

Holland Bloorview

Kids Rehabilitation Hospital

Toronto Inclusive Recreation Guide

Published by the Family Resource Centre at
Holland Bloorview Kids Rehabilitation Hospital



Fun things to do in Toronto!

This list of activities for children and teens in Toronto was compiled by the Family Resource Centre at Holland Bloorview. Many programs are designed to meet the needs of children with disabilities. Others are open to all and promote inclusion. Please call the groups listed to find out about specific programs, dates, times and costs. Visit the Family Resource Centre on the main floor of Holland Bloorview to learn more about community recreation programs and funding and childhood disability.

Table of Contents

Clubs and mentoring programs.....	page 3
General recreation programs & Community centres.....	page 4
Snozelen.....	page 5
Sports – Hockey.....	page 6
Sports – Karate.....	page 6
Sports – Multisport.....	page 7
Sports – Sailing and canoeing	page 7
Sports – Skiing and snowboarding.....	page 9
Sports – Soccer.....	page 9
Sports – Yoga, dance, gymnastics.....	page 9
Social skills (recreation-based)	page 11
Therapeutic horseback riding.....	page 12
Visual art, music, and drama.....	page 12
Toronto Parks, Forestry, and Recreation.....	page 14
Family Resource Centre Information.....	page 15



Would you like your program to be included in this guide? Email resourcecentre@hollandbloorview.ca with your contact information and program description.

Clubs and Mentoring Programs

Big Brothers Big Sisters of Toronto

Matches and monitors volunteers who serve as friends and provide positive influences to children and youth.

Ages: 6-18

Eligibility: All abilities

Season: All year

Contact:

- Phone: 416-925-8981
- Email: info@bbbst.com
- Website: www.bbbst.com

Address: 2345 Yonge Street, Suite 501
Toronto, ON M4P 2E5

Fee: No

Accessible: Yes

Boys and Girls Clubs of Ontario

8 clubs based in the Toronto area offer a variety of programs such as summer day camps, youth leadership, sports leagues, life skills, after school drop-in, and special events.

Ages: 4-18

Eligibility: All abilities

Season: All year

Contact:

- Phone: 416-289-9955
- Email: bgco@bgcontario.ca
- Website: www.boysandgirlsontario.ca/memclubs.htm

Address: Contact local club

Fee: Yes

Accessible: Contact local club

Extend-A-Family

Assists families, individuals, children and groups to get to know and welcome a child or person with a disability into the community.

Ages: All ages

Eligibility: Physical or developmental disability

Season: All year

Contact:

- Phone: 416-484-1317
- Email: info@extendafamily.ca
- Website: http://www.extendafamily.ca

Address: 3300 Yonge Street, Suite 200, Toronto, ON, M4N 2L6

Fee: No

Accessible: Yes

Girl Guides Toronto

Guiding is a safe, all-girl environment that allows girls to express themselves and meet new friends. Girl Guides participate in activities such as camping, sports, leadership training, and community service.

Ages: 5-18

Eligibility: Female, all abilities

Season: All year

Contact:

- Phone: 416-486-8721
- Email: info@guidesontario.org
- Website: www.guidesontario.org

Address: 303 - 250 Merton Street
Toronto, ON M4S 1B1

Fee: Yes

Accessible: Contact local chapter

Mix Community Club

The Mix Community Club is a social club for people of all ages and abilities. Regular programs include concerts, dances, and social events.

Ages: All ages

Eligibility: All abilities

Season: All year

Contact:

- Phone: 416-438-6099 ext. 282
- Email: jointhemix@hotmail.com
- Website: www.mixcommunityclub.com

Address: 50 Fairfax Crescent, Toronto, ON, M1L 1Z7

Fee: Yes

Accessible: Yes

Scouts Canada – Toronto Council

Scouts Canada offers programs that provide leadership skills, environmental awareness, social development and indoor and outdoor recreational activities.

Ages: 5-26

Eligibility: All abilities

Season: All year

Contact:

- Phone: 416-490-6364
- Email: gtc@scouts.ca
- Website: gtc.scouts.ca

Address: 265 Yorkland Blvd., 2nd Floor
Toronto ON, M2J 5C7

Fee: Yes

Accessible: Contact local chapter

General Recreation Programs & Community Centres

Birchmount Bluffs Neighbourhood Centre

Provides integrated and adapted recreation programs to promote active living, wellness and full inclusion for people with disabilities in East Toronto.

Ages: All ages

Eligibility: All abilities

Season: All year

Contact: David Meyers, Active and Able Manager

- Phone: 416-396-7606
- Email: david@bbnc.ca
- Website: www.bbnc.ca

Address: 93 Birchmount Rd, Toronto, ON,

Fee: Yes

Accessible: Yes

Club Oasis

Club Oasis is a weekend childcare program for children with disabilities. Children will enjoy activities such as crafts, games, story time, and movies with one-on-one assistance.

Ages: Children

Eligibility: Special needs

Season: All year

Contact:

- Phone: 416-316-2995
- Email: ctam@midtownac.ca
- Website: midtownac.ca/childrenministry.html

Address: The First Christian Reformed Church, 67 Taunton Road, Toronto, ON

Fee: Yes

Accessible: Yes

East Metro Youth Services

After school programs, social clubs, summer and March break camps for youth with developmental disabilities or autism. The programs provide a safe, structured, and fun environment where youth can learn the skills necessary to become more independent.

Ages: 12-18

Eligibility: Developmental disability or ASD

Season: All year

Contact:

- Phone: 416-438-3697
- Email: ncarroll@emys.on.ca

- Website: www.emys.on.ca/programs-developmental.html

Address: 1200 Markham Road, Suite 200

Scarborough, ON, M1H 3C3

Fee: Yes

Accessible: Yes

Geneva Centre for Autism

The Geneva Centre offers a variety of evening, weekend, and summer respite programs for children and youth with autism, as well as social skills programs that incorporate music, sports, and play.

Ages: All ages

Eligibility: ASD

Season: All year

Contact:

- Phone: 416-322-7877 ext 325
- Email: info@autism.net
- Website: www.autism.net

Address: 112 Merton Street, Toronto, ON, M4S 2Z8

Fee: Yes

Accessible: Yes

Griffin Centre

Griffin Centre provides after-school and summer respite programs and skill development programs for youth with a dual diagnosis.

Ages: 12-18

Eligibility: Dual diagnosis (developmental disability and complex mental health challenges)

Season: All year

Contact:

- Phone: 416-222-1153
- Email: contact@griffin-centre.org
- Website: www.griffin-centre.org

Address: 24 Silverview Drive, North York, ON M2M 2B3

Fee: Yes

Accessible: Yes

Holland Bloorview Kids Rehabilitation Hospital

The Therapeutic Recreation and Life Skills department at Holland Bloorview provides recreation, life skills and community development programs and services for children, youth, and families.

Ages: Up to age 18
Eligibility: Special needs
Season: All year
Contact: Kim Jones-Galley, Lifeskills Facilitator

- Phone: 416-425-6220 ext. 3645
- Email: kgalley@hollandbloorview.ca
- Website: www.hollandbloorview.ca

Address: 150 Kilgour Road, Toronto, ON
Fee: Yes
Accessible: Yes

Prosserman Jewish Community Centre

The Prosserman JCC is committed to inclusion and enhanced accessibility. The building has been designed to ensure maximum access and the centre offers a variety of recreation programs for individuals with special needs.

Ages: All ages
Eligibility: All abilities
Season: All year
Contact:

- Phone: 416-638-1881
- Email: info@prossermanjcc.com
- Website: www.prossermanjcc.com

Address: 4588 Bathurst St, Toronto, Ontario
Fee: Yes
Accessible: Yes

Scadding Court Community Centre

SCCC offers a wide range of programs and services for individuals of all abilities, such as sport and recreation programs, summer camp, and an accessible pool.

Ages: All ages
Eligibility: All abilities
Season: All year
Contact: Walter Quan, Recreation Coordinator

- Phone: 416-392-0335 ext. 240
- Email: wquan@scaddingcourt.org
- Website: www.scaddingcourt.org

Address: 707 Dundas St. West, Toronto, ON, M5T 2W6
Fee: Yes
Accessible: Yes

Variety Village Sports and Recreation Complex

Offers a variety of sports, swimming and recreation, life skills, creative arts and outreach programs and special events for people of all abilities.

Ages: All ages
Eligibility: All abilities
Season: All year
Contact:

- Phone: 416-699-7167
- Email: info@varietyvillage.on.ca
- Website: www.varietyontario.ca

Address: 3701 Danforth Avenue, Scarborough, Ontario, M1N 2G2
Fee: Yes
Accessible: Yes

Snoezelen

Snoezelen Room and Pool at Holland Bloorview Kids Rehabilitation Hospital

The community Snoezelen room and pool is open to Holland Bloorview clients, community agencies, schools and support organizations for children and adults with disabilities.

Ages: All ages
Eligibility: Special needs
Season: All year
Contact: Lorraine Thomas

- Phone: 1-800-855-0511. At operator prompt, give 416-422-7049
- Email: lthomas@hollandbloorview.ca
- Website: www.hollandbloorview.ca/programsandservices/communityprograms/snoezelen.php

Address: 150 Kilgour Road, Toronto, ON
Fee: Yes
Accessible: Yes

Snoezelen Room at the Agincourt Community Centre

This Snoezelen room is run by the Toronto Parks, Forestry, and Recreation department.

Ages: All ages
Eligibility: Special needs
Season: All year
Contact:

- Phone: 416-396-7760
- Website: www.toronto.ca/parks/accessibility/equipment.htm

Address: 31 Glen Watford Dr., Scarborough, ON
Fee: Yes
Accessible: Yes

Snoezelen Room at Variety Village

Ages: All ages

Eligibility: Special needs

Season: All year

Contact:

- Phone: 416-699-7167
- Email: info@varietyvillage.on.ca
- Website:
www.varietyontario.ca/village/index.htm

Address: 3701 Danforth Ave, Scarborough, ON

Fee: Yes

Accessible: Yes

Sports – Hockey

Canadian Electric Wheelchair Hockey Association – Toronto Division

CEWHA provides a quality hockey program for people who have limited upper body strength and/or mobility and who could benefit from the use of an electric wheelchair in competitive sport and daily living.

Ages: All ages

Eligibility: Limited upper body strength or mobility

Season: Fall/winter/spring

Contact:

- Phone: 416-757-8544
- Email: info@cewha.ca
- Website: www.cewha.ca

Address: Mitchell Fields Arena, 89 Church Ave North York, ON M2N 6C9

Fee: Yes

Accessible: Yes

North York Gladiators

The North York Gladiators is a non-profit organization whose goal is to provide individuals with developmental challenges with opportunities to play hockey in a structured program.

Ages: All ages

Eligibility: Developmental disability

Season: Fall/Winter

Contact: Phone: 416-749-1450

Email: hadcgladiators@sympatico.ca

Website: <http://www.hadc-gladiators.org>

Address: Gord & Irene Risk Arena, 2650 Finch Ave. North York, ON

Fee: Yes

Accessible: Yes

Grandravine Tornados

The Grandravine Tornados is a hockey club for individuals with developmental disabilities.

Players do not have to know how to skate or play hockey to join.

Ages: All ages

Eligibility: Developmental disability

Season: Fall/Winter

Contact: Joe Rizzuto, President

- Phone: 416-245-7601
- Email: info@TorontoSledgeHockey.com
- Website: www.grandravinetornados.org

Address: Grandravine Arena, 23 Grandravine Drive, Toronto, ON

Fee: Yes

Accessible: Yes

Toronto Power Wheelchair Hockey League

The TPWHL is for kids with various disabilities who have limited upper body strength and/or mobility. The program emphasizes physical and emotional growth by teaching kids the game of hockey and making them strong leaders in sportsmanship and team spirit regardless of their skill level.

Ages: 8-18

Eligibility: Limited upper body strength and mobility

Season: All year

Contact: Esther Dzura, President

- Phone: 416-690-1412
- Email: torontopwhl@gmail.com
- Website: www.tpwhl.com

Address: Sunnyview Public School, 450 Blythwood Road, Toronto, ON

Fee: Yes

Accessible: Yes

Toronto Sledge Hockey

Provides accessible sledge hockey opportunities to people living with a disability in Toronto and promotes the integration of able-bodied and disabled athletes in Canada's national sport of hockey.

Ages: All ages

Eligibility: Physical disability

Season: All year

Contact:

- Phone: 416-392-1814
- Email: info@TorontoSledgeHockey.com

- Website: www.torontosledgehockey.com

Address: Phil White Arena, 443 Arlington Avenue,
Toronto, ON
Fee: Yes
Accessible: Yes

Sports - Karate

Karate 4 Change

A non-contact Karate program focusing on physical fitness, discipline, and movement for children with special needs.

Ages: Children

Eligibility: Special needs

Season: All year

Contact: Daniel Dees

- Email: karate4change@yahoo.ca

Address: Various locations in Toronto

Fee: Yes

Accessible: Contact specific location

Sports – Multisport

Laura Hunter's STEPS Program

Offers a variety of recreation, fitness, life skills and social programs for people with disabilities and special needs such as gym skills, biking, and movement program.

Ages: 3-18

Eligibility: All abilities

Season: All year

Contact: Laura Hunter

- Phone: 416 771 2217
- Email: laura@stepsprograms.com
- Website: www.stepsprograms.com

Address: Programs are offered at Holland Bloorview, Toronto Rehab, and Willowwood School (55 Scarsdale Rd - Leslie and Laurence)

Fee: Yes

Accessible: Yes



Sportball

Sportball offers a variety of multisport programs for children of all abilities, as well as an adapted program suited to children with special needs. Children and youth who participate in Adapted Sportball are able to enhance their physical and social skills, improve their self-image and self-concept, while developing their attention and listening skills.

Ages: 5-17

Eligibility: All abilities

Season: All year

Contact:

- Phone: 905-882-4473
- Email: registration@sportball.ca
- Website: www.sportball.ca

Address: Various locations in Toronto

Fee: Yes

Accessible: Contact specific location

Toronto Kids Sports Club

TKSC programs are for children of all athletic abilities including those with special needs. We make learning skills for sports fun in our non-competitive environment. We offer a variety of sports, including soccer, hockey, baseball, and basketball.

Ages: 5-10

Eligibility: All abilities

Season: All year

Contact:

- Phone: 416-850-0013
- Email: jesse@torontokidssportsclub.com
- Website: www.torontokidssportsclub.com

Address: Programs are held at Lansing United Church, 49 Bogert Ave, North York

Fee: Yes

Accessible: Yes

Sports – Sailing and Canoeing

Blind Sailing Canada

Blind Sailing Canada provides opportunities for the blind to improve their quality of life by building self esteem and confidence through recreational sailing.

Ages: Youth and adults

Eligibility: Visual impairment

Season: Summer

Contact:

- Phone: 416-489-2433, Out of season call 416-496-5089
- Email: qqdsp@disabledssailing.on.ca
- Website: www.blindsailing.ca

Address: 539 Queens Quay West, Toronto, ON

Fee: Yes

Accessible: No

National Yacht Club Disabled Sailing Program

The NYC strives to provide fun, safe, accessible sailing in order to enhance independence, and empower individuals' enjoyment of the water, regardless of ability, age, or physical limitation

Ages: Youth and adults

Eligibility: Visual impairment

Season: Summer

Contact: Bob Magtanong

- Phone: 416-260-8686
- Email: bmagtanong@thenyc.com
- Website: <http://www.thenyc.com>

Address: 1 Stadium Road Toronto, ON

Fee: Yes

Accessible: Yes

PaddleAll at the Balmy Beack Canoe Club

Recreational and sprint canoes and kayaks are used to introduce paddlers to sprint racing. The program includes a safety orientation, technical instruction, and on the water practice.

Ages: 10+

Eligibility: Physical disability or special needs

Season: Summer

Contact: Colleen Didur, PaddleAll Coordinator

- Phone: 416-364-9413
- Email: paddleall@yahoo.ca
- Website: <http://www.balmybeachcanoe.com/Programs/PaddleAll.aspx>

Address: 10 Ashbridges Bay Park Rd, Toronto, ON

Fee: Yes

Accessible: Yes

PaddleAll at the West Rouge Canoe Club

Individuals with special needs can learn to canoe, kayak, or participate in dragon boat racing at the West Rouge Canoe Club.

Ages: 6+

Eligibility: Physical disability or special needs

Season: Summer

Contact:

- Phone: 905-767-3330
- Email: info@westrougecc.org
- Website: www.westrougecc.org

Address: 91 Rylander Blvd., Unit 7 Box 187 Scarborough, ON

Fee: Yes

Accessible: Yes

Paddles and Boots

Participants are introduced to the "kayaking world" – skills, boats, equipment, resources, and risk management. All the equipment is provided and adapted if necessary.

Ages: All ages

Eligibility: Special needs

Season: Summer

Contact: Pauline Halstead

- Phone: 647-347-9467
- Email: info@paddlesandboots.net
- Website: www.paddlesandboots.net

Address: Various locations throughout Toronto

Fee: Yes

Accessible: Yes

Queens Quay Disabled Sailing Program

Provides opportunities for people with mobility impairments to enjoy independent sailing

Ages: 8+

Eligibility: Physical disability

Season: Summer

Contact:

- Phone: 416-214-0358
- Email: qqdsp@disabledssailing.on.ca
- Website: www.disabledssailing.on.ca

Address: 283 Queens Quay West, Toronto, ON

Fee: Yes

Accessible: Yes



Sports – Skiing and Snowboarding

Earl Bales Adapted Skiing Program

The Earl Bales Ski & Snowboard Centre welcomes individuals with special needs or disabilities to participate in integrated or adapted ski and snowboard programs.

Ages: 3-15, 15+

Eligibility: Special needs

Season: Winter

Contact:

- Phone: 416-395-7686
- Website: www.toronto.ca/parks/skiing/index.htm

Address: 4169 Bathurst St, Toronto, ON

Fee: Yes

Accessible: Yes

ODART: Ontario Disabled Alpine Racing Team

ODART's mission is to educate, promote and train individuals for disabled ski racing. Its members train, compete and promote alpine ski racing locally, provincially, nationally & internationally.

Ages: Youth and adults

Eligibility: Amputee or visually impaired

Season: Winter

Contact:

- Phone: 416-496-5089
- Email: info@odart.org
- Website: www.odart.org

Address: Mailing address - 45 Brahms Avenue
Toronto, ON

Fee: Yes

Accessible: Yes

Ontario Track3 Ski Association

Downhill skiing and snowboarding for children and youth with disabilities.

Ages: 6-19

Eligibility: Physical and cognitive disabilities

Season: Winter

Contact:

- Phone: 416-233-3872
- Email: track3@track3.org
- Website: www.track3.org

Address: 16 locations in southern Ontario

Fee: Yes

Accessible: Yes

Sports – Soccer

North Toronto Soccer Club - CP Ambulatory Soccer

This program is a partnership between the North Toronto Soccer Club and ParaSport Ontario. Participants must be ambulatory or use a walker.

Ages: 6-18

Eligibility: Cerebral Palsy, ambulatory

Season: Fall/winter

Contact: Kyle Smith, Coach

- Email: paracoachkyle@gmail.com
- Website: torontosoccerassociation.ca

Address: Programs is offered at Holland Bloorview, 150 Kilgour Road, Toronto, ON

Fee: No

Accessible: Yes

Sports – Yoga, Dance, Gymnastics

Just Bounce Trampoline Club Inc.

Our mission is to provide quality athletic programs to our participants. We aim to raise self-esteem and teach athletes perseverance and focus while having fun!

Note: Participants with special needs should register through Reach for the Rainbow (<http://www.reachfortherainbow.ca>)

Ages: 3+

Eligibility: All abilities

Season: All year

Contact:

- Phone: 416-635-0206
- Email: info@justbounce.ca
- Website: www.justbounce.ca

Address: 3731 Chesswood Dr., Toronto, ON

Fee: Yes

Accessible: No

Rosedale Gym Club

The Rosedale Gym Club is dedicated to the provision of high quality, non competitive, recreational gymnastics and fitness programs for children. The club runs a specially designed gymnastics program for individuals with special needs.

Ages: 18 months+

Eligibility: Special needs

Season: All year

Contact:

- Phone: 416-778-9912
- Email: rosedalegymclub@rogers.com
- Website: www.rosedalegymclub.com

Address: 94 Laird Drive, Toronto, ON

Fee: Yes

Accessible: No

Yoga 4 Kids

Offers an integrated and holistic program of yoga instruction that combines postures, dynamic movements, simple breath exercises, and meditation with yoga activities that children enjoy.

Ages: Children

Eligibility: Developmental and learning disabilities

Season: All year

Contact: Sherry LeBlanc

- Phone: 416-532-5988
- Email: sherry@yoga4kids.org
- Website: www.yoga4kids.org

Address: Various locations throughout Toronto

Fee: Yes

Accessible: Call to inquire

YogaBuds

YogaBuds combines classical Iyengar yoga with elements of play, creative movement and various art modalities in a fun and non-competitive environment. Children with special needs can often be fully integrated into regular classes or benefit from one-on-one individualized private sessions.

Ages: 5-18

Eligibility: All abilities

Season: All year

Contact: Temmi Ungerman Sears, Director

- Phone: 416-785-7888
- Email: temmi@yogabuds.com
- Website: www.yogabuds.com

Address: Home studio at Bathurst and Eglinton

Fee: Yes

Accessible: No

Spiral Movement Centre

The Spiral Movement Center is a new Toronto resource offering yoga and movement programs for children and young adults with special needs. Our staff can work with children individually or in small groups.

Ages: 3-25

Eligibility: Developmental disability, learning disability, ASD, ADHD

Season: Fall/winter/spring

Contact: Stephanie Gottlob

- Phone: 416-469-3569
- Email: info@movementforkidswithspecialneeds.org
- Website: movementforkidswithspecialneeds.org

Address: 20 Leslie Street #206, Toronto, ON

Fee: Yes

Accessible: No

The School of Toronto Dance Theatre

The Creative Movement Made for Me class provides opportunities for need-specific children with diverse learning styles to dance within the ability of their own form.

Ages: 3-16

Eligibility: Special needs

Season: Fall/Winter/Spring

Contact:

- Phone: 416-967-6887
- Email: info@schooloftdt.org
- Website: www.schooloftdt.org

Address: 80 Winchester Street, Toronto, ON

Fee: Yes

Accessible: No

Turning Pointe Academy of Dance

The Ballerina Dreams program at the Turning Pointe Academy is an adapted ballet class for girls ages 5 to 6 with physical disabilities.

Ages: 5-6

Eligibility: Physical disability

Season: Fall/Winter/Spring

Contact:

- Phone: 416-696-7466
- Email: lauren@turningpointe.ca
- Website: www.turningpointe.ca

Address: 105 Vanderhoof Ave. #1, Toronto ON

Fee: Yes



Accessible: Yes

Social Skills (Recreation-based)

Integra Foundation

Integra is a Children's Mental Health Centre leading in the treatment of children and youth with learning disabilities. The centre offers recreation-based programs such as social skills groups and therapeutic martial arts.

Ages: 8-18

Eligibility: Learning disability

Season: All year

Contact:

- Phone: 416-486-8055
- Email: info@integra.on.ca
- Website: www.integra.on.ca

Address: 25 Imperial Street
Toronto, ON, M5P 1B9

Fee: Yes

Accessible: No

Kerry's Place Toronto

Evenings and weekends at Kerry's Place Autism Services Toronto focus on developing leisure skills, following personal pursuits, enjoying family time, taking courses, making friends and having fun for individuals we support through our residential services.

Ages: All ages

Eligibility: ASD

Season: All year

Contact:

- Phone: 416-537-2000
- Email: info@kerrysplace.org
- Website:
www.kerrysplace.org/Public/Toronto

Address: 12A – 219 Dufferin Street
Toronto, ON, M6K 3J1

Fee: Yes

Accessible: Yes

Kids Solutions

The goal of Kids Solutions' social groups is to teach the participants skills that can be used at home, school, in recreational programs, and in other social environments. Group time will include such activities as: social skills videos, live modeling and skill rehearsal, games and crafts, and take-home activities.

Ages: 5-11

Eligibility: ASD

Season: All year

Contact:

- Phone: 416-902-0471
- Email: inquiry@kids-solutions.com
- Website: www.kids-solutions.com

Address: 3377 Bayview Avenue, Toronto, ON
M2M 4B3

Fee: Yes

Accessible: Yes

Puzzle Pieces Ltd.

Children can join social skills groups running weekdays, weekends, or participate in the summer social skills camp. The goal of Puzzle Pieces Ltd.'s group sessions is to increase functional interactive skills that your child can use in everyday social settings.

Ages: 3-13

Eligibility: Developmental disability, learning disability, or ADHD

Season: All year

Contact:

- Phone: 416-236-0026
- Email: office@puzzlepiecesltd.com
- Website: www.puzzlepiecesltd.com/

Address: 225 Sparks Ave, Toronto, ON
M2H 2S5

Fee: Yes

Accessible: No

Social Skills Program (Learning Disabilities Association of Toronto District)

LDATD's Social Skills and Socialization Programs are designed to provide the opportunity for developing important and positive peer relationships. Participants use these skills in a variety of activities, such as group discussion, art projects, and recreational activities.

Ages: 4-17

Eligibility: Learning disability and/or ADHD

Season: Fall/winter/spring

Contact:

- Phone: 416-229-1680
- Email: admin@ldatd.on.ca
- Website: www.ldatd.on.ca/skills.php

Address: 121 Willowdale Avenue, Suite 203
Toronto, ON M2N 6A3

Fee: Yes

Accessible: No

Therapeutic Horseback Riding

C.A.R.D Community Association for Riding Disabled

Provides quality therapeutic riding programs designed to improve the lives of children and adults with disabilities.

Ages: 4+

Eligibility: Physical or developmental disability

Season: All year

Contact:

- Phone: 416-667-8600
- Email: info@card.ca
- Website: www.card.ca

Address: 4777 Dufferin Street, North York, ON

Fee: Yes

Accessible: Yes

Riding Academy at the Horse Palace

The Horse Palace is home to a year-round riding academy as well as providing stabling for the Toronto Mounted Police Unit. Therapeutic riding programs are offered on Sundays.

Ages: 8+

Eligibility: Physical or developmental disability

Season: All year

Contact: Sonia Koczekan, Director of Therapeutic Riding

- Phone: 416-599-4044
- Email: horsepalace@bellnet.ca
- Website: <http://www.horsepalace.ca>

Address: Exhibition Place, 15 Nova Scotia Ave. Toronto, ON

Fee: Yes

Accessible: Yes

Visual art, music, and drama

Centre for the Arts at Holland Bloorview

The Centre for the Arts offers a wide range of year round art, dance, drama, and music programs, workshops and camps for children and youth of all abilities. Programs are integrated with priority given to those with special needs.

Ages: 3-18

Eligibility: Special needs

Season: All year

Contact: Skye Gross

- Phone: 416-425-6220 ext. 3317
- Email: arts@hollandbloorview.ca

- Website: www.hollandbloorview.ca

Address: 150 Kilgour Road, Toronto, ON

Fee: Yes

Accessible: Yes

Creative Village Studio

Operated by Community Living Toronto, Creative Village Studio offers art and photography classes as well as drop-in studio time for all ages.

Ages: All ages

Eligibility: Developmental disability

Season: All year

Contact:

- Phone: 647-351-4362
- Email: access@cltoronto.ca
- Website: <http://www.communitylivingtoronto.ca/misc/creativevillagestudio/index.html>

Address: 4895 Dundas St. West, Etobicoke, ON

Fee: Yes

Accessible: Yes

DramaWay

Offers creative arts, music, drama and life skills programs for people of all abilities. Programs offered include theatre, dance, film, music, visual arts and puppetry.

Ages: 3+

Eligibility: Special needs

Season: All year

Contact: Danielle Strnad

- Phone: 416-614-1078
- Email: dramawayoffice@gmail.com
- Website: www.dramaway.com

Address: Various locations throughout Toronto

Fee: Yes

Accessible: Call to inquire

Healing Sounds Music Therapy

Group and private music therapy sessions for individuals with special needs, led by an accredited music therapist. Sessions take place in client's own home.

Ages: All ages

Eligibility: All abilities

Season: All year

Contact: Christina Weldon

- Phone: 416-705-6245
- Email: info@healingsoundsmusictherapy.ca

- Website:

www.healingsoundsmusictherapy.ca

Address: Sessions take place in client's home

Fee: Yes

Accessible: Yes

MukiBaum Treatment Centre

In addition to day programs and clinical services, MukiBaum provides creative arts services for children and youth. These services include Expressive Arts Therapy, Art Therapy, Music Therapy, Dance/Movement Therapy, and Drama/psychodrama Therapy.

Ages: All ages (camp offered to ages 5-17)

Eligibility: Dual diagnosis, ASD, or sensory processing disorder

Season: All year

Contact:

- Phone: 416-630-2222
- Email: info@mukibaum.com
- Website: www.mukibaum.com

Address: 40 Samor Road, Toronto, Ontario M6A 1J6

Fee: Yes

Accessible: Yes

VIVA! Youth Singers of Toronto

VIVA! Youth Singers of Toronto is a choral organization for children and youth ages four to twenty-five. The choir is inclusive to children and youth with disabilities.

Ages: 4-25

Eligibility: All abilities

Season: All year

Contact:

- Phone: 416-788-8482
- Email: info@vivayouthsingers.com
- Website: www.vivayouthsingers.com/

Address: 427 Bloor Street West, P.O. Box 5, Toronto, ON

Fee: Yes

Accessible: Call to inquire

Accessing Toronto's Parks and Recreation Programs

The City of Toronto is committed to providing its entire community with high quality, accessible recreation and leisure opportunities. Whether it's participating in one of our hundreds of recreation programs with a one-on-one support worker, taking a dip in one of the City's warm-water pools, enjoying a week at one of our specialized summer camps, or joining in at one of our many adapted programs, the City of Toronto has some recreational fun for you!



How to register for Toronto Parks, Forestry, and Recreation programs:

1. Your first step is to contact your local **Accessible Program & Integration Staff** to get a registration package mailed out to you. Staff may set up an informal meeting with the participant/family at a local community centre and help with program support and adaptation needs.

Etobicoke York District: 416-394-8746, TTY: 416-394-8534

North York District: 416-395-6183, TTY: 416-395-6115

Scarborough District: 416-396-7760, TTY: 416-396-4116

Toronto & East York District: 416-392-4677, TTY: 416-392-4773

2. What types of support options are available?
 - Integration without support staff for individuals who can participate in programs independently
 - Integration with support staff provided by the city. There are a limited number of staff who can provide support for people to participate in various programs.
 - Integration with your own one-on-one support person.
 - Adapted programs. These are specialized or modified programs for individuals with special needs.

3. Methods of registration:

- a. Online: www.toronto.ca/torontofun
- b. Touch-tone: 416-338-0000 (7:00 am to midnight)
- c. Operator assisted: 416-338-4386 (7:00 am to 7:00 pm)
- d. In person: Check your Toronto Fun Guide for locations. (We recommend online or phone registration)
- e. TTY or TTD: 416-395-6115

More information is available in the Toronto Fun Guide and at <http://www.toronto.ca/parks/accessibility/index.htm>

