



# Pathways to the Future... Looking Beyond Secondary School & Community Living

## COMMUNITY SUPPORTS



### **Community Living Ontario**

[www.communitylivingontario.ca](http://www.communitylivingontario.ca)

Toronto: [cltoronto.ca](http://cltoronto.ca)

Oshawa/Clarington: [communitylivingoc.ca](http://communitylivingoc.ca)

Community Living Ontario is a non-profit, provincial association started in 1953, which advocates for people who have an intellectual disability to be fully included in all aspects of community life. Community Living Ontario and the local Community Living associations are also part of the [Canadian Association for Community Living](http://www.cacl.ca).



### **Developmental Services Ontario**

[www.dsontario.ca](http://www.dsontario.ca)

DSO Central Region: [www.yssn.ca](http://www.yssn.ca)

Developmental Services Ontario helps adults with developmental disabilities connect to services and supports in their communities. There are nine agencies across Ontario to serve you. Our organizations are funded by the Ontario Ministry of Community and Social Services.

Wherever you live in Ontario, we can help you or someone you care for to connect with available:

- residential supports
- caregiver respite
- community participation supports (i.e., recreation, volunteering, employment, in-home supports)
- professional and specialized services
- person-directed planning
- other supports to help people with developmental disabilities become more involved in their communities!



MINISTRY OF COMMUNITY AND SOCIAL SERVICES

### **Ontario Disability Support Program**

[www.mcsc.gov.on.ca/en/mcsc/programs/social/odsp/](http://www.mcsc.gov.on.ca/en/mcsc/programs/social/odsp/)

If you have a disability and need help with your living expenses, you may be eligible for the Ontario Disability Support Program (ODSP).

ODSP offers:

- financial assistance to help you and your family with essential living expenses
- benefits, for you and your family, including prescription drugs, dental services and vision care
- help finding and keeping a job, and advancing your career



### **Durham Association for Family Respite Services**

[www.dafrs.com](http://www.dafrs.com)

DAFRS works in partnership with families with a member who has an intellectual disability or a child with a physical disability, providing Family Support (services, resources, and other types of assistance) that enhance the capacity of the whole family to care for one another and to sustain and/or enhance their valued social roles as family members and as members of the community.



### **Resources for Exceptional Children**

[www.rfecydurham.com](http://www.rfecydurham.com)

Resources for Exceptional Children and Youth – Durham Region will:

- Assist the family to enhance their child's participation in the community, and support the family to advocate for services that they require.
- Work in partnership with agencies and organizations to foster an inclusive continuum of services and facilitate the community's capacity to respond to the family's needs.
- Deliver services in accordance with the mandate and the resources available to us.

## **POST-SECONDARY & ADULT EDUCATION**

### **Durham Catholic District School Board – Archbishop Anthony Meagher Catholic Continuing Education Centre: Post-Secondary Pathway Program for Young Adults with Exceptionalities**

[www.con-ed.ca/index.php/pathway-programs?id=406:con-ed-exceptionalities-programs&catid=110:pathways](http://www.con-ed.ca/index.php/pathway-programs?id=406:con-ed-exceptionalities-programs&catid=110:pathways)



These programs are designed for young adults with exceptionalities who have graduated from secondary school, and who wish to pursue their education and training experiences. The goal is to help young adults continue to build the skills they need for assisted living, volunteer placements, or job placements in the community.

#### **Programs Offered:**

- Culinary Skills
- Life Skills Program

### **Durham College: Community Integration Through Cooperative Education (CICE)**

[www.durhamcollege.ca/programs/community-integration-through-cooperative-education](http://www.durhamcollege.ca/programs/community-integration-through-cooperative-education)



Community Integration through Cooperative Education (CICE) gives individuals with intellectual disabilities or significant learning challenges the opportunity to enhance their academic and vocational skills with modified programming through a variety of courses. The program includes a number of core courses common to all CICE students in

topics such as interpersonal communication, job skills, self-advocacy, self-awareness and computer skills. Other courses are drawn from a variety of Durham College programs, and may not come from one specific program area, but a variety of programs related to a vocational field of interest.

## **EMPLOYMENT**



### **Community Living (Oshawa): Employment Services**

[communitylivingoc.ca/services/adults/employment-services](http://communitylivingoc.ca/services/adults/employment-services)

### **Community Living (Toronto): Employment Services**

[cltoronto.ca/supports-and-services/job-placement-services](http://cltoronto.ca/supports-and-services/job-placement-services)



### **Northern Lights Canada (Oshawa)**

[www.northernlightscanada.ca](http://www.northernlightscanada.ca)



### **Ontario Works**

[www.mcsc.gov.on.ca/en/MCSS/programs/social/ow/index.aspx](http://www.mcsc.gov.on.ca/en/MCSS/programs/social/ow/index.aspx)

## **RECREATION/DAY PROGRAMS**



### **Abilities Centre**

[www.abilitiescentre.org](http://www.abilitiescentre.org)

A charitable organization that delivers enriching sports and fitness, arts, research and education, and life skills opportunities for people of all ages and abilities.



### **Christian Horizons**

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

Christian Horizons empowers individuals with exceptional needs, enabling them to embrace their God-given potential and enjoy hope and opportunity in everyday living. We believe everyone has a unique purpose and unique gifts to share and we help exceptional individuals make the most of their abilities. We strive to create a fulfilling and meaningful life for the people we serve and offer a warm environment of friendship and support.



### **Grandview Children's Centre**

[grandviewkids.ca](http://grandviewkids.ca)

Grandview Children's Centre is an independently operated not-for-profit organization. We are the only children's treatment centre in Durham Region providing specialized programs, outpatient clinical treatment, and support to thousands of children and youth with special needs and their families.



### **Nova's Ark**

[www.novasark.ca](http://www.novasark.ca)

Nova's Ark is committed to building acceptance of people of all ages and abilities by providing opportunities for understanding through a wide range of activities and programs involving unique and gentle therapy animals.



### **Participation House - Durham**

[www.phdurham.com](http://www.phdurham.com)

The Participation House Project (Durham Region) is a non-profit organization developing and providing a range of services for youth and adults with physical and developmental disabilities throughout Durham Region. Chartered in 1975, the organization is directed by a volunteer community-based Board of Directors committed to the belief that people with disabilities are entitled to shape their lives and actualize their potential.



### **Special Olympics Ontario: Greater Durham**

[greaterdurham.specialolympicsontario.ca](http://greaterdurham.specialolympicsontario.ca)

Special Olympics Ontario is a volunteer driven organization with some 18,000 athletes and 9,000 volunteers registered across the province. Athletes range in age from 2 - 80 and have the opportunity to train in 18 core sports. The Greater Durham Community of Special Olympics Ontario has more than 300 registered athletes and over 100 volunteers committed to the growth of our athletes. Every facet of our community is dedicated to enriching the lives of people with intellectual disabilities.



### **Windreach Farm**

[www.windreachfarm.org](http://www.windreachfarm.org)

Our unique facility dedicated to enriching the quality of life for people of all ages and abilities is a testament to Sandy's determination to help people live lives to their fullest.

Since 1989, WindReach Farm has been empowering, inspiring, and changing lives. By making inclusion a core value, we remove barriers of any kind.

Located in the Durham Region, this beautiful 105 acres of farm host a variety of educational, therapeutic and recreational services. Through the use of our fully accessible facility, we provide opportunities that can become extraordinary gifts.

## **ADDITIONAL SUPPORT RESOURCES**



### **Autism Ontario**

[www.autismontario.com](http://www.autismontario.com)

Our Vision: Acceptance and opportunities for all individuals with Autism Spectrum Disorders.

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



### **Kerry's Place**

[www.kerrysplace.org](http://www.kerrysplace.org)

Kerry's Place Autism Services has been committed to enhancing the quality of life of persons with Autism Spectrum Disorder (ASD) since 1974 by being leaders in developing and providing evidence-based supports; and by building capacity by sharing our knowledge. We are Canada's largest service provider for children, youth and adults with ASD and serve more than 8,000 people with ASD and their families each year.



### **Learning Disabilities of Ontario**

[www.ldao.ca](http://www.ldao.ca)

### **Learning Disabilities of Durham Region**

[www.ldadr.on.ca](http://www.ldadr.on.ca)

The Learning Disabilities Association of Ontario is a registered charity dedicated to improving the lives of children, youth and adults with learning disabilities. Our mission is to provide leadership in learning disabilities advocacy, research, education and services and to advance the full participation of children, youth and adults with learning disabilities in today's society.



### **Ministry of Training, Colleges and Universities: Students with Disabilities**

[www.tcu.gov.on.ca/eng/postsecondary/careerplanning/disabilities.html#display](http://www.tcu.gov.on.ca/eng/postsecondary/careerplanning/disabilities.html#display)

If you have a disability – including a learning disability, mental illness and/or chronic illness – the transition to postsecondary education can pose unique challenges. There are resources that can prepare you for success in, college, university or training.



### **National Education Association of Disabled Students (NEADS)**

The Association effectively delivers a number of core programs. Our primary activities include: maintaining a comprehensive, unique Web site [www.neads.ca](http://www.neads.ca) and financial aid portal [www.disabilityawards.ca](http://www.disabilityawards.ca); developing skill training resources relevant to students with disabilities in post-secondary education and employment; conducting relevant research on access to post-secondary education and employment opportunities; and, holding regular regional events across Canada to provide resources and skill development to students with disabilities. The website houses numerous online resources and publications that are unique to NEADS and were developed by the organization.



### **Transition Resource Guide – Resource Guide for Students with Disabilities: Transition to Post-Secondary**

[www.transitionresourceguide.ca](http://www.transitionresourceguide.ca)

This guide has been created by the Regional Assessment and Resource Centre (RARC). RARC provides accurate and comprehensive assessments and follow-up services to post-secondary students with Learning Disabilities, ADHD, and ASD. This guide is a way for students with disabilities to arm themselves with knowledge they need to access resources at college and university and to make a successful transition from secondary to post-secondary school.