

Appendix A: A Few Examples of Resources that May Be Helpful

Below is a selected listing of resources and/or activity ideas organized in two sections: A. Recreational Resources, and B. Financial Resources. Note that these are only a few of many resources and ideas. For more resources, search under AIDE Canada's "Locate" tab.

A. RECREATIONAL RESOURCES

The following list offers a range of activities and programs with little to no cost in respective provinces/territories. Please contact these resources directly for more detail and up-to-date information.

National (Canada-Wide)

- Ability Online (<https://abilityonline.org/>)
 - o Social network/platform for kids with disabilities or illnesses to connect with one another
- Access 2 Card (Venues vary by province) (<https://access2card.ca/>)
 - o Discounted or free admission to facilities, programs, activities, or events for individuals with impairments or disabilities' and their accommodating supports (e.g., movie theatres, art galleries, museums, amusement parks, zoos, recreation centres, science centres, etc.)
- Beaches and Swimming
- Board Game cafes/groups/clubs
- Bowling, Mini Golf, Arcades
- Boys and Girls Clubs where available
 - o Drop-in programs
 - o Evening programs
 - o Summer camps
- CADS (Canadian Adaptive Snowsports)(<https://cads.ski/>)
 - o Inclusive snow sport options
- Challenger Baseball Programs (<https://challengerbaseballcanada.ca/>)
 - o Baseball league for individuals with disabilities (fees may vary)
- Colleges and Universities may have free events and programs that they offer
 - o Possibly free online courses or tutorials too
- Corn Mazes
- Easter Seals (https://easterseals.ca/english/?gclid=Cj0KCQiA0-6ABhDMARIsAFVdQv_PXzo6yUAgiJIHR7il3zPjHmx37ZdjFkCV0-2yfhFzQuxUBPkZDVcaAi_HEALw_wcB)
 - o Offers many programs and services
- Escape Rooms (Can be costly, keep an eye out for coupons or deals)
- Farmers and Craft Markets
- Festivals (reach out and ask if they have a day for special needs and if parents/caregivers can get a discount or free admission to provide support)
- Geocaching (<https://www.geocaching.com/play>)
 - o (Physical Activity included with this, good way to get active)
- Hiking trails/paths
- Historic sites
- Jump Start – Canadian Tire (Sports and Recreation charity) (<https://jumpstart.canadiantire.ca/>)
- Local community events that you and your child would enjoy (bingo, open-mic nights, barbeque, scavenger hunts, shopping mall events)
 - o Especially around special occasions like the holidays (Canada Day)
- March of Dimes Canada (<https://www.marchofdimes.ca/en-ca>)
 - o (Many services for persons with disabilities, virtual options as well)
- Open houses at places like police stations or fire departments, letting them talk and interact with the child/teens/adults
- Parks Canada, Provincial Parks, Federal Parks

- Talking to officials; see what is available and accessible
- Parks, green spaces, basketball courts, outdoor rinks, skateboard parks, playgrounds, swimming pools, tennis courts, beaches, outdoor garden plots
- Pottery workshops/classes/drop-in
- Public Libraries (check for groups and events as well, as these may be low to no cost)
- Public Skating/outdoor skating rinks
- Recreation centres (YMCA)
- Science centers
- Second-hand bookstores, department stores, clothing stores (you never know what you will find)
- Sensory Friendly Shopping Options
- Special Olympics Canada
 - Inclusive sport programs for individuals with intellectual disabilities
 - <https://www.specialolympics.ca/programs-games/special-olympics-programs>
- Trivia Nights
- Volunteering opportunities in the community
- Virtual Tours (things like museums, different cities)
 - List of the 75 Best Virtual Museum tours around the world
 - (<https://upgradedpoints.com/best-virtual-museum-tours/>)

Alberta

- Artistic Expressions Calgary (https://www.facebook.com/artisticexpressionsYYC/?ref=py_c)
 - Creative art programs for individuals with physical and/or mental disabilities
- Autism Alberta (<https://autismalberta.ca/>)
 - Advocacy, information, support, and resources
- Autism Asperger's Friendship Society of Calgary (<https://www.aafscalgary.com/>)
 - Social and recreation program specific to ASD and Asperger's
 - Fees can be covered by FSCD or PDD. But there are additional small fees such as admission to movies, or lunch costs
 - Potentially can be used with Access 2 card (see above), to lower fees. Subsidy is possible if needed as well
 - Facebook page with videos to keep occupied at home during the COVID-19 pandemic
- Autism Calgary (<https://autismcalgary.com/>)
 - Advocacy, information, support, and resources
- Autism Edmonton (<https://www.autismedmonton.org/>)
 - Advocacy, information, and resources
 - Inclusive drop-in programs and club spaces at a variety of locations across the city
- Centre for Autism Services Alberta (<https://centreforautism.ab.ca/>)
 - Offers a wide range of programs, services, and supports
 - Sports, leisure, social and skills programs; and pre-employment programs
 - Open to suggestions for new ideas
 - Summer camps with reduced fees (\$50) with FSCD funding. Centre bursaries also available for eligible individuals
 - Peers for Teens learning program & peers social skills for young adults – flexibility with cost, may be covered by health insurance, payment plan option, bursaries available, and potential cost covered by FSCD
- Cerebral Palsy Association in Alberta (<https://www.cpalberta.com/>)
 - Access to Social Workers that could assist in accessing the forms and services one needs as well as offering navigation and support
 - Various programs (e.g., fitness, yoga, music wellness, art, adult meetup groups, parent support)
- Children's Autism Services of Edmonton (<https://childrensautism.ca/>)
 - Offers a wide range of programs, services and supports
 - Sports, leisure, social and skills programs
 - Summer camps
 - Project EPIC nurturing participation in community

- Oliver Primary Care Network (<https://www.eopcn.ca/services/transitions-care-support-adults-autism/>)
 - o Help in navigating adults' access to professionals
- The Nina (Edmonton based art center & collective made up entirely of artists with developmental disabilities) (thenina.ca)
 - o Has different exhibits that are offered throughout the months
 - o Free weekly community art nights (adults only)
 - o Free weekly family art nights (all ages)
 - o Joining the collective gives members access to the studio and provides supplies, studio space, mentorship, and spaces to exhibit and potentially sell their art
 - Annual fee \$175 to \$350 dependent on how many days of the week (minimum 1) attending the studio
 - Flexible hours and drop-in

British Columbia

- Autism BC (<https://www.autismbc.ca/>)
 - o Free membership
 - o Referrals to services
 - o Social clubs, events, programs
 - o Discounts on workshops and training
 - o Summer Camps
- BC Adaptive Snowsports (<https://bcadaptive.com/>)
 - o Adaptive snowsport lessons and programs across BC
- C.A.N. (Creating Accessible Neighbourhoods) (https://www.canbc.org/adaptive_sports.htm)
 - o Adaptive Sports & Recreation List BC Wide
- Canucks Autism Network (<https://www.canucksautism.ca/programs/>)
 - o Offers programs across a wide age range to individuals who have autism
- Free Camping from BC Government (<http://bcparks.ca/fees/disability.html>)
- Handy Card (Discounted fare for transit Greater Vancouver Area) (<https://www.translink.ca/rider-guide/transit-accessibility/accessing-public-transit>)
- Reduced Fishing License Costs (BC Government)
 - o https://www2.gov.bc.ca/gov/content/sports-culture/recreation/fishing-hunting/fishing/recreational-freshwater-fishing-licence#Disabled_Fishing_Licence

Manitoba

- Autism Winnipeg PACE Facebook Group (Parents of Autistic Children Everywhere)
 - o (<https://www.facebook.com/groups/autismwinnipegpace/>)
 - o Organizes activities for families with children who have autism and a yearly autism walk
 - o Activities could serve as ideas for future things to do with one's child
- Friendng (Winnipeg): Social Skills Practice for kids & parent support Facebook Group
 - o (<https://www.facebook.com/groups/1563169427334050/>)
 - o Setting up meetups for kids who struggle with social skills and or bullying
 - o Opportunity to create friendships
- Inclusion Winnipeg
 - o (<https://inclusionwinnipeg.org/>)
 - o Has a variety of workshops and programs, ways for individuals with disabilities to get involved
 - o Art among friends inclusive classes
- leisureONLINE
 - o (<http://www.leisureonline.ca/>)
 - o Has a category for programs that take place at leisure centers for persons with disability
- Sky Zone Trampoline Park Sensory Nights (<https://www.skyzone.com/programs/sensory-hours>)
 - o Third Monday evening of every month for those with sensory impairments

New Brunswick

- Autism Connections Fredericton (<https://autismconnectionsfredericton.com/>)
 - o Free membership

- Community center resource for individuals with autism
- Offers programs and connections to other resources and services that are nearby
- Camp Marvel \$140 early bird for 4 days
- Option to rent the center
- Community autism center Facebook page (<https://www.facebook.com/pages/Community-Autism-Center/165186307563175>)
 - Plans events, activities, and connection to other resources for individuals with autism and parents
- The PlayHouse Fredericton (<https://www.theplayhouse.ca/>)
 - Arts are for everyone – performing arts show
 - A number of free tickets are provided to individuals with autism

Newfoundland and Labrador

- Autism Society Newfoundland & Labrador (<https://www.autism.nf.net/>)
 - Offers programs for young adults who are transitioning into adulthood and is related to finding employment
- Easter Seals NL (<http://www.eastersealsnl.ca/>)
 - Organization working with individuals with disabilities
 - Offers many programs (sports, music, art, employment, summer camps)
 - Fees vary depending on program, most several weeks long for the cost
- Eastern Edge Gallery (<https://easternedge.ca/>)
 - Artist run gallery in St. John's
 - Hosts a variety of different art forms
 - Admission to most exhibitions is free
- Lantern Festival (free all ages event, plus cost of materials \$2 to \$5)
- Lester's Farm (<http://www.lestersfarmmarket.com/>)
- Recreational NL Inclusive sports list (<http://www.recreationnl.com/programs-events/inclusion-services/parasport/>)
- Summer Concerts at Harbourside Park (<http://www.stjohns.ca/living-st-johns/arts-and-culture/music-concert-series>)
- Terranova national park

Northwest Territories

- City of Yellowknife (<https://www.yellowknife.ca/en/getting-active/programs.asp>)
 - Has guides to lots of facilities, programs, and events in the city
- Field House (drop-in recreation activities) (https://www.yellowknife.ca/en/getting-active/drop-in-programs.asp?_mid_=20664) (drop-in fee)
- Multiplex (skating rink and walking/running track) (drop-in fee) (<https://www.yellowknife.ca/en/getting-active/multiplex.asp>)
- National Monuments and historic sites
- NWT Disabilities Council (<https://www.nwtcdc.net/>)
 - Offers a summer camp (experience summer) for children 4 to 12 who have a disability
 - First come first serve inclusive gardening plots
 - Council is also a great starting place for other resources and assistance with applying for government programs, possibly social workers available
- Prince of Wales Northern Heritage Centre (<https://www.pwnhc.ca/>)
 - Admission by donation
 - Offers changing exhibits about the land and history
- Somba K'e Civic Plaza (<https://www.yellowknife.ca/en/getting-active/somba-ke-civic-plaza.asp>)
 - Puts on many public events throughout the year
 - Has washrooms and large grass areas
 - Picnic tables

Nova Scotia

- Art Galleries (free admission)
 - o The Dalhousie University Art Gallery (<http://artgallery.dal.ca/>)
 - o The Anna Leonowens Gallery (Nova Scotia College of Art and Design) (<http://theanna.nscad.ca/>)
 - o The Saint Mary's University Art Gallery (<http://www.smu.ca/campus-life/art-gallery.html>)
 - o Mount St. University Art Gallery (<https://www.msvuart.ca/>)
- Autism Nova Scotia (autismnovascotia.ca)
 - o Excellent community-based organization with a list of inclusive programs and services on their website (fees vary depending on program)
 - o Has summer camp information available
 - o Employment programs
 - o Monthly social night for adults with autism & other programs available for youth social programs
 - o Dungeons and Dragons groups
 - o Video project club
- Community Playboxes (<https://valleyconnect.cioc.ca/record/TOK0155>)
 - o Sporting and recreation equipment boxes in public areas for use
- Emera Oval (<https://www.halifax.ca/recreation/facilities-fields/emera-oval>)
 - o Year-round skating (inline skating and ice skating)
 - o Equipment available for rent as well
- Halifax Regional Municipality
 - o <https://www.halifax.ca/sites/default/files/documents/recreation/programs-activities/inclusivityPlayBook2017.pdf> - Really great list of resources for recreation options and facilities in Nova Scotia
- Heritage museums
- The Larry O'Connell Art Hive (Larry O'Connell Building, 6691 Fourth St, Halifax, NS)
 - o Free open art studio for all ages
 - o Also has projects and crafts led by instructors
 - o Open to all ages but requires supervision for 15 and under
 - o Fridays and Saturdays

Nunavut

- Alianait Arts Festival (<https://alianait.ca/about-us>)
 - o Music, theatre, film, storytelling, circus, dance and visual artists from the Nunavut area
- Ice Fishing, Dog Sledding, Cross Country skiing, canoeing
- Inuvik Sunrise Festival (<https://www.inuvik.ca/en/getting-active/Inuvik-Sunrise-Festival.asp>)
 - o Local food, dancing, music and winter events
- Nunavut Arts & Crafts Festival (<https://www.nacaarts.org/>)
- Nunatta Sunakkutaangit Museum (<https://www.nunattasunakkutaangit.ca/home>)
 - o Local culture and art from Nunavut
- Toonik Tyme Festival (<http://www.tooniktyme.ca/>)
 - o Annual celebration of Inuit traditions, throat singing and dancing
 - o The festival includes snowmobile races, igloo building, dog team races, scavenger hunts, craft fairs and tutorials, and food banquets

Ontario

- Adapted Programs and Inclusive Services (City of Toronto – Membership Needed)
 - o Offers many different programs across the age span
 - o Has a hotline for membership set up and program information
 - o (https://www.toronto.ca/data/parks/pdf/funguide/to/TEY_Adapted.pdf)
- Art Gallery of Ontario (Free admission for those under 25) (<https://ago.ca/>)
- Autism Ontario Created a List of Resources for support During COVID-19
 - o <https://www.autismontario.com/list-resources-help-us-through-covid-19>
 - o Autism Ontario also has a wide event listing for all kinds of events
- Parliament Hill Tours (<https://rts.parl.ca/>)

- Rideau Canal Skating (<https://ncc-ccn.gc.ca/places/rideau-canal-skateway>)
- Track 3 Skiing and Snowboarding Program (<https://www.track3.org/>)
 - o Offered at different locations in Ontario
 - o Volunteer Based Charity but should confirm if there are additional costs to participate in the program

Prince Edward Island

- Aqua-Abilities (<http://parasportpei.ca/sports/swimming/>)
 - o Program for individuals aged 5-17 with physical or cognitive disabilities
 - o 45 Minute Class. For 8 weeks the cost of the program is \$30
- Autism Society of Prince Edward Island
 - o (<https://autismsociety.pe.ca/about-us/>)
 - o Membership (\$30/family annual fee)
 - o Discounts on Autism Society workshops, training and events
 - o Access to their library which has sensory toys/games, books and more resources
 - o Subsidy funding for training and workshops
 - o Free swimming opportunities and events
 - o Hosts family events
- Brackley Drive-In Theatre (<https://drivein.ca/>)
 - o May to September
 - o (free to \$11 per person depending on age)
- House of Anne Green Gables (<https://www.tourismpei.com/anne-of-green-gables>)
 - o Setting of the novel "Anne of Green Gables"
 - o \$4-8 admission
- Kingswood Training Centre (<https://inclusionseast.com/kingswood-centre/about/>)
 - o Provide training and support to individuals with intellectual disability
 - o Has programs to support in skill development
 - o Bakery and catering program providing skills for future employment opportunities for individuals
 - o Woodworking opportunities for the development of future skills that can be used for employment
- Peake's Wharf Historic Waterfront Concert Series (<https://www.discovercharlottetown.com/events/waterfront-music-series/>)
 - o Free summer concerts
- PEI Regiment Museum (<https://www.discovercharlottetown.com/listings/pei-regiment-museum/>)
- Queens County Residential Services (<http://www.qcrs.ca/>)
 - o Non-profit in Charlottetown that offers services to individuals with intellectual disabilities
 - o Offers programs, services and resources for members
 - o Community support Programs
 - Variety of day programs (including advanced learning certificate programs, social inclusion, self-sustainability, appreciation of art, music, reading, recreation, sports)
 - Community opportunities such as concerts, theatre, museums, galleries, day trips, libraries, etc.
- Victoria Park
 - o Has tennis courts, ball parks, swimming pools, a boardwalk, playground, picnic tables, grass areas, etc.
- Visiting provincial parks and lighthouses

Quebec

- Autism Quebec (<http://autismequebec.org/>)
 - o Offers programs, workshops, and camps
 - o Membership covers cost of workshops but also has drop-in available
- Carnaval de Quebec (Winter) (<https://carnaval.qc.ca/en>)

- Has some free events
- Companion Leisure Card (CAL) (<https://www.carteloisir.ca/en/>)
 - Free admission to those accompanying a person with a disability
 - Many locations the CAL can be used at across Quebec
 - Card is free
- Planes of Abraham & Museum (\$4 to \$12 admission) (<http://www.ccbn-nbc.gc.ca/en/plains-abraham-museum/information/schedule-and-rates/>)
- RÉSO/Underground City (<https://www.mtl.org/en/experience/guide-underground-city-shopping>)
 - Free
- The Levis Ferry (<https://www.traversiers.com/en/our-ferries/quebec-city-levis-ferry/home/>)
 - Ferry rides that cross St. Lawrence River from Old Quebec to Levis, QC
 - \$2.40 to \$3.55
- Walking tours based on history, museums, parliament
 - Montreal Holocaust Museum (<https://museeholocauste.ca/en/engeneral-informations/>)
 - \$5 to \$8 admission fee

Saskatchewan

- Autism Resource Center (<https://autismresourcecentre.com/>)
 - Offers programs for young adults (independent living, cooking program, social skills program, drop-in program, active living, improv)
 - Membership Needed
 - Resource library with books, magazines, DVD's on autism related topics
 - Summer programs and Camps
 - Canada Wide Membership \$30/yr
- Kids of Note (<https://kidsofnote.com/>)
 - Choir group of both those with and without disabilities or impairments
- Royal Saskatchewan Museum (<https://www.royalsaskmuseum.ca/>)
- Short breaks (<https://www.regina.ca/parks-recreation-culture/classes-programs/inclusive-programs/>)
 - Afternoon program aimed at facilitating community building among older adults with intellectual disabilities
- What's Your Style (<https://www.regina.ca/parks-recreation-culture/classes-programs/inclusive-programs/>)
 - Inclusive movement and dance classes across younger age groups

Yukon

- Autism Yukon (<https://www.autismyukon.org/>)
 - \$10 annual membership fee
 - access to resource libraries including software, DVD's, and videos
 - Access to computer stations
 - Hosts workshops and programs
- Canada Games Centre Whitehorse Recreation Center (<https://www.whitehorse.ca/departments/canada-games-centre/cgc-schedules-840/-toggle-today>)
- Gold Panning
- LDAY Centre for Learning (<https://ldayukon.com/>)
 - Provides education, programs, and services to individuals with learning disabilities