

PLANNING FOR SUCCESS PREPARING NOW FOR THE FUTURE

Recreation & Leisure Resources in Windsor-Essex

ABODE RESPITE SERVICES INC.

Heather McCann-Smith

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519-961-9092

Abode Respite Services Inc. is a non-profit organization that is dedicated to providing out-of-home group respite services and inclusive community programming opportunities to adults of all abilities.

Abode Respite Services Inc. operates Monday to Friday, 9:00AM to 5:00PM.

Group Respite members participate in monthly programming and community involvement for a group respite rate, at the Abode Respite house in Essex.

Direct Respite supports are also offered at a 1:1 ratio. There is a waiting list for this service, price determined after assessment.

For more information please contact.

ASSISTED LIVING SOUTHWESTERN ONTARIO (ALSO), CHRYSALIS DAY CLUB

Sheri Byers

519-969-8188 ext. 343

The Chrysalis Day Club is a member driven club based on meaningful work and the development of meaningful relationships.

The club is open Monday to Friday, 8:00AM to 4:00PM.

- Members choose between working in the maintenance, kitchen or clerical units
- Projects are based on skill, imagination and the talents of the participants
- Must be 18 years or older, and must have a diagnosis of an Acquired Brain Injury (ABI)

For more information, please contact.

ASSISTED LIVING SOUTHWESTERN ONTARIO (ALSO), PARTICIPATION INDUSTRIES

Sheri Byers

519-969-8188 ext.343

Participation Industries is a Day Program for adults with physical disabilities. Emphasis is placed on enhancing physical, social, academic and working skills. Service plans are developed and implemented to optimize and challenge each individual.

Consumers work on a variety of projects that include light assembly, inspection, rework, collating, packaging, product design, manufacturing and marketing. Training and work experience is available in the areas of cash handling, stocking, inventory, food preparation, computers, literacy and janitorial/maintenance.

For more information, please contact.

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FREEDOM RESPITE PROGRAM

Lisa Mitiver

info@freedomrespite.com

226-758-6460

Freedom Respite Program offers day support from Monday to Friday to help alleviate the pressures families face when balancing work life and family life. Our aim is to provide meaningful supports and services to families in the Windsor/Essex County area.

Freedom Respite Program uses the person-centered approach where participants can work on various life skills throughout the week. We will also ensure that each person can set their own goals for their day support. Our team will help each participant work on achieving their goals.

Some of the activities we do are:

- Art Therapy
- Yoga and Exercise
- Cooking Class
- Spa Day
- Music Therapy
- Bowling
- Life Skill Program
- Movie Day

HARMONY IN ACTION

Elizabeth Esposito

executivedirector@harmonyinaction.com

519-252-1207

Harmony In Action is a non-profit, incorporated, registered charity that:

- Provides a Day Program, Monday to Friday
- Offers weekly and monthly recreational and social activities
- Offers a recreational extended hours program, Monday to Friday from 3:00PM to 6:00PM
- Strives to meet the needs of individuals with physical and/or developmental disabilities
- Believes that individuals with physical and/or developmental disabilities have as much right as others to meaningful experiences that develop their self-worth, the talents they possess and their sense of social acceptance

Harmony In Action's staff and volunteers work with all individuals who come to Harmony programs to maintain and/or increase skills, and to encourage personal development. They focus on developing activities that generate a feeling of accomplishment, self-worth and acceptance-qualities that contribute to a satisfying, well-rounded and well-lived life.

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INCLUSION ACADEMY, THE

Mail.inclusionacademy@gmail.com

519-560-7102

Located in Amherst burg, The Inclusion Academy aims to build community-based connections with adults living with developmental disabilities. We offer life skills workshops, group recreational outings, respite relief and much more.

The Inclusion Academy supports individuals within the Essex County Region.

Offering a ladies group in Essex, The Inclusion Academy utilizes local amenities such as the library, community center or the public pool to truly be a community-based service provider.

For more information, please contact.

LESLIE'S SUPPORT SOLUTIONS RESPITE CENTRE

Jaclyn Lucier

jaclyn@lsswindsor.com

226-246-0082

A day program offering flexible hours, 7 days a week. Annual membership to access our center's daily activities from open to close!

Daily Activities: games room, craft room, sensory room, coffee lounge and more. Classes available, field trips, movie nights and karaoke nights.

For more information, please contact.

REACH FOR THE SKYE

1169 Tecumseh Road
East
Windsor, ON N8W 1B5

reachoffice@kelcom.net

519-946-0263

Reach for the Skye is a Day Program for developmentally/physically challenged youth and adults, as well as students who are aged 13 to 20 during P.A. days, March Break and Sumer Holidays.

Staff and volunteers encourage independence by asking for the individuals supported to assist with all daily tasks that are required at Reach for the Skye. They help with sweeping floors, wiping tables down, doing dishes and preparing food.

It is a priority at Reach for the Skye that everyone is treated with respect and respect each other.

Reach for the Skye encourages participation in their activities, either in a group or one-on-one setting. Their life skill programs encourage personal growth and development. Integration into the community is important to those at Reach for the Skye.

For more information, please contact.

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REFUEL RESPITE INC.

4-169 Talbot Street S
Essex, ON

refuelrespite@gmail.com

1-877-821-1495

Refuel Respite Inc. is a new Community Private Organization based out of Windsor/Essex area.

Our amazing team supports families by caring and supporting children and adults who have disabilities. Our compassionate team specializes in complex special needs, severe mental health illnesses, intellectual disabilities and Autism. Our team provides long term in and out of home care by carefully selected experienced and qualified individuals.

Please contact for more information.

WINCITY CARE INC.

wincitycare@gmail.com

519-915-1855

WinCity Care Inc is a Day Program and Respite Centre for individuals with intellectual and developmental disabilities. WinCity Care Inc. specializes in autism spectrum disorder. The activities provided within our programs are designed to expand and enhance client's skills.

We recognize that each individual is unique and may require an individual plan to help meet their skills and needs. Contact us to formalize a plan that helps meet those needs.

Contact for more information.

WINDSOR-ESSEX FUN TIME DAY PROGRAM

3735 King Street
Windsor, ON N9C 1P7

funtimesdayprogram@hotmail.com

519-259-9034

The Fun Time Day Program strives on creating an inclusive atmosphere embracing individuals' differences. They offer resource facility for our consumers to come play sports, engage in creative activities, enjoy meals and make friends along the way. Fun Time Day Program's venue is able to provide both indoor and outdoor recreational sports, a computer lab, a movie theatre, social lounging areas and a relaxing multi-sensory media room.

Through their flexible schedule, they offer both breakfast and lunch to their consumers each day amongst the various activities planned.

Fun Time Day Program's goal is for their clients to engage in social interaction, thus furthering social development skills, while enjoying themselves in a safe and inviting environment.

For more information, please contact.