. The cost will vary with the program (approx. \$25.00 per child). Please check out our website www.artswell.ca. We are also willing to design a customized programme for those who require one. Please call 613-256-6912 or email: satack@sympatico.ca

Young Challengers of Ottawa-Carleton

Christina Quail

613-749-8241

Social group for individuals with autism over 16 years of age. Weekly outings.

Sonshine Cove

Len Goddard/Cathy Goddard

613-834-8187

Sonshine Cove is a year round camp located 100 km. north of Orleans. They provide camping experiences to children in Foster Care as well as children with a variety of special needs.

If you are interested, or would like more information, please call:

Len Goddard - Executive Director 834-8187 ext 22 or Cathy Goddard - Program Director 834-8187 ext 28 or visit their website at

www.sonshinefamilies.ca click on Sonshine Cove.

Social Skills Groups

Children at Risk Friendship and Life Skills groups for children with Autism Spectrum Disorders. Ages 4 to 14. Focus on social interaction, friendship skills, and life skills.

Contact: Brenda Reisch

235 Donald St. Ottawa (also West-end site)

Phone: (613) 741-8255

Email: info@childrenatrisk.ca

Website: www.childrenatrisk.ca

Social Network for Youth

This is a social skills building program for individuals with developmental delays. We organize weekly gatherings for youth wanting to socialize in a casual environment with the support of facilitators. The group has a mixture of individuals with different developmental delays (Asperger's, autism, brain injuries, Down Syndrome..etc) but all benefit from increased social interactions. The age range is 13-21 (youth group) and over 21 for the graduate club. The organization is bilingual. The activities are once a week and vary depending on member requests. They are usually from 6:30-8:30pm and Tuesdays for the youth group. Activities include crafts, bowling, Midway, movies, dinner, BBQ, Ottawa 67's games or whatever the members are interested in. Activities are located across Ottawa and locations are easily accessible

by bus. The cost is \$50 for a yearly membership but interested individuals are welcome to attend a few outings to see if they would be interested in joining. The ratio is about 3 facilitators for 10-30 members so individuals must be fairly independent (some members attend with D.S.W staff). An informal assessment is done through observation of individual's interaction with other members. You can contact Mike Souillere or Isabelle MacNider for the francophone program at 237-0113 (snforyouth@hotmail.com) for more information and a recorded message about the next scheduled activity.

Jack's GFCF Cupboard

www.jacksgfcfcupboard.com

We will be offering Cooking classes for HFA teens with GFCF diet, as well as seminars for parents on the GFCF diet, how to shop for gfcf products, recipe tips, special diet variations, and we will be offering a GFCF cookbook at our seminars. 613-230-2361

OCTC (Ottawa Children's Treatment Centre):

Ottawa Recreation for Children on the Autism Spectrum (ORCAS). Bowling, martial arts, baking, arts and crafts, etc. Ages 8 and up. 2211 Thurston Dr. *Please note: children must be clients of OCTC to participate.*

Phone: Katie Downey, (613) 688-2126 ext. 4342 or Emily Glossop 688-2126 ext. 4340

Email: kdowney@octc.ca or eglossop@octc.ca

Website: www.octc.ca

Main Street Community Services: Social skills groups, mentoring groups for children 5-14. Some specific to AS and ADHD. 1250 Main Street, Unit C20 Stittsville Contact: (613) 831-6606

Building Blocks: Private social skills groups for children diagnosed with ASD aged 4 to 10 years old. Call for more information on curriculum and format for sessions.

Contact: Elaine Bissonnette, DSW Email: eblocks@magma.ca or ebissonn@magma.ca

Phone: (613) 722-4374

Jacque Ballantine (SLP): Leads a social language interaction group. Ages 4 to 14. Not specific to Autism Spectrum Disorders.

2 MacNeil Court, Kanata

Phone: (613) 591-3686

T.I.P.E.S.

613-592-8800

Due to the difficulties with social development witnessed in children with autism and other exceptionalities, T.I.P.E.S also offers social integration programs. These small group sessions utilize resources to teach children to socialize and learn skills to promote the creation and maintenance of friendships. This programme is also beneficial for creating relationships among siblings. Social Integration programmes are available mornings and Saturdays. Please email Jennifer Wyatt at jwyatt@tipes.ca for more information

Stronger You Martial Arts and Fitness—Jinzai! : Karate for children with high functioning ASDs. Ages 7 and up. Social skills and personal awareness using circle discussion and role playing. Games to emphasize gross motor skills, turn taking and build confidence. Also run summer camps for higher functioning children with ASDs.

3570 Strandherd Dr Barrhaven

Contact: Janet Heffernan (613) 823-6697

Email: info@strongeryou.com

Website: www.strongeryou.com

Richard Harman: Through role playing and discussion, social skills groups address topics such as problem solving, decision making, classroom survival, self-acceptance, assertiveness, making friends, and dealing with feelings. Grades 1 to 8. Groups not specific to ASD.

Contact: Richard Harman (613) 729-9940

Turnbull Learning Centre: 1132 Fisher Ave, Ottawa

Website: www.turnbull.ca/tlcpages

Richard Harman: Group for depressed, anxious, withdrawn teens. In-depth focus on issues such as dependency, fear, guilt, uncertainty, relationships with others. Groups not specific to ASD. See contact information above.

Goldstein, Moncion, Greenbaum, and Associates: Social skills groups for 6 to 18 years. Groups not specific to ASD.

2249 Carling Ave. Suite 314, Ottawa

Phone: (613) 596-2333

Email: gmgassoc@magma.ca

Older Youth and Adults

Youth Empowerment and Transition Program (Ottawa Independent Living Resource Centre) Youth activities, some involving life skills and social skills. Ages 16 to 25. Drop-in.

B10 - 75 Albert St., Ottawa

Phone: (613) 236-2558

Email: info@oilrc.com

Website: www.oilrc.com [Note – the website is not up yet but is supposed to be soon.]

Y's Owl Maclure: Owl Employment Program Social Skills Training: Eight week session to learn and practise social skills at the facility and in the community to prepare for employment. Includes peer mentors.

1140 Morrison Drive, Suite 100, Nepean

Phone: (613) 721-1500

E-mail: ysowl@magma.com

Website: www.ysowlmaclure.org

Krackers Katering

Baking Division, on the job training. The Causeway Work Centre, 22 O'Meara Street.

Contacts: Francis Daly, 613 725-3494, Ext. 115

Gladys McClement, 613 838-8089

Don Palmer, 613 725-3494, Ext. 103

Group Homes and Residential Programmes

Residential Resources - many of these groups also offer adult day programs (must be referred through Service Co-ordination)

Christian Horizons

www.christian-horizons.org

613-225-5900

Executive Director: Janet Nolan

Serving adults and children with exceptional needs.

Services provided: Community Residences, Individual Support Services, Supported Independent Living Day Supports | Community Support Services Family Home Services.

Greenland Country Haven

GreenlandCSP@aol.com

Group home opening September 1st for teens and adults (16+) with special needs. Staff includes RN, PSWs, DSWs and a Supervisor. Ratio of staff to clients is 1:2 or 1:3 depending on individual needs. Respite and day programs are also available. It will be operating as a Home Share Program, where a couple or a single person will live on the premises in a supervisor/parent role. Please contact Debra McLean at GreenlandCSP@aol.com for more information. In addition to our existing day program, we have organized a day program specifically for adolescents 12 - 16 years of age for the second week of Christmas Break, as well as for March Break. Due to numerous requests, we are also offering short-term weekend respite care for adolescents 12-16 years of age.

L'Arche Ottawa

613-729-1601

Long-term group homes for adults 18 years or older (30 beds).

Ottawa-Carleton Association for Persons with Developmental Disabilities

613-569-8993

Three group homes (14 beds) as well as SSLUs for adults with developmental disabilities.

Ottawa-Carleton Life Skills Incorporated

613-596-6140

Group homes and SSLUs for adults with developmental disabilities. Executive Director: David Ferguson

Day programs, residential programs and family support programs for people with multiple disabilities

Ottawa Foyers Partage

613-230-6171

Three group homes (9 beds) for adults with multiple disabilities. Also a workplace at Computer Wise.

Ottawa Independent Living Resource Centre

Melissa D'Amora

613-236-2558

The Youth Empowerment & Transition Program assists youth with all/cross disabilities in the Ottawa area in achieving their personal goals of independence. The program is particularly for youth 16 to 25 years old and focuses on empowerment and transition, therefore we offer a variety of activities including skills workshops, healthy eating, physical activities, and social outings. The program also provides support for those individuals who are dealing with transition, for example high school to college/university/work or living with parents/caretakers to living on your own. The skills and encouragement resulting from such a program will ultimately aid young adults to pursue an autonomous lifestyle in concordance with the Independent Living Movement.

Youth Empowerment and Transition Program

Ottawa Independent Living Resource Centre

B010 - 75 Albert St, Ottawa, ON K1P 5E7

Tel: (613) 236-2558

Fax: (613) 236-4562

programs@oilrc.com

Partners in Parenting

Christine Rondeau

Partners in Parenting is a private foster care agency in Ottawa. We provide foster care and respite services (on a limited basis) to children with special needs including Autism. Our website is www.FosterParenting.ca

Tamir Foundation 613-725-3519
Executive Director: Mark Palmer
Residential and Outreach programs for people with developmental disabilities

Total Communication Environment 613-228-0999
Providing homes to developmentally handicapped individuals

Ottawa Carleton Lifeskills Inc 613-254-9400
Executive Director: Jocelyne Paul
Life skills training and residential support

Bairn Croft Residential Services Inc. www.bairncroft.com 613-841-6844
Louise MacNeil, Program Manager. 1439 Youville Drive, Orleans FAX: 613-841-5344.
Residential care for individuals with developmental delays and dual diagnosis, typically autism spectrum disorder.

Grandriver View Homes 613-835-2324
Residential care for individuals with developmental delays

Day Programs/Supported Employment/Recreational Leisure Programs
Y's Owl MacLure Cooperative Centre www.ysowlmaclure.org 613-721-1500
Executive Director: Hugh Nelson
An agency providing vocational, life skills, recreation/leisure and outreach services to adults with disabilities

Adaptive Learning Program Margo Gowing 613-727-1872
Educational program for adults with developmental delays

H'Art www.hartofottawa.ca 613-234-8497
H'Art is a place of business where artwork is created for sale to the public. It is also a place of learning. It is specifically designed for teens and adults with developmental disabilities and addresses a critical need and growing demand in our community to provide appropriate, challenging and rewarding opportunities which improve literacy, creativity, social and life skills in a business-like setting. Their website is www.hartofottawa.ca.

Family Matters Co-operative marge.mccabe@sympatico.ca
They are a grassroots group interested in pulling together families to work on issues such as housing, education, transportation, day programs, and community activities for adults with disabilities. (See also *Contacts, Support Groups and Ottawa Lists*)
familiesmatter@hotmail.com

Krackers Katering
Baking Division, on the job training. The Causeway Work Centre, 22 O'Meara Street.
Contacts: Francis Daly, 613 725-3494, Ext. 115
Gladys McClement, 613 838-8089
Don Palmer, 613 725-3494, Ext. 103

LiveWorkPlay www.liveworkplay.ca 613-235-9550
Enabling young people with developmental disabilities to live as included and contributing members of the community

Ottawa-Carleton Association for Persons with Developmental Disabilities 613-569-8993
Executive Director: David Ferguson
Day programs, residential programs and family support programs for people with multiple disabilities.

Workshop Announcements

We have a few places available in our Teaching Verbal Behaviour to Children with Autism Workshop on Wednesday, July 8th. This workshop is FREE.

This workshop will focus on a behavioural approach to teaching and increasing communication to individuals with autism. Participants will learn how to identify the most appropriate form of communication, how to increase vocalizations, and how to teach other important verbal operants in your home. Many video tape demonstrations are provided.

Wednesday, July 8, 2009 Time: 1:30 - 4 p.m.
Location: The Portia Learning Centre
Kanata Location Suite 500, 300 Terry Fox Drive
Kanata, Ontario K2K 0E3

Registration: email your name and telephone number to Kim
Moore at kmoore@portialearning.com

www.portialearning.com/workshops.htm

ASPIRATIONS

Monday, May 25*, 2009, 7-9 PM
The Bronson Centre, 211 Bronson Ave., Ottawa

"Practical Aspects of Dealing With Emotions"

The May 25 Aspirations meeting, as a follow-up to our April meeting, will consist of small-group discussions on how to make the material which was presented in April work in a practical way in our lives. If you attended in April, please bring along your handouts from that evening. If you did not attend April's meeting, please come to this meeting anyway! Hand-outs will be available

Respite Care

Destiny's Way www.destinysway.ca

Destiny's Way provides day and overnight respite to families that have a child or loved one with Autism Spectrum Disorder and other diagnosed exceptionalities.

Contact: Jacqueline Mansell RPN (613) 314-7477 or email jacqueline@destinysway.ca

Ottawa-Carleton Association for Persons with Developmental Disabilities (OCAPDD)

www.ocapdd.on.ca

They offer respite services to families with autistic children for a week at a time.

Jacks GFCF Cupboard

www.jacksgfcfcupboard.com

613-230-2361

We now offer special needs respite (including those requiring enteral feeds, kangaroo pumps etc , behaviours, ASD including PDD / Aspergers / Rett Syndrome / Autism , and seizure disorders) including extended respite, social groups, and our GFCF diet products are now available at Sasloves in Westboro. We are also working on Foodland (Greely) and Market Organics. Contact: Jaime and Rosalee..

T.I.P.E.S.

613-592-8800

Our experienced and knowledgeable therapists are available to offer respite services. Parents can be confident that their child is in good hands. Respite services can make a world of difference for parents, providing them the chance to rest, reconnect or recharge. Respite services are available after school and by appointment evenings and weekends. (offered to all ages 2-18 yrs)

Transportation

Para Transpo

613-244-1289

This is from a person from the OCDSB: "I have had a great deal of cooperation with para transpo accepting our students for the services they offer. At first they are refused but if called and the situation is discussed (i.e. the student is unable to take OC Transpo because of autism but needs transportation to go to work) they will agree to accept the individual with autism."

Stock Transportation

613-820-0500

Note from a parent: willing to take up to 5 children.

Sommer Transportation Services

613-723-9677

Note from a parent: They are reliable, bonded and have done reference checks on their drivers.

Scholarships

The following information deals with scholarships for individuals interested in research in the area of autism and for students with ASD
For additional information, visit www.autismsociety.on.ca; or email : mail@autismsociety.on.ca

Autism Society Ontario Undergraduate Summer Student Scholarships

ASO is pleased to announce the continuation of the ASO Summer Undergraduate Student Scholarship Program for 2004. The Scholarships (minimum of two per year) will support individuals conducting research in any field related to Autism Spectrum Disorders to begin in May 2004.

Stimulus Grants for Graduate Study in Autism Spectrum Disorders

Autism Society Ontario is pleased to announce Stimulus Grants for Graduate Study in Autism at an Ontario University to start in September 2004. The grants (minimum of 2 per year) will support individuals conducting research in any field related to Autism Spectrum Disorders and are offered to attract students to this field of study.

Eleanor Ritchie Post-Secondary Education Scholarships for Students with ASD

In commemoration of the 30th Anniversary of the formation of the ASO we are pleased to announce the formation of the Eleanor Ritchie Post-Secondary Scholarships for students with ASD. These awards are named after Eleanor Ritchie, a long-standing member of ASO, in recognition of her dedication and support for individuals with ASD.

Jeanette Holden Post-Secondary Education Entrance Scholarships for Siblings of Students with ASD

In commemoration of the 30th Anniversary of the formation of the ASO we are pleased to announce the formation of the Jeanette Holden Post-Secondary Entrance Scholarships for Siblings of Students with ASD. These awards are named after Dr. Jeanette Holden, a sibling of an individual with ASD, in recognition of her dedication to Autism research, and her contributions to unraveling the mystery of Autism.

Website Resources

Some of these websites are American and some are similar to online stores. Most of these websites have free downloadable sheets and activities you can do online and/or print off.

Programming and Story Ideas and books

<http://www.setbc.org/pictureset/Default.aspx>

<http://www.do2learn.com>

<http://www.123child.com>

<http://childfun.com>

<http://www.randomhouse.com/seussville/>

<http://kidsdomain.com>

http://www.kidzone.ws/prek_wrksht/index.htm

<http://www.magickeys.com/books>

<http://www.mrsjonesroom.com/teachers/worksheets.html#mini>

<http://www.raz-kids.com/main/ViewPage/name/sample>

<http://www.woodlands-junior.kent.sch.uk/interactive/onlinestory.htm>

<http://www.kizclub.com/Sbody.html>

<http://teacher.scholastic.com/clifford1/>

<http://pbskids.org/lions/stories/>

<http://www.lil-fingers.com/storybooks/index.html>

<http://www.starfall.com/http://www.bygosh.com>

<http://www.magicalkingdom.co.uk/story.htm>

<http://www.theideabox.com>

<http://www.dkimages.com>

Education websites

<http://www.abcteach.com/webneeds/websites.htm>
<http://harcourtbooks.com/freeforteachers>
<http://www.familyeducation.com/home/>
<http://autismgames.googlepages.com/comebewithme>
<http://www.enchantedlearning.com>
www.mayer-johnson.com
<http://printables.familyeducation.com>
<http://www.homeschoolmath.net/worksheets>
http://www.free-clipart-pictures.net/kid_clipart.html
<http://abcteach.com>
<http://www.schoolexpress.com/fwsindex.php>
<http://www.akidsheart.com/gamesd/index.html>
<http://www.123certificates.com/cool.php>
<http://www.sitesforteachers.com/index.html>
www.learningA-Z.com
<https://admin.readinga-z.com/main/previewnews>
<http://www.positivelyautism.com/links.html>
<http://www.touchmath.com/index.cfm?fuseaction=freestuff.welcome>
<http://themathworksheetsite.com/>
www.tlsbooks.com
www.bogglesworldesl.com
www.childcareland.com
<http://www.teachervision.fen.com>
www.sandbox-learning.com
<http://www.mrsjonesroom.com/teachers/worksheets.html#mini>
http://elearning.autism.net/visuals/main.php?g2_itemId=524
Communication
<http://www.speakingofspeech.com/>
www.speechfun.com/visuals
<http://www.readthewords.com>
www.picturecardcommunication.com
www.widgit.com/symbols

www.ablenetinc.com

<http://www.symbolworld.org>

<http://www.lifeprint.com>

Data Sheets

<http://www.polyxo.com/>

Motivational Assessment tool MAS

<http://homes.education.ucf.edu:16080/~gmancil/MAS.pdf>

GFCF Diet

www.jacksgfcfcupboard.com

Teens

http://autism.about.com/od/transitioncollegejobs/Teens_and_Autism.htm

Bullying

<http://special-needs.families.com/blog/protect-your-special-needs-child-from-bullying>

Books and other resources online

www.autismawarenesscentre.org

<http://www.autismtoday.com/>

Sensory-Motor and development items

www.fdm.ca

www.pacificpediatricsupply.com

www.southpawenterprises.com

www.specialkidszone.com

www.specialneedstoys.com

www.theraproducts.com

www.otideas.com

www.pfot.com

www.therapyshoppe.com

<http://www.otplan.com/>

Order Catalogues

www.schoolspecialty.ca

- Special Learning Needs
- Sensory Solutions
- Sportime Physical Education

Stickids

Supporting children with sensory processing and sensory motor challenges

www.stickids.com

<http://www.edu.gov.on.ca/eng/document/nr/07.02/autismFeb07.pdf>

Making a Difference: For students with Autism Spectrum Disorders in Ontario Schools

From Evidence to Action February 2007

Report of the Ministers' Autism Spectrum Disorders Reference Group to: Minister of Education Ministry of Children and Youth

Verbal Behaviour Resource

<http://www.vbntraining.com/resources/index.asp>