

Community Participation and Caregiver Respite Resources

Region: Waterloo

The information below includes information on services and programs maintained by other public and privately owned organizations. CWRPA/CWSDS and its host agencies do not control the information provided by these organizations, nor does it endorse these organizations. This list is solely for the use of information sharing and should be used at your own discretion. The information in this list will be updated regularly. To receive an updated version of this document, contact a.may@dscwr.com. If you represent an agency, and would like your information to be considered for inclusion, please send information to a.may@dscwr.com.

ORGANIZATION	DESCRIPTION OF SERVICES	CONTACT INFORMATION
Adults in Motion <input checked="" type="checkbox"/> Community Participation <input type="checkbox"/> Respite	Day program for adults with a developmental disability. Program promotes friendships, community connections and wellbeing.	www.adultsinmotion.org 519-577-3723 or 519-502-9170 Located in Kitchener, serves Waterloo Region.
Aldaview Services <input checked="" type="checkbox"/> Community Participation <input checked="" type="checkbox"/> Respite	Part time day program for adults looking to spend some time out in community. Coming soon: Wednesday evening drop in. Transfer Payment Agency.	www.tcmhomes.com/Aldaview/aldaview.html 519-662-5174 Program locations in New Hamburg.
Bartimaeus <input checked="" type="checkbox"/> Community Participation <input checked="" type="checkbox"/> Respite	1 on 1 support provided in home, program, hospital or community. Staff can work with individuals with challenging behaviours, including aggressive, violent, or withdrawn behaviour, severe mood swings, social relationships, educational and vocational supports.	www.bartimaeus.com 226-820-0531 Support provided in Waterloo region and beyond.
Bob Rumball Association for the Deaf <input checked="" type="checkbox"/> Community Participation <input checked="" type="checkbox"/> Respite	Day program, job training and Sensory Exploration Arts programs are available. Programming focuses on teaching life skills, social interaction and independence. Transfer Payment Agency.	www.bobrumball.org 905-875-4932 Located in Milton, serves Central West Region.
Carousel Dance Centre <input checked="" type="checkbox"/> Community Participation <input type="checkbox"/> Respite	Half day arts program on Tuesday afternoons for young adults. The program includes dance, drama arts and music. Students work towards an end of term performance. Can bring own support worker if individual requires increased support.	www.carouseldancecentre.ca 519-746-8877 Located in Waterloo.
Central West Specialized Developmental Services <input type="checkbox"/> Community Participation <input checked="" type="checkbox"/> Respite	Overnight respite available on weekends, weekdays or for full week (up to maximum of 10 days per month). Indoor and outdoor activities available both on and off site within the community.	www.cwsds.ca 905-844-7864 ext. 316 Respite program located in Oakville.
Christian Horizons <input checked="" type="checkbox"/> Community Participation <input checked="" type="checkbox"/> Respite	Community participation supports, evening and weekend opportunities, employment training, classroom-based education, person-directed planning and out of home respite. Transfer Payment Agency.	www.christian-horizons.org 519-650-3241 Locations throughout Kitchener and Waterloo, serving waterloo Region.

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<p>Community Living Cambridge</p> <p><input checked="" type="checkbox"/> Community Participation <input checked="" type="checkbox"/> Respite</p>	<p>Day program, employment and volunteer supports, seniors program, one on one support workers, special interest classes, skill building programs, Person Directed Planning and Supported Independent Living. In and out of home respite is available for evenings, weekends and longer term stays.</p> <p>Transfer Payment Agency.</p>	<p>www.communitylivingcambridge.ca</p> <p>519-623-7490</p> <p>Located in Cambridge – serves Waterloo Region.</p>
<p>Elmira District Community Living</p> <p><input checked="" type="checkbox"/> Community Participation <input checked="" type="checkbox"/> Respite</p>	<p>A variety of day supports are available including supported employment opportunities, life skills building and community involvement. Weekend respite is available.</p> <p>Transfer Payment Agency.</p>	<p>www.elmiradcl.com</p> <p>519-669-3205</p> <p>Located in Elmira.</p>
<p>Extend-A-Family</p> <p><input checked="" type="checkbox"/> Community Participation <input checked="" type="checkbox"/> Respite</p>	<p>One on one support workers available for in or out of home respite. Working Adults Learning Empowering Skills (WALES) Group offers person directed day supports for those interested in community involvement, volunteering, employment and a variety of other life goals.</p> <p>Transfer Payment Agency.</p>	<p>www.eafwr.on.ca</p> <p>519-741-0190</p> <p>Located in Kitchener, serves Waterloo Region.</p>
<p>Facile</p> <p><input checked="" type="checkbox"/> Community Participation <input type="checkbox"/> Respite</p>	<p>One on one independent facilitators support person-directed planning, relationship development, social inclusion and community participation and contribution.</p>	<p>www.facilewaterlooregion.ca</p> <p>519-501-8714</p> <p>Located in Kitchener, serves Waterloo Region.</p>
<p>Heartfit Respite</p> <p><input checked="" type="checkbox"/> Community Participation <input checked="" type="checkbox"/> Respite</p>	<p>Respite stays for teens and adults with developmental disabilities on a working hobby farm. Farm activities, cooking and baking, woodworking, theatre, water front activities, gardening, community outings, friendship building.</p>	<p>www.heartfitrespite.com</p> <p>613-968-2428</p> <p>Program located in Belleville with pick-up offered in Toronto.</p>
<p>KW Habilitation</p> <p><input checked="" type="checkbox"/> Community Participation <input checked="" type="checkbox"/> Respite</p>	<p>Various day support options available including: special interest classes, community participation, life skill development, community volunteerism and employment supports etc. Respite available.</p> <p>Transfer Payment Agency.</p>	<p>www.kwhab.ca</p> <p>519-744-6307</p> <p>Locations in Kitchener and Waterloo, serves Waterloo Region.</p>

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<p>Parents for Community Living</p> <p><input checked="" type="checkbox"/> Community Participation <input checked="" type="checkbox"/> Respite</p>	<p>Day program available which offers community participation opportunities, life skill and social relationship building. Out of home respite is available.</p> <p>Transfer Payment Agency.</p>	<p>www.pclkw.org</p> <p>519-742-5849 Located in Kitchener, serves Waterloo Region.</p>
<p>Recreational Respite</p> <p><input checked="" type="checkbox"/> Community Participation <input type="checkbox"/> Respite</p>	<p>One on one and group programs are available. Individualized exercise programs focus on quality of life, mental health, emotional and physical wellness. Staff identifies the abilities, strengths, needs and interests of individuals. Willing to work with support worker. Provide short and long term intervention.</p>	<p>www.recrespite.com</p> <p>905-813-0336 or 1-877-855-7070</p> <p>Serves Waterloo Region.</p>
<p>RespiteServices.com</p> <p><input checked="" type="checkbox"/> Community Participation <input checked="" type="checkbox"/> Respite</p>	<p>A provincial online resource for information on respite services. Families have the opportunity to create a profile and have access to a database with a number of private respite workers for hire.</p>	<p>www.respiteservices.com</p> <p>Serves Waterloo Region.</p>
<p>Special Olympics Ontario</p> <p><input checked="" type="checkbox"/> Community Participation <input type="checkbox"/> Respite</p>	<p>Sports training and competition for individuals with an intellectual disability. Many athletic opportunities available including bocce, gymnastics, bowling, swimming, skiing and more.</p>	<p>http://kw.specialolympicsontario.ca</p> <p>519-578-3113</p> <p>Serves Waterloo Region.</p>
<p>Sunbeam Residential Development Centre</p> <p><input checked="" type="checkbox"/> Community Participation <input checked="" type="checkbox"/> Respite</p>	<p>Day program available and can support individuals with high medical needs, sensory needs, communication devices, technology and behaviour concerns. Special interest groups available. Therapeutic pool available on site. Out of home respite is available.</p> <p>Transfer Payment Agency.</p>	<p>www.sunbeamcentre.com</p> <p>519-893-6200</p> <p>Located in Kitchener, serves Waterloo Region.</p>
<p>Sunrise Therapeutic Riding and Learning Centre</p> <p><input checked="" type="checkbox"/> Community Participation <input type="checkbox"/> Respite</p>	<p>Day program with life and work skills training in a farm environment. Activities built around horse care and farm maintenance. Future plans for short term respite care program.</p>	<p>www.sunrise-therapeutic.ca</p> <p>519-837-1233</p> <p>Located in Puslinch.</p>
<p>Waterloo Region Family Network</p> <p><input checked="" type="checkbox"/> Community Participation <input type="checkbox"/> Respite</p>	<p>Peer mentoring and social club opportunities. Parent mentor group is also available.</p>	<p>www.wrfn.info</p> <p>519-886-9150</p> <p>Located in Kitchener, serves Waterloo Region.</p>

Many agencies are open to discussing and planning with individuals and families looking to create a personalized support plan. Contact any agency above to discuss your interests and support needs.