

2021 Recreation, Respite & Life skills Fair Exhibitor Profile

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| Name of Organization or Program: | March of Dimes Canada – L.I.F.E Program |
| Catchment Area (geographic location): | GTA/Peel region |
| Age range serviced: e.g. 6-18 yrs.18 and up: | 18-31 |
| Client population (disability specific): | Individuals with various disabilities – we accept on a case by case basis. |
| Family and sibling programming: | N/A |
| Application deadlines: | Anytime |
| Waitlist Information: | If you are accepted into the program during an active session, you will be put on the waitlist until our next session. We offer four 10-month sessions throughout the year. |
| Program /Service costs: | Virtual – free In-person – there is a fee but ODSP covers 60% of the cost. Cost is also based on which (and how many) programming days you register for. |
| Client Ratios: | In-person - 10 or 12 participants:2 instructors Virtual – 20-30 participants:2 or 3 instructors |
| Type of programming or service offered: (e.g. respite, recreation, life-skills, transitions, equipment, other) | Transitional Independence program that focuses on fostering independence through life skill workshops, social opportunities, music therapy, community outings (in-person) and transit training (in-person). |
| Group or individual services provided: | Group |
| Is one-on-one support provided: | No – but we can support them in finding 1:1 support for in-person programming. |
| What changes to your programming have you implemented due to COVID-19? | We have completely transitioned the program into a virtual format using Zoom. We provide life skill workshops using a variety of implementation techniques to maximize participation and interest, music therapy, yoga, laughter yoga, and tai chi are all run via Zoom, we have found ways to participate in the community virtually, paired with Microsoft, TD Money Matters and other organizations that provide virtual workshops, and have found ways to offer social opportunities/activities within Zoom. |
| Do you offer in-person programming: | No – not as right now. |
| Do you offer virtual programming: | Yes |
| Other Important information to share: | Goal setting is a big part of the program where participants set individual or community engagement goals to work towards through each 10-week session. |

Contact for families:
(email, phone)

Sydney (Instructor for program) –
smkovacs@marchofdimes.ca or 4169024626