

# COMMUNITY RESPITE OPPORTUNITIES

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***Please note: The information provided in this handout is for reference only. It is not intended as a recommendation or endorsement of organizations, or as a comprehensive resource list. For more information, call 1-877-463-0365 or email [resourcecentre@hollandbloorview.ca](mailto:resourcecentre@hollandbloorview.ca)***

SERVICE / FAMILY SUPPORT / INFORMATION	AGE RANGE	DATES & LOCATION	CONTACT
<p><b>AUTISM TEENAGE PARTNERSHIP</b> Weekly programming enables individuals with ASD to express themselves through games, arts and crafts, team-building activities, social discussion, and excursions into the community.</p>	12-25	Toronto and York Region	<a href="mailto:info@autismteenagepartnership.org">info@autismteenagepartnership.org</a> <a href="http://autismteenagepartnership.org/about">http://autismteenagepartnership.org/about</a>
<p><b>CHAMPIONS CLUB AT CELEBRATION CHURCH</b> A program created to meet the physical, mental and spiritual needs of children with special needs. Facility includes a spirit station, sensory station and physical therapy station.</p>	0-18	All Year Toronto	416-497-2508 ext. 3033 <a href="mailto:AshleyR@ticc.ca">AshleyR@ticc.ca</a> <a href="https://www.ticc.ca/championsclub">https://www.ticc.ca/championsclub</a>
<p><b>CLUB OASIS</b> For families with children with special needs. Provides an opportunity for parents to take a break and find support from other parents. Program includes activities like singing, crafts, tutoring, individual/group games and others as requested by parents.</p>	Child Youth Young adults	All Year Toronto	<a href="mailto:info@villageeulogia.com">info@villageeulogia.com</a> <a href="http://www.villageeulogia.com/respite-program/">www.villageeulogia.com/respite-program/</a>

<p><b>EXTEND-A-FAMILY</b> Assists families, individuals, children and groups to get to know and welcome a child or person with a disability into the community; encourages and facilitates friendships with peers; fosters public awareness and promotes inclusion.</p>	All Ages	All Year Toronto	416-484-1317 <a href="mailto:info@extendafamily.ca">info@extendafamily.ca</a> <a href="http://www.extendafamily.ca">www.extendafamily.ca</a>
<p><b>HAND OVER HAND</b> For young adults who have disabilities and are transitioning out of high school into the community. Hand Over Hand is a non-profit organization that runs a Social Group once per month and Pen Pal Program. The ratio is one-to-one or two-to-one volunteer pairings and the program focuses on communication, social skills and empowerment.</p>	15-30	All Year York Region	<a href="mailto:info@handoverhand.ca">info@handoverhand.ca</a> <a href="http://www.handoverhand.ca">www.handoverhand.ca</a>
<p><b>HEARTFIT RESPITE</b> A summer holiday program for people with developmental disabilities, high functioning Autism, or Aspergers. Located at Heartfit Farm and includes services such as recreational programming, respite weekends, camp, and overnight stays.</p>	18-50	March Break & Summer	<a href="http://www.heartfitrespite.com">www.heartfitrespite.com</a>
<p><b>JAC RESPITE SERVICES</b> Offer respite services for adult individuals with developmental disabilities. Offer long term respite options that include a variety of day support programs and are equipped to take on emergency and crisis care for individuals who may require temporary placement.</p>	16 and older		647-268-3270 <a href="http://www.jacrespite.ca/respite--day-program.html">http://www.jacrespite.ca/respite--day-program.html</a>
<p><b>LUSO CANADIAN CHARITABLE SOCIETY</b> A community based organization that supports diverse families and adults that are living with developmental and physical disabilities. Provides access to information, resources, and programs that facilitate independence, growth, and integration.</p>	18 and older	All Year Toronto	416-761-9761 <a href="mailto:info@lusoccs.org">info@lusoccs.org</a> <a href="http://www.lusoccs.org">www.lusoccs.org</a>
<p><b>MUKI BAUM ACCESSIBILITY CENTRE</b> Provides children and adults who have complex disabilities with treatment and a nurturing environment to discover their talents &amp; abilities.</p>	All Ages	All Year Toronto	416 661-8222 <a href="mailto:info@mukibaumfoundation.com">info@mukibaumfoundation.com</a> <a href="http://www.mukibaumaccessibilitycentre.com/">www.mukibaumaccessibilitycentre.com/</a>

<p><b>NOVA'S ARK</b> Registered charity providing programs and activities for people of all ages and abilities involving a wide range of exotic and gentle animals.</p>	All Ages	Spring and Summer	905-706-1009 <a href="mailto:novasark@sympatico.ca">novasark@sympatico.ca</a> <a href="http://www.novasark.ca/">http://www.novasark.ca/</a>
<p><b>ONTARIO MARCH OF DIMES</b> March of Dimes Canada provides a wide range of services to people with physical disabilities throughout the country. Stroke Recovery Canada Warmline: 1-888-540-6666 – a confidential toll-free, non-medical and non-crisis resource that offers respite information and support to people with disabilities, family members, and caregivers.</p>	18 and older	All Year Ontario	416-425-3463 or 1-800-263-3463 <a href="mailto:info@marchofdimes.ca">info@marchofdimes.ca</a> <a href="http://www.marchofdimes.ca">www.marchofdimes.ca</a>
<p><b>PHILIP AZIZ CENTRE</b> PAC is a non-profit hospice providing respite, practical, emotional, spiritual and bereavement care for adults and children living with life-limiting illnesses and support to their loved ones, in the comfort of their own homes. Provides interim, respite and palliative care.</p>	0 - 18	All Year Toronto	416-363-9196 <a href="mailto:info@philipazizcentre.ca">info@philipazizcentre.ca</a> <a href="http://www.philipazizcentre.ca/">http://www.philipazizcentre.ca/</a>
<p><b>PURPLE CARROTS DRAMA STUDIO</b> Drama classes for children and youth with developmental delays or learning difficulties. Siblings welcome to register.</p>	7 and older	Toronto	416-838-7702 <a href="mailto:purplecarrotsdrama@gmail.com">purplecarrotsdrama@gmail.com</a> <a href="http://www.purplecarrotsdrama.com">www.purplecarrotsdrama.com</a>
<p><b>rEcess</b> A monthly respite program provided for children with special-needs. Hosted by churches longing to serve families within their own community. Volunteers provide one-to-one attention for children with special needs. Siblings are also invited to participate in the "sibling track" which provides them with their own activities.</p>	0-18	All Year Toronto	<a href="mailto:recess@kingswaybaptist.ca">recess@kingswaybaptist.ca</a> <a href="http://99balloons.org/recess/">http://99balloons.org/recess/</a>
<p><b>REENA FOUNDATION</b> Provides recreation and leisure activities, life and work skills development and job placement programs for adults and children with developmental disabilities.</p>	All Ages	All Year Toronto	905-889-6484 <a href="mailto:info@reena.org">info@reena.org</a> <a href="http://www.reena.org/">http://www.reena.org/</a>
<p><b>RUNNING WITH THE KIDZ</b> Offers respite to parents and caregivers who care for a child and/or young adult who has a physical and/or developmental disabilities.</p>		All Year Toronto & GTA	416-895-2846 <a href="mailto:marjorie.rwtk@gmail.com">marjorie.rwtk@gmail.com</a> <a href="https://www.runningwiththekidz.com/">https://www.runningwiththekidz.com/</a>

<p><b>SCADDING COURT COMMUNITY CENTRE (SCCC)</b> Offers a variety of recreation/social programs and services in downtown Toronto for seniors, adults, youth and children.</p>	All Ages	All Year Toronto	416-392-0335 <a href="mailto:info@scaddingcourt.org">info@scaddingcourt.org</a> <a href="http://www.scaddingcourt.org">www.scaddingcourt.org</a>
<p><b>ST. BERNADETTE'S FAMILY RESOURCE CENTRE</b> A non-profit, non-denominational, community-based organization that provides programs for children, youth, and adults with developmental and/or physical challenges.</p>	All Ages	All Year Toronto	(416) 654-9810 <a href="mailto:info@stbernadettesfrc.org">info@stbernadettesfrc.org</a> <a href="http://www.stbernadettesfrc.org/">http://www.stbernadettesfrc.org/</a>
<p><b>TANGLED ART + DISABILITY</b> Toronto-based disability arts organization that promotes inclusive and accessible arts programming by professional artists with disabilities. In addition to many art festivals, Tangled Art also holds an annual 'Kids Fest' in the spring.</p>	All ages	Toronto	647-725-5064 <a href="mailto:info@tangledarts.org">info@tangledarts.org</a> <a href="http://tangledarts.org/">http://tangledarts.org/</a>
<p><b>WOODGREEN COMMUNITY SERVICES</b> Helps individuals living with developmental disabilities to access various community-based services, including social and recreational groups and employment training and job opportunities. Also offers support to clients in helping to resolve personal issues, and to build important life skills such as problem solving, budgeting and making friends.</p>	All ages	Toronto	416-645-6000, Ext. 1100 <a href="mailto:info@woodgreen.org">info@woodgreen.org</a> <a href="http://www.woodgreen.org/">http://www.woodgreen.org/</a>
<p><b>YOUNG CARERS</b> The Young Carers Program supports children and youth who have assumed a significant caregiving role for a family member coping with a mental health or addiction issue, a physical or developmental challenge; a chronic or life threatening illness, or language barrier.</p>	5-18	All Year Toronto	416-364-1666, Ext. 231 or 416-859-9319 <a href="http://www.ycptoronto.com">http://www.ycptoronto.com</a>

