BRIDGING GAPS:
Accessing Special Needs Education Supports in the Community
ACKNOWLEDGEMENT

This resource guide was created by the Malvern Action for Neighbourhood Change Parent Engagement Committee, a community group made up of parents, caregivers, residents and community members who are passionate about building the capacity of parents and families to ensure children and youth can succeed in the education system.

Through the creation of this resource, the Committee hopes to help parents navigate special education supports and resources to ensure children with differing education needs, including physical disabilities, mental health issues and learning disabilities are able to receive the accommodations and supports they need to meet their full academic potential.

The committee would like to thank the Toronto District School Board’s Parent and Community Engagement Team for their generous support on this project. We would also like to thank Jercy David for her support in designing this resource.

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FOREWORD

The Bridging Gaps: Accessing Special Needs Education Supports in the Community is a resource guide, developed by parents, for parents, to help navigate the variety of programs, resources, supports and processes in the Malvern neighbourhood and surrounding community for children and youth with special education needs.

This resource was developed out of the frustrations and challenges local parents experienced navigating the education system and supports here in Malvern. All content was collected through the engagement of local education stakeholders, including community organizations serving children and youth, community residents and groups, parents and families, and education professionals. As a result, it is not a comprehensive guide of all services and supports in Scarborough, but rather draws on the experiences, insights and learnings of the local and broader community. In this way, the guide focuses on what resources are at each particular agency, rather than what programs and services are not provided.

Using this approach, the handbook shares a diversity of tools and resources from a range of perspectives, including formal and informal community groups, educational institutions, government bodies, parent groups, websites, books, reports and research that have been directly recommended by parents, for parents. The primary goal of this is to empower families to be better prepared to be advocates for their children to ensure they have an equal opportunity for academic success.

(Continued on next page »)

While the guide does seek to inform parents from a range of perspectives, it is ultimately grounded in the belief that parents know their child best. Therefore, parents and families are in the best position to make informed decisions on how their child should understand and address their differing needs to accommodate them on their educational journey.

HOW TO USE THIS MANUAL

The legend below lists different types of information with its corresponding icon. These icons are used throughout the manual.

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In Canada, only 1 out of 5 children who need mental health services and supports actually receive them.

Centre for Addiction and Mental Health

SECTION ONE

PHYSICAL DISABILITY

phys·i·cal dis·abil·i·ty | Any degree of physical disability, infirmity, malformation or disfigurement that is caused by bodily injury, birth defect or illness, without limiting the generality of the foregoing, includes epilepsy, a brain injury, any degree of paralysis, amputation, lack of physical coordination, etc.

Ontario Human Rights
Aisling Discoveries Child & Family Centre (cont’d)

- Referral, in-take and assessment, & short-term therapy available
- Counselling for mental health issues offered
- Priority access referrals with TDSB & TCDSB for children and youth counselling & therapy
- Treatment & Programs provided:
  - Assessment services
  - Classroom/school-based day treatment
  - Community-based services
  - Direct intake/referrals (centre does its own intake/accepts referrals directly)
  - Family counselling
  - Group counselling
  - Home-based services
  - Individual child counselling
  - Outreach or drop-in services
  - Residential treatment
  - School-based services
  - Service coordination or wraparound process
  - Specialized assessment services, speech-language
  - Walk-in/single session service
  - Behaviour management
  - Parenting groups and workshops
  - Preschool speech and languages services
  - Trauma Response Intervention
  - Anti-bullying Program
  - Specialized services for child welfare families

Adventure Place

McNicoll Public School
155 McNicoll Ave, Toronto, M2H 2C1
Phone: 416-744-7650
Email: contact@adventureplace.ca

Toronto Autism ABA Services
244 Lesmill Rd., Toronto, M3B 2T5

Programs catering to:
- Counselling for individuals with autism, develop mental delays, social, emotional and behavioural issues and mental health counselling

Community-Based services include:
- Family Support Services
- Toronto Autism ABA Services
- Early Abilities: Speech and Language Program
- Child Care Support Services (Every Child Belongs)
- Better Beginnings Now (BBN)

Day treatment services found here: http://adventureplace.ca/services

Day Treatment program in partnership with sec. 23 of TDSB, a program taught by TDSB teachers following the Ontario Ministry of Education Curriculum that serves students that require educational needs outside of the regular school system, in specialized settings.

- No fees associated with the above programs

Learn more about this organization on page 21 »
**Community Living Toronto**

- **20 Spadina Road, Toronto, ON**
- **Phone:** 416-968-0650
- **Email:** cgardnir@cltoronto.ca
- Scarborough, Central, North York, & Etobicoke
- **0-18 Years**

**Services include:**
- Skill development, drop-In & recreational programs
- Focus on dual diagnosis, learning disabilities and mental health
- Parents can learn more about programs/services in person (via appointment & drop-in) and by phone
- Parent Support Groups offered for families, parents, or adults supporting children/youth with physical disabilities

**Parent Support Groups offered for families, parents, or adults supporting children/youth with physical disabilities**

**Programs that have a relationship with the TDSB/TCDSB:**
- Spinclusion
- Person Directed Planning
- Children’s Residential Respite
- Family Support
- Education and Outreach Coordinator

**Fees**
- Programs accessible for the differently abled
- Services targeted towards low-income families

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**Easter Seals Ontario**

- **700-1 Concorde Gate**
  Toronto, ON M3C 3N6
- **Phone:** 416-421-8377
- **Web:** www.easterseals.org
- **0-3 Years, 3-6 Years, 6-12 Years, & 13-18 Years**

**Services include:**
- Recreational programs offered for children/youth with mental health issues
- 2 fully accessible kids camps
- Equipment funding programs
- Supplies grant program
- Special education program
- Application process in order to access programs

**No fees**

**Financial assistance offered to assist with the purchase of specialized mobility equipment and communication devices including:**
- Wheel chairs
- Ramps
- Porch and van lifts
- Bathing and toileting equipment

**Programs accessible for the differently abled**

Learn more about this organization on pages 35 & 53 »
Parents can learn more about programs/services:
• In-person (via an appointment or drop-in)
• By phone
• On the website: www.metacentre.ca
• Other: Developmental Services Ontario (DSO)

1) 401 Champagne Drive, Toronto
2) 201 Millway Avenue, Unit 10, Vaughan
3) 10 West Pearce Street, Unit 10, Richmond Hill
4) 211 Morrish Road, Scarborough
5) 1345 Morningside Ave. Unit 10-12, Scarborough

0-18+ Years

Programming is offered to all cultures and in various languages.

More information follows on the next page »
ONTARIO MARCH OF DIMES

10 Overlea Blvd., Toronto, M4H 1A4
Phone: 416-425-3463

0-18+ Years

- Skill Development programs offered for children/youth with mental health issues
- No fees associated with the above programs
- Programs accessible for the differently abled

TOP TIP

» Discuss with your child about their personal strengths, weaknesses, and talents in various settings (not only in school)
» Foster perseverance
» Help your child develop realistic short-term and long-term goals and discuss a plan for achieving them
» Model how to ask for help in daily family interactions
» Help develop and nurture positive relationships

TORONTO PUBLIC HEALTH

Chronic Disease and Injury Prevention Directorate

Office (no direct services occur at this location): 1530 Markham Road
Phone: 416-338-7600
Email: publichealth@toronto.ca

6-12 Years, 13-18 Years, & 18+ Years

- Programming is offered to all cultures
- Interpreter provided upon request

Services include:
- Skill development
- Workshop & leadership programs offered for children/youth with mental health issues
- Workshops also offered to public through partnerships with community organizations and schools

Workshop topics focus on healthy living including:
- Nutrition
- Food skills
- Physical activity
- Coping with stress
- Tobacco prevention/cessation
- Injury prevention

More information follows on the next page »
**Toronto Public Health (Cont’d)**

**Chronic Disease and Injury Prevention Directorate**

- Staff works with all TDSB and TCDSB schools across the city to provide programming as requested in elementary and high schools.
- No fees
- Investment in Youth Engagement (Toronto Public Health)
  - Programs accessible for the differently abled
  - Does NOT offer testing or evaluation services for children
  - Services cater to:
    - Tamil-speaking communities (translation)
    - Caribbean-Canadian communities
    - Low-income families
    - Arabic-speaking families
  - Parents can learn more about programs/services through community partners

*Learn more about this organization on page 29 »*

**Did You Know?**

Once depression is recognized, help can make a difference for 80% of people who are affected, allowing them to get back to their regular activities.

**Woodgreen Community Services**

**Parent Outreach Program**

- 815 Danforth Ave. Ste. 202, Toronto, M4J 1L2
- **Phone:** 416-645-6000, ext. 1311
- **Email:** bheath@woodgreen.org
- **Web:** www.woodgreen.org
- **0-3 Years, 3-6 Years, & 6-12 Years**
- Services provided in Cantonese and Mandarin
- **Skill development, Workshop & Counselling programs offered for children/youth with mental health issues**
  - Drop in counselling
  - Various registration processes to access programs
- Parent Support Groups offered for families, parents, or adults supporting children/youth with physical disabilities
- Some day-care centres and its programs are in schools.
- Varying program-based fees
  - Programs accessible for the differently abled in some sites; working toward total accessibility
  - Does NOT offer testing or evaluation services for children
  - Staff conduct home visits across Toronto
  - Services targeted towards low-income families
  - Parents can learn more about programs/services by phone & the website
Note: The Family Support Worker program for youth with intellectual disabilities is city-wide because the workers do home visits.

How-to Access Programs:
• Call intake at: 416-967-1773 ext. 222
• Come to the Wednesday walk-in counselling program from noon-8 p.m. (last appointment at 6:45 p.m.)

Programs include:
• Counselling Services (Youth 12-21 years)
• Housing Co-ops (Youth 16-21 years)
• YouthLink Madison Residence (young women 14-18 years)
• Parenting & Family Support
• Pathways to Education – Scarborough Village
• Scarborough Community Services
• Services in Scarborough Schools
• Tyler McGill My First Guitar Scholarship Programs

• Program for youth with intellectual disabilities
• Family Support Worker
• Around the World Cooking Program
• Parent Support Groups offered for families, parents, or adults supporting children/youth with physical disabilities

• Programs NOT accessible for the differently abled
• Does NOT offer testing or evaluation services for children
• Parents can learn more about programs/services in person (via drop-in) or by phone

Only 1 in 6 youth actually receive treatment for the mental issue they face.

Centre for Addiction and Mental Health

mental dis·abil·ity | Mental illness refers to a wide range of mental health conditions, disorders that affect mood, thinking and behaviour.

Mayo Clinic
LIST OF ORGANIZATIONS

360Kids Support Services

Main Location
80F Centurian Drive, Markham, L3R 8C1
Phone: 905-475-6694
Fax: 905-475-5733

Drop in Centre: Home Base Richmond Hill
10944 Yonge Street, Richmond Hill, L4C 3E4
Phone: 905-884-3070
Intake Tel: 905-475-6694

Services provided include:
• Direct intake/referrals (centre does its own intake/accepts referrals directly)
• Outreach or drop-in services
• Residential treatment
• Anxiety
• Attention Deficit/Hyperactive Disorders
• Depression
• Fetal Alcohol Spectrum Disorders
• Gender Identity Issues
• Learning Disorders
• School Avoidance/Refusal/Phobia
• Sleep Disorders
• Substance use, addictions
• Suicide, self-harm
• Trauma/Post Traumatic Stress Disorder

ADVENTURE PLACE

McNicoll Public School
155 McNicoll Ave, Toronto, M2H 2C1
Phone: 416-744-7650
Email: contact@adventureplace.ca
Website: http://adventureplace.ca/services

Toronto Autism ABA Services
244 Lesmill Rd., Toronto, M3B 2T5

3-6 Years & 6-12 Years

• Referral, in-take, or assessment to access programs
• Parents can learn more about programs/services by phone at 416-744-7650 ext. 228
• Parent Support Groups offered for families, parents, or adults supporting children/youth with physical disabilities

No fees associated with accessing the listed programs

• Programs accessible for the differently abled

Learn more about this organization on page 09 »

TOP TIP

Individuals are encouraged to connect with Developmental Services Ontario to ensure a person’s name is on the Community Needs List for funded supports.
AISLING DISCOVERIES CHILD & FAMILY CENTRE

Main Location
325 Milner Ave, Suite 110, Scarborough, M1B 5N1
Phone: 416-321-5464
Fax: 416-321-1510
Email: mailus@aislingdiscoveries.on.ca

0-3 Years, 3-6 Years, & 6-12 Years
Services available in Urdu, Mandarin & Cantonese

• Parents can learn more about programs and services in person (via appointment) or by phone
• Counselling for youth with mental health issues
• Learn more about offered programs at aislingdiscoveries.ca
• Referral, in-takes, and other assessments for brief therapy with a therapist, booked by an in-take program worker, in order to access programs
• Priority access referrals in place with TDSB & TCDSB for counselling & therapy

No fees associated with the listed programs

Learn more about this organization on pages 07 & 35 »

ASPERGER’S SOCIETY OF ONTARIO

3219 Yonge Street, Suite 231, Toronto, ON M4N 3S1
Phone: 416-651-4037
Email: info@aspergers.ca
Website: www.aspergers.ca

• In-take and assessment in order to access programs
• Parent Support Groups offered for families, parents, or adults supporting children/youth with physical disabilities

Fees may be associated with programs

AUTISM ONTARIO

1179 King Street W. Suite 4, Toronto, ON M6K 3C5
Phone: 416-246-9592
Website: www.autismontario.com

• Skill development, academic & counselling programs offered for youth with mental health issues
• Programs support individuals with autism and family members, providing educational information and information on external programs and services for the autism community
• More information is found on the website

No fees associated with the above programs

Programs accessible for the differently abled

TOP TIP
Teach your child or youth how to advocate for themself!
As a parent you can:
» Learn about and educate your child on their educational rights
» Model advocacy skills for your child
### Etobicoke Children’s Centre

- **Address:** 65 Hartsdale Drive, Etobicoke, ON M9R 2S8
- **Phone:** 416-240-1111
- **Email:** ecc@etobicokechildren.com
- **Ages:** 0-18 Years
- **Services:**
  - Counselling programs offered for children/youth with mental health issues
  - Offers autism services
  - In-take and assessment in order to access programs
  - No fees associated with the above programs
  - Programs accessible for the differently abled
  - Parents can learn more about programs/services by phone
  - Online resource centre offered on the website at www.etobicokechildren.com/resources

### East Metro Youth Services

- **Address:** 700-1 Concorde Gate, Toronto, ON M3C 3N6
- **Phone:** 416-421-8377
- **Web:** www.easterseals.org
- **Services include:**
  - Counselling & case management
  - Developmental services
  - Residential treatment program
  - School-based programs
  - Violence intervention programs

### Geneva Centre for Autism

- **Address:** 12 Merton Street, Toronto, ON M4S 2Z8
- **Phone:** 416-322-7877
- **Email:** info@autism.net
- **Ages:** 0-18 Years
- **Services:**
  - Counselling offered for children/youth with mental health issues
  - Description of Autism services found online: www.autism.net/services.html
  - Process involved to access programs
  - No fees
  - Programs accessible for the differently abled

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**Top Tip**

You can help your child’s or youth’s doctor or specialist make the right diagnosis by writing down:

- Things your child or youth has difficulty with
- The times of the day that your child or youth is most affected
- Settings that are the most difficult
- Events or circumstances that led up to your child or youth experiencing difficulty
- Things you have done when your child or youth is having difficulty
The George Hull Centre
81 The East Mall, 3rd Floor, Toronto, ON M8Z 5W3
Phone: 416-622-8833
Email: reachus@georgehullcentre.on.ca

0-3 Years, 3-6 Years, & 6-12 Years

• Parents can learn more about programs/services by phone

Services provided include:
• Counselling offered for youth with mental health issues
• An emphasis on sound, clinical and evidence-based practice
• Education and advocacy for the prevention of mental health problems
• Educational workshops on topics relevant to today’s family
• Individual and family assessments are offered to provide consultation and development of therapeutic plans
• Partnerships with other organizations serving children and their families
• Therapeutic groups for all ages
• In-take and assessment in order to access programs

• No fees associated with the above programs

• Programs accessible for the differently abled

More information continues on the next page »
META CENTRE (Cont’d)

- Staff members often attend information nights at schools to provide information about programs and the agency
- Day Program - $53 to $205 per day
- Respite - call for information

TOP TIP
Over a third of Grade 9 to 12 students reported they were under a lot of stress (38%) and were nervous or anxious (34%) ‘often’ or ‘all of the time’.

Toronto Public Health

Chronic Disease and Injury Prevention Directorate

Office - No direct services occur at this location
1530 Markham Road, Scarborough, ON
Phone: 416-338-7600
Email: publichealth@toronto.ca
Website: www1.toronto.ca/wps/portal

- Programming is offered to all cultures
- Interpreter provided upon request
- 6-12 Years, 13-18 Years, & 18+ Years
- Services offered for children/youth with mental health issues
- Varying registration processes
- Workshops promote healthy living for all individuals including those experiencing mental health issues, such as:
  - Nutrition
  - Food skills
  - Physical activity
  - Coping with stress
  - Tobacco prevention/cessation
  - Injury prevention
- Staff works with all TDSB and TCDSB schools across the city to provide programming as requested in elementary and high schools.
TORONTO PUBLIC HEALTH (CONT’D)

Chronic Disease and Injury Prevention Directorate

- No fees
- Investing in Youth Engagement Grant (Toronto Public Health)
- Parents can learn more about programs/services through community agencies

Learn more about this organization on page 15 »

TOP TIP

As a parent you can:
» Develop problem solving and prevention strategies as a family!
» Change negative thinking patterns
» Use healthy problem-solving and coping skills
» Distinguish between different emotions
» Explore appropriate ways of expressing their feelings
» Explore new skills that can either prevent symptoms or help your child cope with them

WOODGREEN COMMUNITY SERVICES

Parent Outreach Program

815 Danforth Ave, Ste 202, Toronto, ON M4J 1L2
Phone: 416-645-6000 ext. 1311
Email: bheath@woodgreen.org

0-18 Years

- Services offered in Mandarin and Cantonese
- Counselling programs offered for children/youth with mental health issues
- In-take and assessment in order to access programs
- No fees

YOUTHLINK

747 Warden Ave, Toronto, ON
Tel: 416-967-1773
Email: info@youthlink.ca
Manager: patty.hayes@youthlink.ca

Note: The Family Support Worker program for youth with intellectual disabilities is city wide because the workers do home visits.

13-18 Years & 18-21 Years

More information continues on the next page »
Youthlink (cont’d)

• Counselling programs offered for children/youth with mental health issues
  • “Gateway” is the walk-in counselling program on Wednesdays, noon to 8 p.m. (last appointment 6:45 p.m)
  • Description of programs found on www.youthlink.ca
  • Referral, In-take, & assessment involved to access programs

Services for children/youth include:
• Supporting youth struggling with anxiety or mood issues
• Supporting youth not attending school
• Better communication skills to reduce parent-teen conflict

• Parent resource page provided on website
• No fees associated with the above programs
• Programs accessible for the differently abled
  • Has an anger management program called FAST (Finding Assertive Solutions Together) in 5 schools (some in each school board). The schools change every year.

Parent of a LD student, TDSB Parents at Partners Conference, 2016

“...you have to be really smart to have a learning disability, to allow you to find creative ways to get the task done. You can’t just do things ‘the way they are done’, you need to be able to think outside the box.”

Frequently Asked Questions

What are mental health concerns?
Mental health concerns can include both emotional problems and behavioural problems. Examples of emotional problems may include mood issues (usually sadness) or anxiety. Behavioural problems can include concerns with anger and violence, as well as difficulty paying attention.

All children and youth may experience brief problems with some or all of these, but when the problem starts to interfere with school, family, or everyday living, it may be time to seek help.

Where do I start if I think my child or youth is having difficulties?
A good place to begin is with your child or youth’s doctor. Many physical illnesses can mimic the symptoms of mental illness. A physical exam can help to rule out certain illnesses. A diagnosis may come from your child’s doctor or from an expert in child mental health problems, such as a child psychiatrist or child psychologist. Children’s mental health disorders can be very difficult to diagnose. The symptoms of a disorder in children are often different from the symptoms experienced by adults. It is important that your child receive an accurate diagnosis, especially before considering medication.
Learning disabilities are more prevalent among Canadian children than all other types of disabilities combined, with 59% of children with a disability, having a learning disability.

On the whole, 3.2% of Canadian children have a learning disability – the equivalent of one child in every school bus full of children.

Statistics Canada

**SECTION THREE**

**LEARNING DISABILITY**

*Learning disability* | Learning Disabilities refer to a number of disorders that may affect the acquisition, organization, retention, understanding or use of verbal or nonverbal information. Disorders affect learning in individuals who otherwise demonstrate at least average abilities essential for thinking and/or reasoning. As such, learning disabilities are distinct from global intellectual deficiency. *Learning Disabilities Association of Canada (PACFOLD report)*

**AISLING DISCOVERIES CHILD & FAMILY CENTRE**

- Located on Milner & Progress
  - Phone: 416-321-5464
  - Email: email@ailingdiscoveries.ca

- 0-3 Years, 3-6 Years, & 6-12 Years

- • Services offered in Urdu, Mandarin, Cantonese & Caribbean
  - • Counselling only
  - • Testing offered only for registered clients
  - • Programs accessible for the differently abled

*Learn more about this organization on pages 07 & 22 »*

**EASTER SEALS ONTARIO**

- 700-1 Concorde Gate, Toronto, M3C 3N6
  - Phone: 416-421-8377
  - Web: www.easterseals.org

*Learn more about this organization on pages 11 & 53 »*
Mothercraft

Early Intervention Programs - City Kids

Finance Department:
32 Heath Street West, Toronto, M4V 1T3

City Kids partners agencies:
- Children & Youth Services Information System (CYSIS)
- ECE student resources
- Early Development Instrument (EDI)
- Early Years Services Information System (EYSIS)
- Ministry of Children & Youth Services (MCYS) data elements
- Mothercraft research and publications
- Toronto Mapping and Planning Tool (TMPTool)
- Mothercraft college (ECE diploma)
- Childcare and early years programs
- Early intervention programs

Muki Baum Association

Unit 25, 401 Magnetic Drive, Toronto, ON M3J 3H9
Phone: 416-661-8222
Email: info@mukibaumfoundation.com

0-18 Years

- Skill development
- Community programs that include early intervention, family inclusion and multi-focal approach
- Programs accessible for the differently abled
- Email for access to program types

Toronto District School Board (TDSB)

We’re In This Together

- Child & youth services
- Occupational therapy/physiotherapy
- Psychologist
- Social work/attendance services
- Speech-language pathology

Top Tip

Help your child develop organization skills:
» Provide necessary materials: backpack binder, dividers, pencil case, highlighters, etc.
» Colour code and label books, folders, duo-tangs, and materials, teach how to organize papers, desks and materials
» Make checklists of materials to use at home as well as at school
» Establish a daily routine with clearly defined/discussed expectations
» Write down and post chores/responsibilities in a visible place
» Use self-stick notes around the house as reminders
» Encourage your child to pack his/her backpack for school the night before and leave it by the door
» Model advocacy skills for your child

“Children and youth with learning disabilities are at least twice as likely to experience mental health problems, including anxiety, depression and disruptive negative, which can affect their ability to learn, build interpersonal relationships and setback coping skills. Find ways to build their self-esteem and value both in and outside of the classroom, through positive community and recreational programs is key to their success.”

Kate Cressman, Community Education & Engagement Facilitator, Integra, Child Development Institute

"Children and youth with learning disabilities are at least twice as likely to experience mental health problems, including anxiety, depression and disruptive negative, which can affect their ability to learn, build interpersonal relationships and setback coping skills. Find ways to build their self-esteem and value both in and outside of the classroom, through positive community and recreational programs is key to their success.”

Kate Cressman, Community Education & Engagement Facilitator, Integra, Child Development Institute
Centennial College

• Counselling office on campus: Monday to Friday, 8:30 a.m.-4:30 p.m.
• Phone counselling office at campus: 416-289-5000
• Locations at Progress, Ashtonbee, Story Arts Centre & Morningside
• In crisis: Life Safety and Security, & Good2Talk helpline
• Distress centres

Assists with: Personal counselling, Crisis intervention, Consultation, & Referrals

Extending the Circle of Care (Georgian College)

• Karyn Baker, Georgian Project Lead: Phone: 705-728-1968 ext. 1351
• Michelle Delrish, Centennial Project Lead: Phone: 416-289-5000 ext. 2359

Identifying & Responding to Students in Distress

• Student Mental Health Resource cards
• Good2Talk
• Campus security
• Counselling centre
• Academic advisor
• Peer Support/Tutor
• 24/7 Community crisis and emergency services
TOP TIP

» Begin with general knowledge about your community
» Be informed & do research
» Be aware of language used to describe your child
» Be aware of your own needs as a parent
» Document everything
» Never go to meetings alone
» Be positive and maintain attitude
» Be mindful of issues when problem-solving
» Be aware of attitudes of others

PREP-START-STAY-END Smart

- Centre for Students with Disabilities (CSD)
- One-day conference
- Orientation events
- Social events
- Workshops for building skills
- centennialcollege.ca/csd

- Successful transition to college/workforce
- Skill building sessions to enhance leadership and employment skills

GOOD 2 TALK ONTARIO

Post-secondary student helpline:
1-866-925-5454
Or connect 2-1-1 on campus

Assists with:
- Mental health and addictions
- Relationships
- Sexuality
- Disability supports
- Academic and health services
- Employment
- Financial Stress and Legal concerns

We’re In This Together

Counselling and case management
- Developmental services
- Residential treatment program
- School-based programs
- Violence intervention programs

EAST METRO YOUTH SERVICES

WE’RE IN THIS TOGETHER

Accessibility Services

Phone: 416-287-7560, in-person or online

Volunteer/employment opportunities

Health and Wellness Centre

- Wellness Fairs
- WellTrack (online)
- Health Services at UTSC (416-287-7065)
- Good2Talk

- Mood Matters
- Coping with Loss
- Creating social connections
- Self-compassion
- Mirror-Mirror
- Strength-based resilience groups
- Relaxation and meditation

Health and Wellness Centre

East Metro Youth Services

Counselling and case management
- Developmental services
- Residential treatment program
- School-based programs
- Violence intervention programs

Good2Talk Ontario

Post-secondary student helpline:
1-866-925-5454
Or connect 2-1-1 on campus

Assists with:
- Mental health and addictions
- Relationships
- Sexuality
- Disability supports
- Academic and health services
- Employment
- Financial Stress and Legal concerns

Free service

University of Toronto Scarborough
**SPOTLIGHT**

**SPECIAL NEEDS HIGH SCHOOLS IN THE COMMUNITY.**

**Maplewood High School**
Grade 9-12
120 Galloway Road, Scarborough, ON M1E 1W7
**Phone:** 416-396-6765
**Email:** Maplewood@tdsb.on.ca
**Web:** http://schools.tdsb.on.ca/maplewood

Maplewood High School is a specialized learning community that provides a safe and nurturing environment for students with special needs. They help each student develop their unique potential. Students work towards and Ontario Certificate of Accomplishments, some work towards Employability Skills Achievement Certificates and some graduates are able to enroll into colleges.

**Sir William Osler**
Grades 9 to 12
1050 Huntingwood Drive, Scarborough, ON M1S 3H5
**Phone:** 416-396-6830
**Email:** SirWilliamOsler@tdsb.on.ca
**Web:** http://schools.tdsb.on.ca/osler/

William Osler Helps Students Build Skills For Their Future

They offer a unique timetable where students can spend half a day in employability skills and half a day in academic studies building literacy and numeral skills. Employability Skills include shops in: Culinary Arts, Baking, Restaurant Service, Small Engines, Auto Detailing, Health Care, Computer Technology, Landscape and Masonry, Green Industries, Drywall / Painting / Roofing Construction, Carpentry, and in-school Pathways. They also offer the Specialist High Skills Major (SHSM) in Construction with other secondary schools in our area and Hospitality with Stephen Leacock C.I. Their goal is for every student to realize their full potential.

**Woburn High School**
**Phone:** 416-396-4575
**Fax:** 416-396-4569
**Email:** Woburn.CI@tdsb.on.ca
Section five

Additional Resources

PARENT TOOLBOX

This section lists a number of resources, including parent advocacy committees, support groups, grants, bursaries, funding and resources to help parents be better advocates for their children and youth.

Use the check boxes ☐ to identify which resources you like to explore, and return to them at a later date.

ADVOCACY RESOURCES

☐ Extend A Family: Advocating for your child
  • Kim Southern-Paulsen, Coordinator
  • Email: ksp@extendafamily.ca
  • Offers Inclusive education resources, & online videos

☐ Mental Health Commission of Canada
  • www.mentalhealthcommission.ca
  • The Mental Health Commission of Canada is a non-profit organization created to focus national attention on mental health issues and to work to improve the health and social outcomes of people living with mental illness.

This list continues on the next page »
The Mood Disorders Society of Canada (MDSC) is a national, not-for-profit, volunteer-driven organization that is committed to improving quality of life for people affected by depression, bipolar disorder and other related disorders.

Special Education Advisory Committees (SEAC), Toronto District School Board (Regulation 464/97)
• The Education Act [Subsection 57.1(1)] requires every district school board to establish a SEAC, to aid school boards in supporting students with special needs. The composition and duties of this committee are set out in Regulation 464/97
• SEAC is an advisory committee to the board, whose legislated purpose is to:
  • Make recommendations to the board about any matter affecting the establishment.
  • Development and delivery of special education programs and services for exceptional pupils.
  • Participate in the board’s annual review and budget process of its Special Education Plan and to provide information to parents, as requested.

This list continues on the next page »
Parent Involvement Advisory Committee (PIAC),
The Toronto District School Board:
http://www.torontopiac.com/index.html
• PIAC acts as a direct link for parents to the director of education and the board of trustees
• PIAC participates at the board level to support, encourage, and enhance the engagement of parents in improving student achievement and well-being
• PIAC does this by providing information and advice to the board on parent engagement, communicating with and supporting school councils, and undertaking activities to help parents support their children's learning at home and at school

Malvern Action for Neighbourhood Change – Parent Engagement Committee

Legal Support
ARCH: A Legal Resource Centre for Persons with Disabilities
• Phone: 416-482-8255 (in Toronto)
• Toll-free: 1-866-482-2724
• TTY line: 416-482-1254

Henson Trusts
A Henson Trust is a trust created to benefit a person with a disability. It ensures that a person with a disability cannot be cut off from benefits if they’re receiving money from a trust created to help them. The trust requires that the designated trustee have complete control over financial disbursements from the trust.

Assistive Devices Program (ADP)
The Assistive Devices Program (ADP) provides consumer centered support and funding to Ontario residents who have long-term physical disabilities, providing them access to personalized assistive devices appropriate for the individual's basic needs.

Assistance for Children with Severe Disabilities (ACSD)
The ACSD program, (once called the Handicapped Children's Benefit, or HCB), helps parents with some of the extra costs of caring for a child with a disability. The ACSD is funded by the Ontario Ministry of Children and Youth Services. It provides financial help for parents caring for a child with a severe disability.

This list continues on the next page »
Ministry of Children and Youth Services: Programs and Services for Children with Autism

• Depending on how severe your child’s disorder is, your doctor or psychologist may refer you to a regional autism service provider for autism intervention services. These services are funded by the Ministry of Children and Youth Services.
• Provides services for families who have chosen the Direct Funding Option (DFO) through the Ontario Ministry of Children and Youth Services Autism Intervention Program. We work closely with a psychologist who is approved to work with children who have chosen the Direct Funding Option.

Special Services at Home (SSAH)
Funded the Ontario Ministry of Children and Youth Services, this program helps families caring for a child with a developmental or physical disability. The purpose of this program is to help families care for children with developmental disabilities in their own home and community. Your family may qualify for financial assistance to help pay for special services in or outside the family home as long as the child is not receiving support from a residential program.

This list continues on the next page »

Government Programs

Canada Revenue Agency: Persons with Disabilities
People with disabilities may be eligible for financial assistance from Canada Revenue Agency, including the Disability Tax Credit and the Registered Disability Savings Plan (RDSP).

Registered Disability Savings Plan (RDSP)
If you are a Canadian resident who qualifies for the Disability Tax Credit (Disability Amount), you may also be eligible to open a Registered Disability Savings Plan and receive money from the Government of Canada in the form of grants and bonds to help you save for the future.

Ontario Disability Support
This program is funded by the Ontario Ministry of Community and Social Services. It provides financial aid to people with disabilities and helps pay for living expenses such as food and housing.
Support Groups

☐ THREE TO BE - PAL Assist
Through PAL Assist, THREE TO BE has two funding initiatives that allow parents to apply for support. The programs include: Respite Program (parent and family respite) and a Fee Subsidy Program – designed to respond directly to the here and now needs of our families, as well as enhance the degree to which they are nurtured and supported within our community.

☐ Special Needs Planning Group
This organization provides financial planning information and solutions for individuals and families of people with disabilities. They’re a great resource on Henson Trusts and the Registered Disability Savings Plan (RDSP).

Charities

☐ President’s Choice Children’s Charity
This charity provides financial grants for specialized therapies and equipment for children with a range of disabilities.

☐ Ashleigh Children’s Charity
The mission of this charity is to help as many children and families as possible with a range of diagnoses.

This list continues on the next page »

☐ Easter Seals
Provides programs and services to children and youth with physical disabilities across Ontario, with an aim toward helping them achieve greater independence, accessibility and integration. This charity also provides financial assistance for a range of assistive devices and therapeutic/medical equipment.

Learn more about this organization on pages 11 & 35 »

Mental Health Resources

Web Resources

☐ School Mental Health ASSIST: www.smh-assist.ca
School Mental Health ASSIST is an initiative of the Ontario Ministry of Education designed to support school boards with student mental health and well-being. This support is provided via resources, tools, and implementation support.

☐ Teen Mental Health: http://teenmentalhealth.org/
This website provides resources, curriculum support and information that promote mental health and well-being for teens.

This list continues on the next page »
□ Mindyourmind.ca: www.mindyourmind.ca
An award-winning, innovative Internet resource for youth who are looking for relevant information on mental health and creative stress management.

□ Resiliency Canada: www.resiliencycanada.ca
This website provides a youth framework for mental health and well-being.

□ ABC’s of Mental Health:
www.hincksdelcrist.org/abc/welcome
This website provides two free web based resources, one for teachers and one for parents, to promote mental health in children and adolescents.

□ Centre for Addiction and Mental Health:
http://www. camh.ca
This website provides information that promotes environments that supports positive mental health.

□ Anxiety Disorders Association of Canada (ADAC):
www. anxietycanada.ca
This website provides information on anxiety disorders, links to provincial societies and other useful organizations and pharmaceutical companies.

This list continues on the next page »

□ School Mental Health ASSIST - Youth Suicide Prevention at School: A Resource for School Mental Health Leadership Teams: www.smh-assist.ca
This resource is designed to offer information and practical strategies that can support you in building or enhancing your youth suicide safety net at both the board and school levels.

□ Kerry’s Place: www.kerrysplace.org Autism Ontario: www.autismontario.com

□ Redpath Centre: www.redpathcentre.ca

□ Community Care Access Centre (CCAC):
www.ccac-ont.ca

Advocacy Resources

□ Coalition for Children and Youth Mental Health
The Coalition for Children and Youth Mental Health unites education, mental health, community and health sectors in a movement to promote the priority of social and emotional well-being as a part of healthy child development in Ontario and to make it a priority that drives integrated public policy in the province.

□ Children’s Mental Health Ontario:
http://www. kidsmentalhealth.ca/
This website provides information that promotes environments that supports the positive mental health in children.
**Books**

**Reports & Research**
- www.tdsb.on.ca/Portals/0/Elementary/docs/SupportingYou/MentalHealthStrategyOverview.pdf

**GENERAL RESOURCES**
- A place of our own. Early Childhood solutions special needs, 2008, Hal Grant and Debi Gutierrez. (Film)
- Kids Help Phone: www.KidsHelpPhone.ca
  A pioneering and world-leading child and youth counselling service, Kids Help Phone changes and saves lives daily. Canada’s go-to mental health counselling resource for youth aged 5 to 20. Available via internet and phone 24/7 when guidance offices are closed, when family is not around and when social service agencies don't operate. One-on-one all professional, confidential and anonymous counselling. Providing information and referrals into local communities right across Canada. 100% free of charge - operating in English or in French.

**PROFESSIONAL SUPPORT SERVICES IN THE EDUCATION SYSTEM**
These contacts are front-line professional services that support a large number of students of varying educational, physical and cognitive, social, emotional levels in the TDSB.

- **Child and Youth Services**
  - (Board Wide) 416-396-9199

- **Occupational Therapy and Physiotherapy**
  - (Board Wide) 416-394-7491

- **Psychological Services**
  - Area A: 416-394-7315
  - Area C: 416-396-4979

- **Social Work and Attendance Services**
  - Area A: 416-396-7416
  - Area C: 416-396-7561

- **Speech-Language Pathology**
  - Area A: 416-394-3964
  - Area C: 416-396-7577
  - Senior Manager: 416-395-8962
  - Administrative Assistant: 414-395-4876
COMMUNITY ORGANIZATION

ELEMENTARY SCHOOL

HIGH SCHOOL

POST-SECONDARY OPTIONS
Glossary

At Risk
Many students face the risk of not achieving their highest-potential for success, academically, and/or socially. Such students are referred to as being “at risk”, and many of these students require special supports and interventions.

Alternative (ALT)
These small schools provide a unique learning experience, flexible to the learning needs of the students who enroll. The environments vary and provide an educational experience suited to individual learning styles/preferences and/or needs.

Barrier Free (Facilities)
These facilities have received barrier free upgrades such as elevators, washroom facilities, ramps, hardware, automatic door openers and areas of safe refuge. (Source: Barrier Free Committee, 2006-2007. Independent Education Plan)

E-Learning Program
E-Learning is an online learning format that allows secondary students in the TDSB to take one (or maximum 2) e-Learning courses on their day school timetable. E-Learning is also offered as part of e-Summer School Program and, e-Credit Course Program (18-21 year old students no longer attending school).

Giftedness (G)
An unusually advanced degree of general intellectual Long-Term Program and ability that requires differentiated learning experiences of a breadth and depth beyond those normally provided in the regular school program to satisfy a level of educational potential indicated. Programs are available for students identified by an Identification, Placement, and Review Committee (IPRC).

Identification, Placement, and Review Committee (IPRC)
Students being considered for identification of an exceptionality or entry into Special Education programs and/or services may be presented to an Identification, Placement, and Review Committee (IPRC). Regulation 181/98 requires that all school boards set up IPRCs. Resident students enrolled in and attending a TDSB school are eligible for consideration by a TDSB IPRC. An IPRC is composed of at least three persons, one of whom must be a Principal or Supervisory Officer of the board. (Source: TDSB website, Parents’ Guide to Special Education)

Individual Education Plan (IEP)
Once an Identification, Placement, and Review Committee (IPRC) determines that a student has an exceptionality for which resources and/or programs exist, an individual plan is created for the student to identify the best course of action for success.

Integrated System Plan
A plan of action created by the TDSB to identify how the Board will work toward achieving common goals that will ultimately benefit all students and staff. The plan is basically a system management plan and is the basis for the TDSB’s accountability framework.

Integrated Technology (IT)
In this program, students are required to use math, science, and technology skills in all subject areas. Students combine the knowledge of traditional academic disciplines with a problem solving approach to change.

Ontario Youth Apprenticeship Program (OYAP)
OYAP offers students the opportunity to acquire both apprenticeship hours and high school credit at the same time. This allows secondary school students to “try out” a potential choice by going to work for part of a school day, semester or year.
OSSD
An Ontario Secondary School Diploma is granted by the Ministry of Education to secondary students who have at least 30 high school credits, including some which are compulsory and other credits which are optional. In addition, in order to be granted the OSSD, a student must complete 40 hours of community involvement activates and successfully complete the provincial secondary school literacy test (OSSLT).

OSSLT
The Ontario Secondary School Literacy Test, established by the Ministry of Education, is one of the requirements for an Ontario Secondary School Diploma. The test assesses the reading and writing skills of students by the end of Grade 9.

Post-Graduate Program
Our Post-Graduate Program focuses on work preparation as well as courses in the students’ area of interest. Students may be in the cooperative education workplace for up to three of their four terms in their post-graduate years. This supportive work environment allows our “post-grads” to hone their work skills and to gain valuable work experience. We have graduate students who have found their jobs through these “work terms” and have graduated from high school directly to the workplace. Students at Maplewood High school can participate in this type of program and continue their education beyond Grade 12.

Prior Learning Assessment & Recognition (PLAR)
PLAR is a process whereby active TDSB students may obtain credits for knowledge and skills that they have acquired outside of the classroom. Students may “challenge” one course in Grades 10-12 per year and earn a maximum of 4 credits towards their diploma.

Mature Prior Learning Assessment & Recognition (MPLAR)
Eighteen to twenty-one year olds who have been out of school for one year may be eligible for the Grade 9 and 10 PLAR individual Assessment and Equivalency Process. The assessment may grant up to sixteen Grade 9 and 10 credits through the completion of individual subject-based assessments.

Specialist High Skills Major (SHSM)
A SHSM is an enhanced employability program providing students with more technical and academic focus. It is ministry-approved and allows students the opportunity to focus on a specialized area such as Construction or Hospitality and Tourism while working towards their OSSD. Additional training and certificates provided include First Aid, CPR, WHMIS, SmartServe, and Safe Food Handler or Hoisting and Rigging and Confined Spaces. The program also assists with students transitioning into apprenticeship, college or the workplace.

School To Work Transition (SWT)
SWT is a supported job placement and coaching, with career exploration and goal setting for our MID population. It features weekly in-school employability problem solving sessions. There is also an integrated communication with employers, students, teachers and parents. There are also a number of other practical supports, including, resume writing, interview skills and TTC training. This program helps youth develop an employment portfolio, creating a direct pathway to post-secondary or employment.

Other Special Education Terms to know:
• IST In-School Support Team
• SST School Support Team
• GLE General Learning Strategies (Elective credit)
• SEA Claim Special Equipment Amount