



HELPING
ABILITIES *grow*



Welcome Package



SECTION 1:

Introduction

In this section you will find:

1. Welcome message from Jessica Sartori, CEO and members of our Family Advisory Council
2. Mission and Values
3. JMCC'S Role in Helping Your Family
4. Coming to JMCC
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7. Description of our Services
8. Toy Lending Library
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10. How to Prepare for Meetings and/or Assessments
11. How JMCC uses a Solution-Focused Approach in Everything We Do
12. Questions that You Might Want to Ask Your Child's Therapist
13. The 6 F-Words for Child Development Explanation
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15. Record of Diagnoses
16. Record of Medications
17. Records of Involved Health Care Professionals
18. Records of Hospitalizations and/or Surgeries
19. Record of Upcoming Appointments





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Toll Free: 1.800.967.JMCC
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www.jmccentre.ca

Dear Parents/Guardians,

Welcome to the John McGivney Children's Centre, a children's treatment centre serving the Windsor and Essex County region, funded by the Ministry of Children, Community and Social Services.

The Centre exists to serve your child and your family. If we are able to assist you in any way, please let us know. I trust that you will find our quality services and highly skilled staff to be of assistance to you in meeting the needs of your child and family.

This Welcome Binder has been thoughtfully developed by families for you, the families of John McGivney Children's Centre. In addition to an introduction to the Centre, we wanted to provide you with information to educate you and resources to connect you, especially those within our surrounding community.

Please use this binder to organize reports and documents related to your child's care. Bring it with you to appointments for your child so you have important information at your fingertips. Use it as a guide through your child's development. Please feel free to contact your JMCC Team members with any questions you may have. They are here to assist you and they welcome communication with you!

Our intention and our hope is that you find this Welcome Binder to be a useful and helpful resource.

Jessica Sartori, CEO

With Best Regards,

Your Family Advisory Council Welcome Binder Committee
Angela Kelly, Maria Sanders, Sheila Ruggaber and Kevin McShan



MISSION AND VALUES

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Our Mission

The John McGivney Children's Centre provides family-centred holistic care to the community, enriching the lives of children and youth with special needs by helping them reach their full potential.

Our Vision

We are a centre of hope, support and inspiration for children with special needs and their families; working together toward a future of participation, acceptance and opportunities.

Values

Our values guide the work of the Centre:

Accountability

We accept responsibility for our actions and decisions and demonstrate commitment to accomplish work in an ethical, efficient and cost effective manner

Collaboration

We work together as an organization with families and our partners to support and achieve shared goals in the best interest of children, families and the community

Quality

We provide services that meet the emerging needs of our clients and seek new opportunities to improve services

Resourcefulness

We apply creative, innovative and collective knowledge to find answers for opportunities and challenges

Respect

We value diversity and equity, and treat people with fairness, courtesy and impartiality

Transparency

We operate in a manner that makes it easy for others to appreciate and understand our actions as an organization



JMCC's ROLE IN HELPING YOUR FAMILY

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At our Centre, we have a vibrant and hardworking team of therapists, teachers and support staff that is committed to providing some of the support that your child and family needs to help achieve your personal best. Our role includes:

Providing quality care that focuses on your family as a whole/providing Family Centred Care

Depending on your child's needs, your child's therapist might see you independently, in combination with other therapists, or in a group therapy session. Also, depending on the needs of your child and family, some services may be provided in the home or at school. Despite the type of therapy you receive, know that your therapists have your child's best interest in mind and will work to meet targeted goals for him or her. This might mean providing therapy in blocks of time and pausing and re-starting sessions as those goals and needs change.

Meeting with your child regularly to provide care

Over the course of days, weeks or months our therapists will work with your family (and in certain cases, other health care professionals) to provide therapy that will improve your child's quality of life. You may find it helpful to meet with your child's whole therapy team together and you can ask to do this at any time.

Preparing Your Family for life beyond treatment

Our services are intended to prepare your child and your family for life after treatment with us. As a result, services include a plan for discharge or transfer. Once therapy goals are met, your child's therapist will discuss future goals and plans with you. There may also be times when you are referred for other services or programs offered by another agency.



COMING TO JMCC

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From your very first visit you will be greeted by our Receptionist who will encourage you to sign in and direct you to our waiting area. You will also meet with your assigned therapist who will strive to understand (who will assess and monitor) your child's needs and will work with you to develop strategies for the most positive impact. From that point onwards, each visit will be unique as your therapist or team of therapists work with you progressively to improve your child's needs.

While You Wait... If you are early for your appointment, there are a few things that you can do while you wait.

- Browse the internet or check emails using our guest computer station, please see our Receptionist for passwords
- Visit our information table
- Enjoy a light snack or beverage
- Browse our Toy Lending Library
- Use our guest Wi-Fi to log on your smartphone and check your messages or browse the internet.

Your child will also be able to play with a variety of toys and books in our waiting area. (Not available during the pandemic)

Parking: You will be pleased to know that there is free parking available for you at the front of the building.

Your Opinion Matters: As you get to know us better, we would love to hear your feedback about your experience at the Centre. **Have suggestions?** Let us know. Your suggestions will help us to make improvements to our Centre.

Have Complaints or Concerns? Let us know. Your complaints and concerns will be documented and dealt with in a positive and respectful manner. "Tell Us what You Think" cards are located on the wall in our main waiting area. Please take a moment to fill one out. On the main page of our website, we also have a Family Feedback Form which you can submit to us electronically <https://jmccentre.ca/family-feedback-form>



JMCC MANAGEMENT DIRECTORY

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Telephone Number: (519) 252-7281

Toll Free Number: 1-800-976-JMCC (5622)

Name	Position	Extension #
Jessica Sartori	Chief Executive Officer	221
Lindsay Thiessen	Finance Officer	227
Lucy Coppola	Director of Client Services	225
Anne Girard	Program Manager, Centre-Based Rehabilitation Services	529
Mileva Vuletic	Program Manager, School-Based Rehabilitation Services	232
Wendy Tavares	Family Services Program Manager	242
Natalie McLellan	Autism Supervisor	233
Brenda Santarossa	JMCC School Authority Principal	236



JMCC NAMES AND NUMBERS TO REMEMBER

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Your JMCC Team is here to assist you. They want to hear from you. Please contact your team members at any time to discuss your child's therapy sessions and goals, to ask any questions you may have or to express any concerns.

JMCC Contact Information:

Address: 3945 Matchette Road, Windsor, ON, N9C 4C2

Telephone Number: 519-252-7281

Toll Free Number: 1-800-976-JMCC (5622)

Fax Number: 519-252-5873

To schedule or change an appointment: 519-252-7281

Website: www.jmccentre.ca

To contact your child's therapist by email use the following format:

first name.last name@jmccentre.ca

Hours of Operation:

Monday to Friday from 8:00 a.m. to 5:00 p.m. (Note: availability of staff varies)

Position	JMCC Staff Name(s)	Ext. #
Physiotherapist		
Occupational Therapist		
Speech and Language Pathologist		
Social Worker		
Service Navigator		
Seating and Mobility		
Augmentative Communication		
Other Professionals/Agencies		

****Important**

If your telephone number and/or address change, please be sure to let us know as soon as possible



DESCRIPTION OF OUR SERVICES

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Physiotherapy (PT):

- PT's support children who have difficulties with movement, orthopaedic issues (bone, muscle, joint) and/or infants who may be at risk (ie. born prematurely or had difficulties at birth) of meeting their developmental milestones
- They teach functional exercises to promote movement including crawling, walking, propelling a wheelchair etc.
- They prescribe therapeutic equipment (splints, walkers, standers)
- They provide education and coaching, home programming and consultation to caregivers and professionals
- They promote movement, participation and independence in the home, in childcare settings, schools and in the community

Occupational Therapy (OT):

- OT's work with children and their caregivers to build skills to participate in all areas of life (play, eating, dressing, bathing, hygiene (self-care) and school work
- OT's can recommend adapted equipment (special seating, adapted utensils, pencil grips, bath seats, etc.) or modify tasks or the environment (home and vehicle modifications)
- OT's help families with accessibility in the home including applying for funding, prescribing equipment like grab bars and lifts and working with contractors to make modifications to homes for accessibility. They also assist families with funding for van lifts.

Speech Therapy (SLP):

- SLP's provide assessment in areas of understanding of language and expressive use of language as well as feeding and swallowing
- They work with children and their caregivers to promote functional performance in the areas of speech, language, fluency, voice and feeding
- SLP services include individual and group therapy, parent training programs and educational workshops



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Social Workers:

- Offer supportive counselling to clients and family members that are experiencing feelings of anxiety, depression, isolation, anger etc. related to a child or youth's diagnosis
- They help coordinate services for families that are involved with multiple service providers
- They assist with transition planning to adult services and supports
- They offer a Disability Awareness Program in community schools for children receiving JMCC services to promote disability awareness and social inclusion

Service Navigators:

- Ensure individuals and families are connected with the right JMCC services during the referral process.
- They connect families to community resources
- They prepare and support families during the transition to school process

Augmentative Communication:

- Assists children and youth with severe speech or language problems and/or difficulty holding a pen or pencil and helps them find alternative ways to communicate
- Prescribes devices to assist individuals to communicate

Autism Services

For autistic children who are registered with the Ontario Autism Program we offer:

- Caregiver Mediated Early Years including PLAY Project, Jasper and Pivotal Response Treatment to facilitate play based learning between child and caregiver.
- In partnership with TVCC we offer Foundational Family Services including free Applied Behaviour Analysis education and consultation on topics ranging from daily living to self-regulation, social skills and communication.
- Entry to School Programming in Windsor Essex County to help transition children to school for the first time.

- In partnership with TVCC we offer Core Clinical Services - Applied Behaviour Analysis including group and individual treatment
- Core Clinical Services – Speech and Language Pathology and Occupational Therapy

If you would like further information about any of these programs please email info@jmccentre.ca or 519-252-7281

Seating and Mobility:

- Consists of Occupational Therapists, technicians and other staff who support children and youth who have difficulties with movement and require equipment (strollers, wheelchairs, etc.) to help improve comfort, posture, and their ability to perform daily activities

Therapeutic Recreation:

- Our Recreation Therapist creates recreational and other activity-based interventions to promote optimal health for children and youth with special needs
- Our recreation programs support the physical, mental and emotional well-being of our clients by seeking to reduce depression, stress and anxiety, improve basic motor functioning and reasoning abilities, build confidence and socialize effectively

Specialty Clinics:

- JMCC is pleased to offer several specialty medical clinics through local, regional and provincial partnerships
- We have a number of visiting paediatric specialists that hold clinics at JMCC throughout the year that offer families and JMCC team members the opportunity to coordinate treatment plans together, thereby providing a more seamless service to families
- Clinics include: The Ontario Cleft Lip and Palate/Craniofacial Dental Program, Feeding Clinic, Orthopaedic Clinic, Transition Clinic, Psychology Clinic, Rheumatology Clinic, and the Complex Care Kids Ontario Outreach Clinic

Research:

- In partnership with community agencies, children's treatment centres and/or research centres, JMCC families and staff participate in research projects that have been approved by a Research Review Committee
- If you are interested in participating in a research project or would like to invite JMCC to participate in a research project, please contact research@jmccentre.ca



TOY LENDING LIBRARY

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Our Family Resource Centre, which is located in our main waiting area, is a welcoming space to chat with other parents, ask questions of our parent and alumni volunteers about their experiences, have a coffee, access funding resources and more!

One of our main features in the Family Resource Centre is our Toy Lending Library that families can register to use at no cost. The Library is stocked with therapeutic toys and equipment that families can borrow for FREE to work on their child's development at home. These items may include communication devices, toys, books and games designed to help develop fine and gross motor skills and much more! If you are interested in using the Toy Lending Library, please talk to your child's therapist.

Families can also purchase oral and fine motor items such as pencil grips, cut-out cups, chewlery, thera-puddy and more.



YOUR CHILD'S MEDICAL INFORMATION

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Consider the following options to keep an updated record of your child's medical information:

- Request copies of important medical documents, assessments and test results as appropriate.
- Use this binder to organize your child's appointments, medications, reports, etc. (Note: Bring this binder to therapy/medical appointments and to the hospital in cases of emergency).
- Bring this binder with you to appointments.
- The organization "Ensemble Understands" holds workshops entitled "Create a File," which assists families in developing a comprehensive booklet to hold important information. www.ensembleunderstands.com
- There is also an online tool entitled "My Health Passport," which is a customized, wallet-size card that gives you instant access to your child's medical information. www.sickkids.ca/myhealthpassport
- Ask your child's Therapist or Social Worker for assistance if necessary.





HOW TO PREPARE FOR MEETINGS AND/OR ASSESSMENTS

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When raising a child with special needs, it is important to remember that you are the expert regarding your child and that professionals are resources for your family.

Here are some helpful guidelines that will help you prepare for meetings or assessments in advance:

- To be ready, you need to know the time, place, purpose, participants, and whether you are expected to bring anything with you.
- Before the meeting, write down any points you want to discuss, questions you have, or decisions you want to be made.
- Make your own notes during the meeting.
- Ask for a written summary of the meeting.
- At the end of the meeting, be certain you understand the decisions made, who will be doing what, and what the time frame will be.
- Keep your own records to give to other caregivers as a resource and/or medical professionals in times of an emergency. In those records you should highlight the following information, including:
 - the names and contact information of the professionals you meet;
 - appointment dates
 - test results
 - details of treatment, (eg. how to manage your child's seizures)
 - copies of therapy reports, specialist reports, hospital discharge summaries, etc.
 - any other information that you think is important



QUESTIONS THAT YOU MIGHT WANT TO ASK YOUR CHILD'S THERAPIST

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As a parent, it is normal to have a lot of questions about your child's health. You should have an active role in your child's development and asking questions will help you do that. At the John McGivney Children's Centre, we want you to feel comfortable talking to your child's therapist and you should not be afraid to ask questions. Remember that no question is wrong. Here is a list of questions that you might want to ask:

1. How will you help my child?
2. What can I expect at my first appointment?
3. This is really overwhelming. Is there anyone that I can talk to for help?
4. Is there any financial support available for my family?
5. How can I get in contact with you if I have a question?
6. What are the results of my child's testing?
7. How many sessions will be needed?
8. Can you give me an example of what a typical session looks like?
9. Will you work with my child directly?
10. When can we talk about my child's progress?
11. How can I be a part of my child's treatment?
12. What are my responsibilities as a parent / caregiver / guardian?
13. What exercises / homework can I do at home to ensure my child continues to learn?
14. In what setting will services be provided (home, clinic, daycare, etc)?
15. How will my child's therapy help our family meet our goals?
16. How will we know if my child is making progress?
17. What should I do if I have a crisis between treatment sessions or I need immediate help?
18. What can I do at home to help my child's progress?
19. Are you familiar with our home language? And if not, do you have strategies providing the appropriate supports for our family?
20. How many years of experience do you have?
21. What ages and disorders have you worked with?
22. What type of training do you have for speech and language and are you up to date on current research and literature that will support my child's learning?
23. Are there any materials I can read to learn more about my child's issues and concerns?
24. What is your policy for cancellations and rescheduling if my child or I am unable to make the appointment?



HOW JMCC USES A SOLUTION- FOCUSED APPROACH IN EVERYTHING WE DO

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You know your child the best. At JMCC, the clinicians working with your child and family will want to hear from you about what is important to you and your child. To help us better understand the support and assistance that would be most helpful for your child and family, we encourage you to share with us, what is important to you. This will help us to develop goals and support plans with you that will best meet your needs. By openly sharing information and asking questions, our hope is that you and your child's team will share a common understanding of what is important to **you** and that the goals you mutually develop will be meaningful.

The questions we ask will help us work together, towards finding solutions that meet your child's needs and the needs of your family. We may ask you questions that you may be surprised at or need time to think about, such as your child's strengths and the strengths of your family, or "What would you like to see happen for your child in the next stage"?

Below are more examples of questions we may ask you or you may want to ask us:

Goal Setting Questions	When Things Aren't Going So Well
What ideas do you have about what could happen next?	What would you like to see happen differently?
What tells you that my child is ready for this next step?	What have you found to be most helpful with...? What else?
What needs to be in place for my child to take this next step?	Here are some things you may not know that have been going on....
How can I help support my child at home to be successful with these goals?	Can we take some time to review the goals that we are working on?

If you would like more information about this approach, please speak with a member of your child's team.



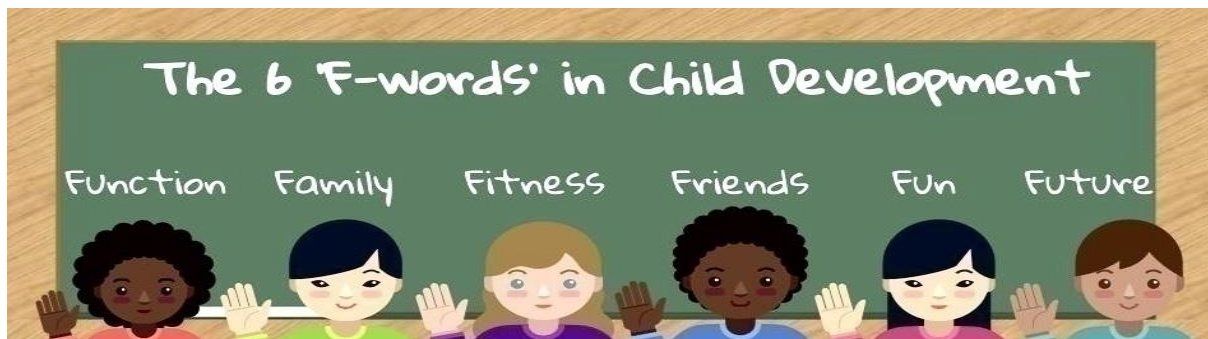
THE CHILD DEVELOPMENT F-WORDS

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In 2011, Dr. Rosenbaum and Dr. Gorter published a paper focusing on six key areas of child development: **Function, Family, Fitness, Fun, Friends, & Future**. This holistic approach encourages us to focus on factors that are important to all children's development: their participation, activities and environment. No one factor is more important than another. They are interrelated and equally influence health and functioning. (www.canchild.ca)

As a parent, the 6 F's provide us with a tool to use when we communicate with therapists, medical staff, teachers, family, friends, and anyone else in our child's life. It does not ignore or lessen the medical diagnosis or disability, but it allows us to reframe the way we speak about disability in a more optimistic manner. It inspires us to remember that the 6 F's are important for our children to experience which will be unique to each child. By speaking and thinking about our children in a positive, fun way, our outlook becomes more hopeful too! We hope you find the 6 F's an uplifting strategy to living well with your child!



1



FUNCTION

I might do things differently but I CAN do them. How I do it is not important. Please let me try!



2

FAMILY

They know me best and I trust them to do what's best for me. Listen to them. Talk to them. Hear them. Respect them.

3



FITNESS

Everyone needs to stay fit and healthy, including me. Help me find ways to keep fit.



4

FRIENDS

Having childhood friends is important. Please give me opportunities to make friends with my peers.

5



FUN

Childhood is about fun and play. This is how I learn and grow. Please help me do the activities that I find the most fun.



6

FUTURE

I will grow up one day, so please find ways for me to develop independence and be included in my community.

<https://www.canchild.ca/en/research-in-practice/f-words-in-childhood-disability>

Proudly supported by The Allergan Foundation


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SECTION 2:

JMCC Services and Additional Support

In this section you will find:

1. Message from Angela Kelly, Family Engagement Coordinator
2. A Fable for Caregivers who have a Child with Special Needs
3. The Bill of Rights for Caregivers who have Children with Disabilities
4. Parents United Program
5. Parent Support Group
6. Ways to Get Involved
7. A Timetable for Growing Up
8. Supporting your Child's Transition to School
9. Kids are Kids Pamphlet
10. How JMCC Helps Youth and their Families Transition to Adult Services





A Message from our Family Engagement Consultant

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Hello!

My name is Angela Kelly and I have the pleasure of working for John McGivney Children's Centre (JMCC) in the role of Family Engagement Consultant, through the generous grant from the Solcz Family Foundation.

I serve as a voice and a messenger for the families, as well as a link to the staff of JMCC for the purpose of improving services, sharing experiences and information, connecting families, creating new resources, as well as supporting the JMCC Team.

I bring with me to the position 23+ years of personal experience as a parent raising a daughter with Cerebral Palsy and mild learning challenges. My daughter has received multiple services from JMCC through her years of development. I have an educational background in Disability Studies and I volunteer with several organizations within my community that support people who live with various disabilities.

In collaboration with the JMCC Team, my hope and intention are to create a community of connection, validation and support for you, the parents that will provide you with positive meaningful change, in addition to supporting the staff of JMCC.

I happily anticipate meeting you and your children at the Centre. Please feel free to contact me by email to share ideas, comments, etc. regarding services received or requests for resources you would like to have. You can reach me at

FamilyEngagement@JohnMcgivney.ca .

I look forward to our conversations!

Sincerely,

Angela Kelly





A FABLE FOR CAREGIVERS WHO HAVE A CHILD WITH SPECIAL NEEDS

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WELCOME TO HOLLAND

By: Emily Perl Kingsley

I am often asked to describe the experience of raising a child who has a disability – to try to help people who have not shared that unique experience to understand it, to imagine how it would feel. It's like this...

When you're going to have a baby, it's like planning a fabulous vacation trip to Italy. You buy a bunch of guidebooks and make your wonderful plans. The Coliseum. The Michelangelo David. The gondolas in Venice. You may learn some hand phrases in Italian. It's all very exciting.

After months of eager anticipation, the day finally arrives. You pack your bags and off you go. Several hours later, the plane lands. The stewardess comes in and says, "Welcome to Holland." "Holland?!?" you say. "What do you mean Holland? I signed up for Italy! I'm supposed to be in Italy. All my life I've dreamed of going to Italy!"

But there has been a change in the flight plan. They've landed in Holland and there you must stay.

The important thing is that they haven't taken you to a horrible, disgusting, filthy place, full of pestilence, famine and disease. It's just a different place.

So you must go out and buy new guidebooks. And you must learn a whole new language. And you will meet a whole new group of people you would never have met.

It's just a different place. It's slower paced than Italy, less flashy than Italy. But after you've been there a while and you catch your breath, you look around and you begin to notice that Holland has windmills, tulips and Rembrandts!

But everyone you know is busy coming and going from Italy, and they're all bragging about what a wonderful time they had there. And for the rest of your life, you will say, "Yes, that's where I was supposed to go. That's what I had planned."

And the pain of that will never, ever go away because the loss of that dream is a very significant loss.

But if you spend your life mourning the fact that you didn't get to Italy, you may never be free to enjoy the very special, the very lovely things about Holland.



THE BILL OF RIGHTS FOR CAREGIVERS WHO HAVE CHILDREN WITH DISABILITIES

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Caregivers often put the needs of their children first and even more so when their child has a disability. Use these helpful hints to remind yourself of the rights you have as a caregiver.

You have the freedom to:

- know that you have done your best.
- enjoy life.
- let your child have privacy.
- have negative thoughts from time to time without feeling guilty.
- enjoy being alone at times.
- treat yourself, (ex. go for a leisurely walk, bubble bath, spa retreats, movie nights, participate in recreational activities, etc.).
- go on vacation without the children.
- do things to enhance your marriage or relationship with your partner, (ex. go on dates, celebrations, weekends away, etc.)
- be honest and say that you don't always want to talk, (ex. "Let's not talk about my child's disability. Tell me about your day?").
- lie once in a while. Say everything is fine. Don't feel compelled to tell the truth to everyone who asks.
- have realistic expectations of your child.
- become an advocate and be an equal partner on your child's team.
- tell people about your child's progress and achievements.
- have a sense of humour.
- have your own hobbies and interests.
- seek support from friends, family, groups and organizations in your community.

Excerpted from, "A Survival Guide for People Who Have Handicaps," by Sol Gordon, Institute for Family Research and Education, Syracuse, New York. Taken from: ACLD Newsbriefs, Association for Children with Learning Disabilities, 5225 Grace Street, Pittsburgh, PA.

10 Things I Wish You Knew

A note from a special kid to special parents By Sally Brown, who is 60 years old and lives with Cerebral Palsy

1. **You are the perfect parents for me.** I know that you did not sign up for a kid like me- I also know that you sometimes think you cannot face what it takes to raise me. I want you to know that this is not true. I believe that I chose you. Whatever you need to learn, you will learn. The strength you think you need will come from somewhere. The people you need to meet will show up when you need them.



2. **This is the perfect life for me.** My life is a very special one. I believe that I will impact the world in a unique and wonderful way. Remember this when your heart is breaking because you want a path for me that is so much easier than this one.

3. **I need you to find your own spiritual path.** The road we are on is not an easy one - to make it successfully, you will need all the spiritual strength you can muster for the tough days. You will need to help me when my spiritual strength is out the window. Often, you will see signs of my determination and be amazed by it. That is not enough. You will have to find your own answers. I am depending on you for it.

4. **However you feel about me is OK.** Sometimes you will feel tired and helpless and like you cannot care for me one more day. Sometimes you will be mad because there seems to be no escaping me. That is OK. There is no way you could take care of me without having those days. Sometimes you may watch people look at me and be a bit embarrassed that I am not doing better- that does not make you a bad parent... it just means you are human. Know that when you have lots of these days in a row, it is time for you to get somebody else to take care of me, just long enough for you to regenerate yourself. It is always important that you let people help you. I am depending on you to do whatever you need to do to take care of yourself.



5. **Finding good doctors and professionals is important but, you know me better than they do - I expect you to trust your own instincts about what is good for me.** The doctors and therapists that work with me are going to be very important in the quality of my life. Some of them will be amazing and some of them will be pretty crazy. Often, it will be up to you to decide which is which. Listen to them, and know that what they say is important but, also remember that you know me best. If something they suggest does not feel right to you, listen to that small voice and speak up.

6. **However I feel about my disability is OK.** Some days you will be amazed at what a happy contented person I am and you will wonder how in the world I do it. Treasure those days. Some days I will be discouraged, some days I will be mad, some days I will even feel really sorry for myself. Don't panic, I will come back around again. If you let me express these unattractive feelings, they have much less power. Even typical folks feel sorry for themselves sometimes.



7. **Let me try things I want to try, even if you are sure I will fail.** I know that you want to protect me - that is your job, I am your child. But I need you to understand that my survival is always going to depend on my determination. Part of my own process is to figure out what my limitations really are. Sometimes I may want to try to do things that seem impossible to you. Please encourage me anyway. It is the willingness to try that is important - success is a bonus. Know that if I fail, I will get over it. If you make me scared to try, I am really doomed.

8. **Don't worry about my whole life today.** Sometimes you will drive yourself crazy worrying about how my life will turn out. You will lose hours of sleep trying to figure out how I will survive in the world after you are gone. This is not helpful to me. Just help me stay in today. The more you can focus on whatever we have to face today, the more you will be helping me develop the skills I will need when it is time for me to get along without you.

9. **Sometimes people will be mean to me or scared of me. I expect you to stick up for me, but, I do not expect you to change the world.** There are lots of really wonderful people in the world. You and I will meet many of them. There are also some real jerks who will be afraid of me or not treat me fairly. They will assume things about me that are not true. They may even assume things about you that are not true. You may want to blow their brains out. I may want to do the same. I expect you to speak up for me when you can. But I also need for you to be able to let it go. It will not help me if you are mad and defensive all the time. If you are, there are people who may not want to help me just because it is too hard for them to deal with you.

10. **I really hope we can laugh.** I believe that laughing was probably the best idea – it will be the one thing that can bring joy to our lives the quickest. If I get stuck in a mud puddle, it is probably funny. If you are lifting me and we both fall on the floor in a heap, that is probably funny too. A good joke is worth taking the time to laugh at- Help me not get so caught up in the serious problems we face every day to forget about laughing.



Parents United



Get connected to a parent with lived experience

Confidential support from trained parent volunteers

Learn about additional resources and supports that exist in our community

GET CONNECTED!

Be matched with a parent supporter that 'gets it'!

Call Beth Reidy ext 271 or speak to your child's therapist to get connected.

Parent Support Group

Meet other parents of children with special needs

Sessions are facilitated by a parent with lived experience and a social worker

Topics:

- Getting to Know Each Other and Sharing Your Story
- Strategies to Cope with Everyday Challenges
- Creating a Healthy Balance, Realistic Expectations & Hope
- Coping with Anger, Anxiety, Grief, Guilt, Sadness & Stress
- Strategies to Build Assertiveness, Advocacy & Resiliency
- Practical Tips for the Future

For More Info:

- ★ Call (519) 252-7281 ext. 264 or 235 to speak with Social Workers Kylie Gillis or Jessica Larkin





WAYS TO GET INVOLVED

3945 Matchette Road
Windsor, Ontario N9C 4C2
T: 519.252.7281
Toll Free: 1. 1.800.976.JMCC
F: 519.252.5873
www.jmccentre.ca

At JMCC there are many opportunities for families, caregivers, clients and alumni to volunteer and get involved in our Centre. These include:

- Family Advisors
- Family Resource Centre
- Family Advisory Council
- Parents United: Parents Support Program
- Youth Leadership

What is the role of a Family Advisor?

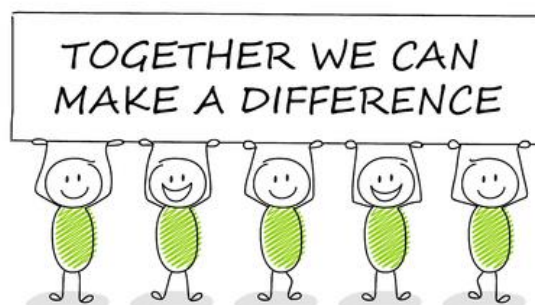
Being a Family Advisor is all about making a difference in the lives of our children. Family Advisors work alongside JMCC clinicians and managers on projects, short-term working groups, fundraising events, public awareness opportunities and more.

The time commitment for being a Family Advisor is whatever you can give and you can choose which areas you would like to be a part of. Most projects and events only require a few hours of your time and as much as possible are scheduled around times that are most convenient for parents and graduates of JMCC.

Family Advisors have a family member receiving services from JMCC or a family member that received services in the past. Advisors can also be current or former clients.

Projects and Events our Family Advisors have contributed to:

- Redesigning therapy templates to make them more family-friendly
- Hiring committees for JMCC's Recreation Therapist and Service Navigator
- Presenting to JMCC staff on cultural awareness
- Public speaking engagements to build awareness of JMCC services
- Starting our Family Resource Centre





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Family Resource Centre

Our Family Resource Centre volunteers help parents and kids feel comfortable while they wait for their appointment. They offer the opportunity to chat over a cup of coffee to share their knowledge of JMCC and community services as well as funding supports.

Our volunteers also run our Toy Lending Library which is free to join and stocked with therapeutic toys and equipment that families can borrow to work on their child's development at home. Volunteers offer two hours of their time once every one to two weeks.

JMCC's Family Advisory Council

JMCC's Family Advisory Council is made up of eight parents of children receiving services through JMCC or past clients of JMCC as well as our CEO, Director of Client Services and PEER Manager. The Council brings ideas forward to enhance services and supports for the children and families JMCC supports. The Council also provides input and recommendations on organizationally identified topics and issues related to child and family experiences, programs, services, strategic directions, initiatives, research policies, and procedures.

Parents United: Parent Support Program

This program was designed by members of JMCC's Family Advisory Council to connect parents with experienced and trained parent volunteers to offer emotional support and to share their lived experiences and learn from one another. The support offers parents an opportunity to talk with someone who has walked in their shoes and truly understands what they are going through.

Youth Advisory Council

JMCC is interested in hearing from young people receiving our services and from recent graduates. Maybe you have an idea for a group, a new way of doing things, or are looking for a way to get involved. If so, we'd love to hear from you! If you're between the ages of 14-25, are receiving or have received services from JMCC and are interested in joining our Youth Advisory Council, please contact us about joining.

For more information about these volunteer opportunities at JMCC, please contact Wendy Tavares at ext. 242 or by email at wendy.tavares@jmccentre.ca



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SUPPORTING YOUR CHILD'S TRANSITION TO SCHOOL

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Each child receiving services through JMCC will receive support when transitioning to school. Planning for your child's entry to school will be dependent on the needs of your child. Your child's therapy team will ensure that therapy services are in place. Children requiring educational supports at school such as an educational assistant will follow the Community Transition to School Process identified below.

- Your child's therapist will reach out to you a year before your child is eligible to attend school to ask you if you are thinking about sending your child to school the following September
- Even if you haven't fully decided, it is important to start the planning process so that the proper supports are in place. You can change your mind at any time about sending your child to school, however if you do not start the planning process and then decide you want your child to attend school, there may be delays in when they start because the supports will not be in place.
- One of our service navigators will contact you in October to explain the process and invite you to an information session called The School Bell Is Ringing in November.
- Starting in December, your service navigator will arrange a time to meet with you to collect information about your child's strengths and needs to share with the school
- Starting in May, schools will begin calling families to set up school transition meetings. By this time, the information you have consented to provide such as therapy reports and your child's strengths and needs will have already been sent to your child's school board
- Your service navigator will call you in the Fall to see how the transition to school has gone. You are encouraged to reach out to your service navigator or anyone on your child's therapy team if you are experiencing challenges with your child's transition to school.



HOW JMCC HELPS YOUTH AND THEIR FAMILIES TRANSITION TO ADULT SERVICES

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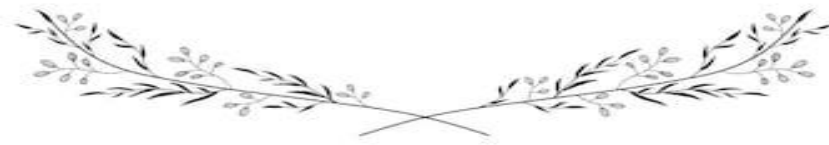
Everyone dreams that their child will have a full life, complete with meaningful activities, relationships, financial security and a home to live in. For parents who have children with disabilities, this requires extra planning and action. Transition is not a single event, but is a gradual process of supporting a young person and their family through their teenage years and into adulthood, building up their confidence and ability to manage the care and support they need.

JMCC offers the opportunity to meet with a social worker to begin planning for your child's future as an adult. As funding and other supports such as respite services end when your child turns 18, it is important to start the planning early. JMCC has social workers who will help you and your child to understand what services and supports are available for adults as well as guide you when planning for what activities your child might want to become involved with as an adult. We encourage families to start the planning process to learn what is available when your child is 14. To access this service, please call Beth Reidy at 252-7281 ext. 271 or speak to your child's therapist or social worker.

We offer a monthly Transition Clinic for families who would like to meet with their teen's therapy team and a local physician to plan for the transition to adult medical professionals and adult funding for therapy services and equipment. If you would like more information about our Transition Clinic, please speak with your child's therapist or social worker.

Below are a list of helpful online resources that can also help get you started with planning for this transition:

- https://www.autismontario.com/transition?utm_source=october+newsletter&utm_medium=email&utm_campaign=Have+a+beautiful+October+with+Autism+Ontario
- https://connectability.ca/2018/04/24/transition-planning-milestones-for-youth-with-developmental-disabilities/?fbclid=IwAR1t9tsWTq4autu7_iwIGjMlc6TRZDgNkzoTOo3tle0zof8b6AnbQn7XReE
- <https://hollandbloorview.ca/services/programs-services/timetable-growing>



SECTION 3:

Community Supports and Services

In this section you will find:

1. Funding Assistance
2. Family Respite Services
3. Easter Seals Information
4. Accessible Transportation
5. Community Resources
6. Recreation Resources
7. Resources for Parents on Facebook
8. Resources for Parents Online

As a community partner, JMCC is pleased to provide this information about other community programs and services, which may be of interest to families. By sharing this information with you, it does not mean that we have reviewed every resource nor does it constitute an endorsement by us. JMCC does not assume any responsibility whatsoever for these programs and services.





FUNDING ASSISTANCE

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For questions about any of the programs listed below, please speak with a member of your child's JMCC team.

Assistance for Children with Severe Disabilities (ACSD)

ACSD assists families by providing a financial benefit to parents/caregivers to help meet the ongoing extraordinary costs arising from the child's medical or developmental needs. This benefit is income-based.

Who can apply? Parents/caregivers, who have a child under the age of 18 with a significant functional loss who are residents of Ontario, and have ongoing extraordinary costs.

What type of assistance? Financial entitlements vary from \$25 a month to a maximum of \$500 a month. Entitlement is income tested based on gross income. The amount of entitlement depends on family size, gross family income, and approved ongoing extraordinary costs directly related to the child's disability, (ex. transportation to treatment related or medical appointments, parking fees for appointments, parental relief, extraordinary babysitting costs, medical costs, summer camp fees, and other items based on individual needs of a child may be considered). Additional benefits once ACSD is approved include: drug card, dental card, eyeglasses, and/or hearing aids coverage.

Note: Verification from a physician regarding the child's disability is required as part of the application.

To Apply: Applications are available by calling your local Ministry of Community and Social Services office at (519) 254-1651 ext. 2298 or 1-800-387-7327 ext. 2298, or at the following link: www.acsdapply.mcsc.gov.on.ca.

Disability Tax Credit (DTC)

The DTC reduces the amount of income tax that a person with a disability, or their supporting person (including a parent), might otherwise have to pay. If you have a child with a physical disability or autism spectrum disorder, you may be eligible to submit Form T2201 with your tax claim. A qualified practitioner must certify on the Disability Tax Credit Certificate Form (T2201), that the child's impairment meets certain conditions.

To Apply: For more details contact Canada Customs and Revenue Agency at 1-800-387-1193 or visit the CCRA website at www.cra.gc.ca/benefits



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Child Disability Benefit (CDB)

The CDB is a tax-free monthly benefit for families who care for a child under the age of 18 with a severe and prolonged physical or mental impairment. An impairment is prolonged if it has lasted, or is expected to last for a continuous period of at least 12 months. Families, who are eligible for the Canada Child Tax Benefit (CCTB) for a child, will receive the CDB only if the child is also eligible for the Disability Tax Credit.

To Apply: Submit a completed Form T2201, Disability Tax Credit certificate to The Canada Revenue Agency (CRA). The CRA will determine whether or not you are eligible to receive the disability amount and the CDB supplement. You can send the form in any time during the year. Visit www.servicecanada.gc.ca/eng/goc/cdb.shtml for more information.

Registered Disability Savings (RDSP)

An RDSP is a savings plan that is intended to help parents and others save for the long-term financial security of a person who is eligible for the Disability Tax Credit (DTC). The government of Canada will pay matching grants to a person's RDSP depending on the beneficiary's family income and the amount contributed. The government of Canada will also pay for a Canada disability savings bonds of up to \$1000.00 a year to low-income Canadians with disabilities. No contributions are required to receive the bond.

Who is eligible? Person's eligible for the Disability Tax Credit, with a valid social insurance number (SIN), residents of Canada at the time the plan is entered into, and under the age of 60 years.

To Apply: To open an RDSP, a person who qualifies to be a holder of the plan (person making or authorizing contribution on behalf of the beneficiary) must contact a participating issuer that offers RDSP's. Generally, financial institutions are the issuers of RDSP's. Contact 1-800-959-2221 or visit www.cra.gc.ca/forms for more information.

Special Services At Home (SSAH)

The SSAH program provides funding to assist with:

- Personal Development and Growth – examples include help with carry-over of therapy exercises at home, teaching life skills, helping with the development of social and communication skills, and/or
- Family Relief and Support – This provides respite/relief for the parent/caregiver and can occur in our out of the family home.



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Who can apply? Parents/caregivers, who have a child between the ages of 0 and 18 years old, with a developmental and/or physical disability and who are residents of Ontario.

Note: Verification from a physician regarding the child's disability is required as part of the application. Family income is not considered as part of eligibility assessment.

To Apply: Please contact any one of the agencies listed below:

- Community Living Essex at (519) 776-6483
- Community Living Windsor at (519) 974-4221
- Family Respite Services at (519) 972-9688

Diaper Grant

The Diaper Grant is also known as the Incontinence Supplies Grant Program for Children & Youth with Disabilities, which is administered through the Easter Seals Society.

Who can apply? Ontario residents between the ages of 3-18 years of age, who have a chronic disability resulting in irreversible incontinence or retention problems requiring them to use incontinence supplies, (such as diapers or catheters).

What type of assistance? For children age 3-5, \$400/year; for children age 6-18, \$900/year.

Note: Persons with bedwetting (enuresis) or stress incontinence are **not** eligible to receive this grant.

To Apply: Applications are available by calling 1-800-278-7797 or online at the following link:
[services.easterseals.org > incontinence-supplies-grant](http://services.easterseals.org/incontinence-supplies-grant)

**** NOTE:** As a community partner, JMCC is pleased to provide information about community resources that may be of interest to clients and their families. JMCC does not assume any responsibility whatsoever for such resources. **For more information on funding programs, see www.jmccentre.ca**





FAMILY RESPITE SERVICES

What is Respite?

Many families who have children with disabilities require support because of the extra demands they face as parents. Respite care is a time when someone else can help care for your child to give families a short break. A respite worker can also help with a child's therapy goals and can work with a child in their home or out in the community. This short break can parents to spend time with their other children, rest, or catch up on errands.

Respite plans are developed to suit each family and child. Respite providers are carefully screened through our matching tool called respiteservices.com. Parents/caregivers are able to select the person that best meets the needs of their child and family, considering a number of factors such as education, skills, experience, interests and availability. Families provide information about the particular needs of their child and develop a contract for the services they require. Families pay for this support through funds they receive from Special Services at Home, ACSD, respite funding or enhanced respite funding for children that are medically fragile.

Who Do We Serve?

Family Respite Services works with families in Windsor/Essex County who are caring for individuals under the age of 18 who have intellectual, physical, or mental health challenges.

What Services Do We Provide?

Family Respite Services assists families to recruit a trained caregiver. FRS also is active in providing support to children in a variety of community recreation based programs. FRS can also provide families with information about other available community resources.

Contact Information

2565 Ouellette Avenue, Suite 150, Windsor, ON, N8X 1L9
(519) 972-9688

Email: info@familyrespite.org

Website: <https://www.familyrespite.org/>

****Note:** The waitlist for respite services can be long. We suggest getting your child on the waitlist as soon as possible to limit your wait time.

EASTER SEALS INFORMATION

Equipment Funding Overview

Easter Seals Ontario helps families with the cost of equipment that is required by children and youth with physical disability. Only children and youth who are registered as Easter Seals Ontario clients may apply for the Equipment Funding Program. To be eligible for the Equipment Funding Program children and youth with physical disabilities must meet the following criteria:

- under the age of 19 years and registered with Easter Seals Ontario*,
- a legal resident of Ontario,
- have a valid Ontario Health Card,
- have a permanent physical disability that restricts their independent mobility and results in the use of a primary mobility device.

Accessibility Equipment and Home Modifications

Easter Seals Ontario funds the following categories of equipment:

- Mobility Equipment: Wheelchairs, walkers
- Communication Devices: Assistive Devices Program (ADP) funded computers
- Orthotics: Ankle foot orthotics (AFO), knee ankle foot orthotics (KAFO), standers
- Accessibility Equipment: lift systems, van lifts, ramps
- Bathing Toileting Equipment: bath lifts, commode chairs

March of Dimes Home & Vehicle Modification Program

The Program provides funding for basic home and/or vehicle modifications and is intended to assist permanent Ontario residents with a substantial impairment expected to last one year or more with their disability management. To be eligible, you must:

- live in Ontario
- qualify financially, and
- have a substantial impairment caused by bodily injury, a birth defect or illness. It is ongoing and/or recurring and is expected to last one year or more. This impairment must
- impede mobility, and
- result in substantial restriction in the activities of daily living (e.g. your personal care, or your participation in the community).

Telephone Number: (1-800) 668-6252

Website: <https://services.easterseals.org/equipment-funding/what-equipment-we-fund/>

Application Link: <https://services.easterseals.org/wp-content/uploads/2021/09/Child-Registration-Application-2021.pdf>

If you have any questions or would like to apply for Easter Seals, please speak to your child's therapist or a social worker at John McGivney Children's Centre.



ACCESSIBLE TRANSPORTATION

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www.jmccentre.ca

Accessible Transportation Services in Windsor and Essex County:

CareLink Health Transport Service: JMCC is proud to partner with Community Support Centre CareLink Health Transport Service to offer accessible and affordable transportation for JMCC families.

- **Service Provided:** Accessible door-to-door transportation to JMCC clients and one caregiver to JMCC, JMCC recreational activities and other medical appointments. Transportation to attend JMCC without a caregiver will be granted on an individual basis if the client is travelling alone.
- **Eligibility:** Families that require accessible transportation to JMCC and other medical appointments. Car Seats are not accepted at this time.
- **Cost:** The round trip fee for service is \$18.00; Harrow/Colchester is \$25.00
- Please speak with your child's clinician if you are interested. Registration is completed over the phone: 519-728-1435 (press 1 for transportation). Families will need to indicate that their child receives services from JMCC.

CROWN Patient Transfer

Anything outside of city needs a direct quote.

Phone: 519-977-0666 or toll-free at 1-855-977-0666 | www.crownaccessible.com

Handi-Transit

A pre-booked, curb-to-curb transportation service for those unable to use the regular Transit Windsor bus system. Children under 14 years must be accompanied by an adult. Application process required and bookings are available up to three weeks in advance. Waiting list procedure for appropriate times and dates based on available space. Same day bookings require a two-hour minimum notice and are subject to availability.

Phone: 519-966-0930 | windsoressex.cioc.ca

Patient Transfer Services

Available 24 hours/day while an RN accompanies client on all long distance trips and there is room for one extra passenger.

Phone: 519-996-2108 | www.ptswindsor.com

Transit Windsor

This accessible service provides:

- Low floor from front to rear
- No steps Bus floor lowers to curb level Extra wide passenger doors
- Electronically controlled heating and air-conditioning
- Wheelchair securement provisions for two chairs (customers are required to set their brakes on wheelchairs and/or scooters)
- Large electronic destination signs



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Passengers using mobility devices are reminded to board and disembark via the front door, and are encouraged to travel during off-peak times to avoid the likelihood of bypassing. Drivers, upon request, will provide assistance with lap belts. Pick-ups and drop-offs are to be done at regular bus stops. Courtesy stops may be accommodated provided they can be done safely according to driver discretion.

Phone: 519-944-4111 | www.citywindsor.ca

Care-A-Van: Essex Community Services

Provides accessible door-to-door transportation services to those of all ages. Capacity for 16 passengers, including four wheelchairs.

Transportation to Essex and area and Windsor

Phone: 519-776-4231 | www.essexcs.on.ca

Care-a-Van: Harrow and Colchester South

Provides accessible door-to-door transportation to those of any age with a physical disability to Windsor, Harrow, Kingsville and Leamington.

Phone: 519-738-1105

Care Medical Transportation Services

Phone: 519-735-9420 or 1-866-900-9420 | www.caremedicaltransport.com

TLC Patient Transfer: Kingsville

Phone: 519-792-4310

Obtaining an Accessible Parking Permit:

Applications for an Accessible Parking Permit can be obtained at any Ministry of Transportation office or by visiting their website: www.mto.gov.on.ca

Travelling outside of Windsor and Essex County:

Canadian Transportation Agency: Visit their Accessible Transportation website for a variety of information and answers regarding air or rail transportation for persons with disabilities. Often, companies will require pre-registration. Contact providers in advance of use for more information.

Accessible Train Travel: VIA Rail Canada provides specific information regarding services they offer to individuals with special needs.



COMMUNITY RESOURCES

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Services for Children

In this section you will find local and provincial services that promote developmental and mental health wellbeing for children experiencing a disability. These services provide physical, mental and emotional support for children as well as their families.

Agency	Contact Information	Service Description
Canadian Hearing Society	300 Giles Boulevard East, Unit A3, Windsor, ON, N9A 4C4 Phone: (519) 253-7241 TTY: (519) 254-1704 HAP/Audiology: (519) 253-8831	The Canadian Hearing Society helps to remove barriers to communication, advance hearing health, and promote equity for people who are culturally deaf, oral deaf, deafened and hard of hearing. The services offered through the Canadian Hearing Society, include: sign language interpreting; one-on-one language development for deaf and hard of hearing children using play as the medium of learning; employment consulting; sign language instruction; speech reading training; hearing testing; hearing aids; counselling; and, the most complete range of communication devices that assist and augment communication, including TTYS (text telephones), visual smoke detectors, baby monitors, signaling devices and alarm clocks.
Canadian National Institute for the Blind Essex-Kent District	4900 Wyandotte St., E. Suite 200 Windsor, ON, N8Y 1H7 (519) 253-1900 www.cnib.ca	The CNIB-EKD provides support and information to individuals, who live in the Chatham-Kent, Essex County, and Windsor areas that are affected by vision loss, which cannot be corrected by eye glasses and impacts their day-to-day activities and functions.

Children First	3295 Quality Way, Windsor, ON, N8T 3R9 (519) 250-1850 www.children-first.ca	Children First provides services to families with children birth to six years of age who have special needs. These needs may include developmental and mental health challenges, which may be multiple and complex. Children First workers will visit children and families in their homes, in licensed childcare centres, and in other early childhood settings in Windsor and Essex County.
Family Respite	2565 Ouellette Ave Unit 150, Windsor, ON N8X 1L9 (519) 972-9688 www.familyrespite.org	This organization works with families caring for children with developmental and/or physical disabilities. We assist families living in Windsor and Essex County by providing respite services that enrich the quality of the family's life and seek the fullest participation of the child in the community.
Learning Disabilities Association of Windsor-Essex County	Herb Gray Centre for Non-Profit Excellence, 647 Ouellette Avenue, Suite 101, Windsor, ON, N9A 4J4 (519) 252-7889 www.ldawe.ca	The main purpose of LDA-WE is to provide information and referral services to individuals, parents, professionals, and other people interested in learning disabilities and ADHD.
Make-A-Wish Canada	4211 Yonge St Suite 520 North York, ON, M2P 2A9 (416) 224-9474 or toll free (1-800) 461-7935	Make-A-Wish grants wishes to children with critical illnesses to enrich the human experience with hope, strength and joy.
Sunshine Foundation of Canada	300 Wellington St, London, ON, N6B 2L5 (519) 642-0990 www.sunshine.ca	Since 1987, Sunshine has been fulfilling custom-made dreams for kids and youth in Canada living with severe physical disabilities or life-threatening illnesses.
Talk 2 Me	St. Mary's Family Learning Centre 795 Giles Blvd East, Windsor, ON, N9A 4E5 (519) 252-0636 http://smflc.ca/talk_2_me/index.html	Talk 2 Me is a program for infants, toddlers, and preschool children from birth to 5 years of age, and/or school entry children with communication disorders, including: receptive and expressive language delays/disorders, fluency (stuttering), articulation and phonology delays/disorders, oral motor speech difficulties, voice and pediatric feeding/swallowing, are hearing impairments.
Tetra Society – Windsor Chapter	(519) 818-4187 Email: windsortetrasociety@gmail.com Web: www.tetrasociety.org/index.php	Builds innovative solutions for people with physical disabilities by recruiting skilled volunteers of engineers and technicians to create assistive devices for people with specific needs.

Resources for Children

In this section you will find resources that are local to Windsor-Essex as well as well as provincial and international programs that can be accessed online. These resources may provide awareness, education and even funding based on your family's needs.

Agency	Contact Information	Service Description
Ability Online Support Network	250 Wincott Drive, RPO PO Box 18515, Etobicoke, ON, M9R 4C8 1-866-650-6207 www.abilityonline.org	Ability Online is a free internet community, where young people with disabilities and illnesses are able to connect with all kinds of possibilities.
Access 2 Entertainment Card	https://access2card.ca/	Provides free admission or a substantial discount for the support person that accompanies a person with a disabilities who pays regular admission fee.
Be Back Soon Program	https://connectwithus.ca/programs/bbs/ For more information or to register, please call Connections Early Years Family Centre at 519.252.9696.	The Be Back Soon program offers no-cost, unlicensed short-term child care for young children. Care is provided for qualifying parents at no cost while they attend job interviews, training, medical, legal, social service or counselling appointments. Your child will be welcomed into the Be Back Soon play area where Registered Early Childhood Educators and trained staff provide a stimulating environment with enhanced safety protocols. The Be Back Soon program is available during a variety of times. Please contact Connections Early Years Family Centre to book an appointment.
Canadian Deafblind Association	1860 Appleby Line, Unit 14, Burlington ON L7L 7H7 (905) 331-6279 www.cdbanational.com	Mission to promote and enhance the well-being of people who are deafblind through awareness, education and the provision of support to our chapters and community partners.
Caring for Kids	www.caringforkids.cps.ca	Caring for Kids is a website developed by the Canadian Pediatric Society designed to provide parents with information about their child's health and well-being.
Children with Hairloss	12776 South Dixie Hwy., South Rockwood, MI (1-888) 4-KIDS-HAIR www.childrenwithhairloss.us	Offers assistance in the form of hair replacement to children with any form of short or long term medically-related hair loss.

Computers for Kids	4150 Sandwich Street, Windsor, ON, N9C 1C5 (519) 253-KIDS (5437) http://www.cfkcanada.org	This program transforms unwanted computers and electronics that have been donated from the community into educational tools for children in need so that all children have equal access to computers, regardless of social or economic status. Computers for Kids also have an active role in the responsible recycling of electronic waste.
Ontario Early Years Centres	(519) 255-5344 http://www.oeyc.ca/	A place for parents and caregivers of children between the ages of 0 and 6 to take part in programs and activities together with their children, and to get the information they need about their children's development and services that support their development. Various locations are located throughout Windsor and Essex County. Please see the website or call the above listed phone number for more information.
Windsor Regional Hospital: Child Life Services	1995 Lens Avenue, Windsor, ON (519) 254-5577 ext. 53408 https://www.wrh.on.ca/PaediatricProgram	Therapeutic play and developmentally appropriate preparation for surgery and medical tests are provided.

Resources for Parents/Caregivers

In this section you will find resources that promote connectedness between parents and frequently used resources locally and provincially. These resources are based on recommendations from the Family Engagement team at JMCC. There are parent networks, transition checklists and services that you can call should you have an immediate medical question.

Agency	Contact Information	Service Description
Autism Services Incorporated of Windsor and Essex County	3600 Curry Avenue, Windsor, ON, N9E 2T6 (519) 966-7283 http://www.autismservicesinc.com/	We serve the needs of those in our community of Windsor and Essex County with Autism Spectrum Disorder and the people who are close to them.
Emergency Preparedness Guide for People with Disabilities/Special Needs	(1-877) 314-3723 www.getprepared.gc.ca/fl/pub/ep-gd-psn-eng.pdf	This guide covers topics relevant to the emergency preparedness needs of people with visible and/or non-visible disabilities and seniors with special needs.
Ensemble	372 Talbot Street North, Essex, ON, N8M 1A3 (519) 776-6486 ext. 225 www.ensembleunderstands.com	Ensemble is a parent network that provides resources and supports to families.

Growing Up Ready Life Transition Checklists	https://hollandbloorview.ca/services/programs-services/timetable-growing	Young people and their families go through many changes as they grow up. The Growing Up Ready resources are designed to help children and youth with disabilities to get ready for adult life. A Timetable for Growing Up is a chart of things to think about at different ages and stages, starting from birth. The Skills for Growing Up Checklists are for use with children 7 years of age and older.
Ministry of Health and Long-Term Care: Health Care Connect	(1-800) 445-1822 https://www.ontario.ca/page/find-family-doctor-or-nurse-practitioner	Ontarians without a family health care provider can call to register for the Health Care Connect patient database. Must have a valid OHIP card. Once registered, a Care Connector will work with local family health care providers in the community to determine what providers may be accepting new patients.
My Health Passport	http://www.sickkids.ca/Good2Go/What-we-do/MyHealth-Passport/index.html	MyHealth Passport is a wallet sized card that lists a person's medical conditions, past procedures/treatments, medications, allergies, and other health issues.
Ronald McDonald House	<i>London Location:</i> 741 Base Line Road East, London, ON (1-877) 848-8188 (Toll Free) http://www.rmhlondon.ca/ <i>Toronto Location:</i> 26 Gerrard Street East, Toronto, Ontario (1-416) 977-0458 http://www.rmhtoronto.org/	A Ronald McDonald House is a 'home-away-from-home', a temporary residential facility where families of seriously ill children can reside while their children receive treatment. Families who use the London House have children mainly in the Children's Hospital of Western Ontario and St. Joseph's Health Centre. The children receiving treatment must be 18 years of age or under.
Telehealth Ontario	(1-866) 797-0000 (Toll Free) http://www.health.gov.on.ca/en/public/programs/telehealth/	Telehealth Ontario is a free, confidential telephone service you can call to get health advice or general health information from a Registered Nurse.
Windsor-Essex Family Network & Resource Centre	7025 Enterprise Way, Windsor, ON, N8T 3N6 (519) 974-1008 http://www.windsorsexfamnet.ca	The Windsor-Essex Family Network & Resource Centre is a parent-networking group that support, strengthens, and educates families who have a family member with a disability. Family-to-family support, workshops, and information are provided.

COMMUNITY RECREATION RESOURCES



John McGivney has many different recreational opportunities for children and youth in the community.

For more information, please visit: www.jmccentre.ca

Services and Recreational Activities for Children

In this section, you will find recreational resources that are local to Windsor-Essex as well as provincial services and programs that can be accessed in-person and online.

Recreational and Sport Activities		
Agency	Contact Information	Service Description
Rose City Archers	For more information please contact and/or visit: 1971 Rossini Blvd. Windsor, ON, N8W 4P6 519-945-1344 www.rosecityarchers.ca	For ages 7 and up with upper body strength, left and right arm coordination. Requires membership (individual or family offered).
Amherstburg Heroes Athletic Club: Basketball	For more information please contact: General Amherstburg High School 130 Sandwich Street South Amherstburg, ON, N9V 1Z8 519-791-3302 michelle@communitylivingessex.org	Open to all ages and athletes with an intellectual disability. Cost will be included.

LaSalle Lightning Wheelchair Basketball	For more information please contact: John Boyko johnboyko@bell.net	All ages welcome. Must be able to propel manual wheelchair independently. Cost will be included.
Miracle League of Amherstburg: Baseball	For more information please contact and/or visit: 519-919-4641 www.amherstburgmiracle.com	For ages 3 and up. All cognitive and physical abilities are welcomed. Provides the opportunity for children and adults with disabilities a chance to play baseball, make new friends, and build self-esteem.
Italian-Canadian HandiCapable Association (ICHA)	For more information please contact and/or visit: 3939 Carmichael Drive Windsor, ON, N9C 3Z1 519-977-9394 or 519-977-8900 ext. 22 icha@thesoccerplace.ca www.icha.ca	The association offers many programs including yoga, basketball, bocce, floor hockey, bowling, and soccer. They also have their own events that change throughout the year. More information about their different events is on their website. Must be a member to attend programs. Memberships are available individually, or for the family.
Bowlero Windsor	For more information please visit: www.revs.ca/revs-bowlero	Suitable for all ages; is completely wheelchair accessible and has special bowling ramps ideal for wheelchair use and lightweight bowling balls for added comfort.
Rose Bowl Lanes: Pin Pals Windsor	For more information please visit: www.revs.ca/revs-rose-bowl	Suitable for all ages; designed for children with special needs and their families to encourage social connection and a need for leisure.
Windsor Sledge Hockey "Ice Bullets"	For more information please visit: www.windsorsledgehockey.com	Player's are provided with both recreational and competitive sledge hockey opportunities. The junior league varies from ages 8-16. The intermediate league varies from ages 15-60.

Special Stars Autistic Program – Windsor-Essex County	For more information please visit: www.wscspecialstars.com	Non-profit organization, providing a safe environment for individuals with ASD to develop social skills and peer interaction through the recreational activity of soccer.
Down Syndrome International Swimming Organization (DSISO)	For more information please visit: www.disco.org	The Down Syndrome International Swimming Organization (DSISO) was created to provide swimmers with Down Syndrome the opportunity to swim at World Class level through its World Championships held every two years.
Swimming With A Mission Windsor (S.W.A.M.)	For more information please contact and/or visit: 888-530-5618 ext. 15 1-888-530-5618 ext. 123 (toll free) windsor@swamcanada.ca https://www.windsor.on.swamcanada.ca/	Provides affordable and accessible one-on-one swimming instructions and lessons to children with special needs. Able to provide lessons specifically to children at risk of drowning.
Kids Beating Cancer Honourable Ninjas	For more information please contact and/or visit: 519-972-0083 kbc@inhonour.ca https://www.inhonour.ca/programs-17/kids-beating-cancer-honourable-ninjas	Suitable for children ages 3 to 18 with cancer and other illnesses/disabilities and their siblings.
Special Olympics	For more information please contact and/or visit: Windsor ICHA Cindy LaBrecque clabrecque@cogeco.ca icha@thesoccerplace.ca Windsor Caboto Lis Sorensen Windsor.caboto@specialolympicsontario.ca LaSalle Windsor	Provides athletic opportunities for persons with intellectual disabilities between the ages of 8 to 80 years old. Its ultimate goal is to bring athletes together for fun, friendship, and competition. As well as offering the athletes the option to simply come out for the exercise and socialization.

	<p>Tracy Cormier 519-978-0193 myukon@aol.com www.lwspecialolympics.com/wp/</p> <p>Leamington-Essex Kandic Scott Essex.coordinator@specialolympicsontario.ca</p>	
Special Equestrian Therapeutic Riding Association (SPEQTRA)	<p>For more information please contact:</p> <p>Windsor Farms Equine Centre 528 Mersea Road 7 RR#5 Leamington, ON, N8H 3V8 519-322-8365 info@speqtra.ca</p>	Suitable for children and adults with physical, developmental or emotional disabilities. Must be able to support own trunk and head. It is designed to provide psychosocial, psychological and recreation therapy for people with disabilities.
Windsor-Essex Therapeutic Riding Association (WETRA)	<p>3323 North Malden Road RR#2 Essex, ON, N8M 2X6 519-726-7682 Fax: 519-726-4403 info@wetra.ca www.wetra.ca</p>	All ages welcome; however, they must be able to support own trunk and head. Children and adults with physical, developmental, and emotional disabilities. Designed to provide psychosocial, psychological, and recreational therapy for people with disabilities.

Parks and Playgrounds

Agency	Contact Information	Service Description
Farrow Riverside Miracle Park	<p>6755 Wyandotte St. East Windsor, ON, N8S 1P7 519-944-9115 info@riversidemiraclepark.com</p>	A fully accessible and inclusive playground and park alongside the Miracle Field Baseball Diamond designed for children and adults with disabilities, plus a walking path for people of all ages and abilities.
Parks & Facilities	<p>Captain John Wilson Park 3950 Ducharme Street Windsor, ON</p> <p>Windsor Riverfront Park Alymer Avenue and Riverside Drive East</p>	Parks & Facilities installed four new accessible themed playgrounds in four different parks across Windsor.

	<p>South Cameron Woodlot Kenora Street and Mark Avenue</p> <p>Little River Acres Park Little River Road and Little River Acres Drive</p>	
Movies and Music Therapy		
Agency	Contact Information	Service Description
Music Therapy Academy Ste. Cecile	<p>For more information please contact and/or visit:</p> <p>Academie Ste. Cecile (Windsor) 2676 Grand Marais Road West Windsor, ON, N9E 1G2 519-966-775</p> <p>Academie Ste. Cecile (Tecumseh) 12021 Tecumseh Road East Tecumseh, ON, N8N 1M1 519-737-7575</p> <p>www.stececile.ca/arts/academy-of-music/</p>	<p>Provides music therapy to enhance an individual's social, behaviour, physical, and emotional wellbeing. Sessions for children often include singing, playing instruments, and oriented expressive movements and dramatic activities. Open to any person with a disability. Sessions may be offered on a group or individual basis.</p>
Camps		
Agency	Contact Information	Service Description
John McGivney Children's Centre Summer Programs/Camps	<p>For more information please contact:</p> <p>3945 Matchette Road Windsor, ON, N9C 4C2 519-252-7281 info@jmccentre.ca</p>	<p>Summer programs/camps includes crafting, cooking, nature walks, swimming, and various recreational activities for ages 6 year(s) to 18 year(s).</p>
Easter Seals Camp Woodeden	<p>For more information please visit: https://www.eastersealscamp.org/</p> <p>Head Office- Toronto, ON (For general inquiries, applications, and eligibility) 700-One Concorde Gate Toronto, ON, M3C 3N6 Contact: Krisha Parks, Program Administrator Phone: 416-510-5094 Email: camp@easterseals.org</p> <p>Camp Merrywood- Perth, ON 741 Port Elmsley Rd Perth, ON K7H 3C7</p>	<p>Camp Woodeden offers programs such as swimming, arts and crafts, pottery, music, drama, life skills and sports such as sledge hockey, archery, wheelchair basketball, lacrosse, badminton, a nature trail with Yurts for overnight sleep-outs and a fully accessible high ropes challenge course.</p>

	<p>Contact: Kate Goodfellow, Manager of Camp Operations Email: camp@easterseals.org</p> <p>Camp Woodeden- London, ON 2311 Oxford St W London, ON, N6K 4P1 Contact: Katrina Vanderkolff, Manager of Camp Operations Phone: 519-200-6462 or 519-471-6640 (Summer phone number) Email: camp@easterseals.org</p>	
Camp Awakening	<p>Camp Awakening 150 Eglinton Avenue East, Suite 403 Toronto, ON M4P 1E8 (1-833-875-8400 info@campawakening.com</p> <p>https://campawakening.com/</p>	Our traditional, overnight summer camp programs provide youth with physical disabilities the opportunity to make genuine face-to-face connections; learn to lead healthy, active lives; discover the wonders of nature; and challenge their perceived limitations.
Autism Services Inc.	<p>For more information please contact and/or visit:</p> <p>3640 Wells St Windsor, ON, N9C 1T9 519-966-7283 www.autismservicesinc.com</p>	The Bruce Awad Summer Program is a unique program, which provides students with the opportunity to participate in daily activities such as fitness, arts and crafts, music, educational table tasks, food preparation, housekeeping duties, and other daily living skills. As well, as participate in a variety of community outings such as swimming, splash pads, parks, and gymnastics for ages 6 year(s) to 21 year(s).
Other Services		
Agency	Contact Information	Service Description
JMCC Teen Group	<p>For more information please contact:</p> <p>3945 Matchette Road Windsor, ON, N9C 4C2</p>	This group provides monthly meetings, outings and/or social events for

	Ruth McLean: 519-252-7281 ext. 544 info@jmccentre.ca	teens with mental or physical disabilities.
JMCC Therapeutic Recreation	For more information please contact and/or visit: 3945 Matchette Road Windsor, ON, N9C 4C2 519-252-7281 info@jmccentre.ca https://jmccentre.ca/services/therapeutic-recreation	The therapeutic recreation team utilizes recreation and other activity-based interventions to promote optimal health for children and youth with special needs. These activity-based programs include: sports such as boccia, basketball, golf, dance, cheerleading, etc.; arts such as drama, music therapy, photography; social including the teen clubs, girls groups, boys game nights; and other cooking courses, outdoor exploration, and community outings. Available to children and youth under the age of 21.
Dances and Special Events Nights	For more information please contact and/or visit: www.mycommunityhub.ca 372 Talbot Street North Essex, ON, N8M 2W4 Natalie Kristy nkristy@communitylivingessex.org	Dances are sponsored by the McGregor Squirettes of Mary under the guidance of Community Living Essex County. Participation: age 16+.
Fantastic Fridays	For more information please contact: 2565 Ouellette Avenue, Suite 150 Windsor, ON, N8X 1L9 Catharine Shanahan: 519-972-9688 ext. 132 cshanahan@familyrespite.org	Family Respite Services program works with parks and recreation department of LaSalle to offer support for Friday night recreation program for older youth at Vollmer Rec Centre. Purpose of program provides opportunities for youth to participate in sport, recreation and physical activities, assisting them to develop skills and socialize with others.

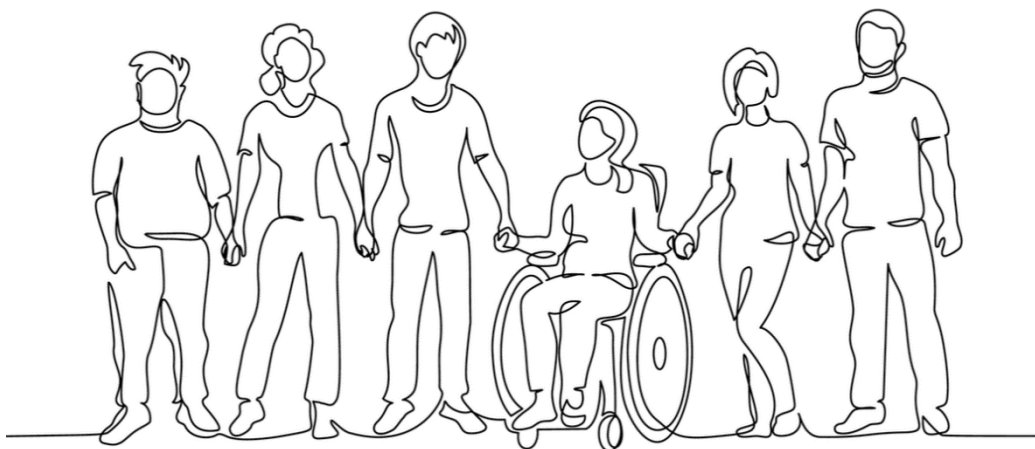
<p>Italian-Canadian HandiCapable Association (Movies/Events)</p>	<p>For more information please contact and/or visit:</p> <p>3939 Carmichael Drive Windsor, ON, N9C 3Z1 519-977-9394 or 519-977-8900 ext. 22 icha@thesoccerplace.ca www.icha.ca</p>	<p>The association offers many recreational programs and hosts their own movie nights and events that change throughout the year. More information about their different events is on their website. Must be a member to attend programs. Memberships are available individually, or for the family.</p>
<p>Windsor Library</p>	<p>850 Ouellette Avenue Windsor, ON, N9A 4M9 519-255-6670 ext. 4404 TTY: 519-252-4775 www.windsorpubliclibrary.com</p>	<p>Anyone who will be homebound for at least three months may register with Accessibility Services and receive personally selected library materials on a regular basis. If you have a family member or a friend who will pick up a bagful of materials, we will select, check out, and send to the nearest branch. Delivery, provided by volunteers, can be arranged if needed.</p>

Resources for Parents on Facebook

In this section you will find resources that promote connectedness between families, community members, friends and medical health professionals. These FaceBook pages range from a local level to a national level with members from near and far.

Association	How to Access	Description
Autism Families of Windsor Essex Co	Request membership on Facebook	A page for sharing, asking questions and providing support for those we love with Autism
Ontario Autism Coalition (OAC)	Have to request membership on Facebook	To provide general information on autism resources and related services
Canadian Deafblind Association (National)	"Like" on Facebook	Advocates and provides services to individuals with congenital deaf blindness
DeafBlind Ontario Services	"Like" on Facebook	Takes a holistic approach to providing an array pf services to people who are Deaf, hard of hearing, non-verbal and deafblind that are customized to each individual's unique needs
Canadian Down Syndrome Society	"Like" on Facebook	Raises awareness and provides information on Down Syndrome through prenatal, early childhood, school years, adulthood and retirement stages of life
Down Syndrome Association of Ontario – DSAO	"Like" on Facebook	Composed of local Down Syndrome Associations from across the province, Board determines ways it can be most helpful to the people of Ontario with Down Syndrome and their families; focuses include health care, education and social services in Ontario
Up About Down Windsor-Essex County Down Syndrome Association (6-12 years)	Have to request membership on Facebook	Coordinate events and fun meet ups; to share questions, ideas, suggestions, insights, photos and create memories
Mosaic Trisomy 18 & 13 Miracles	Have to request membership on Facebook	Designed for families with children affected by Mosaic Trisomy 13, 18, or any other number; group to share achievements, ask questions, and most of all meet other amazing families and children on this journey
Trisomy 18 Foundation	"Like" on Facebook	Committed to finding new therapies and preventions for Trisomy 18 and supporting families impacted by Trisomy 18 diagnosis for a child

JMCC Parent & Caregivers (Past, Present and Future)	Have to request membership on Facebook	A group page to come together, share stories, trials and triumphs, get tips and ideas, share upcoming events and give one another support
PAD Parents of Adult Children with Disabilities Advocacy and Support Group	Have to request membership on Facebook	Advocacy and support group for adults with developmental disabilities, their families and friends (Windsor, ON)
The Ontario Caregiver Organization	"Like" on Facebook	Medical and health, health and wellness website; supports caregivers by being their one point access to information, so they have what they need to be successful in their role
Cerebral Palsy Parents Information Group	Request membership on Facebook	Community where parents of children who have CP can discuss issues, celebrate successes and ask questions related to our children and their specific needs (U.S., Canada, International)
Hydrocephalus Canada (formerly SB & H)	"Follow" on Facebook	Voice of Canadians living with hydrocephalus and spina bifida
Muscular Dystrophy Canada	"Like" on Facebook	Mission is to help people with neuromuscular disorders to live life on their own terms
Ontario Prader-Willi Syndrome Association	"Like" on Facebook	Community of families, caregivers, medical researchers, and educators who live with and support those with Prader-Willi Syndrome



Resources for Parents Online

In this section you will find online resources that range from magazines, to twitter organizations to Research Networks. Each resource provides information, connection and education for families and those looking for support.

Association	How to Access	Description
Ability OnLine	http://abilityonline.org	Free monitored internet community where young people with disabilities or illnesses and their parents can meet others like them, make friends, share their hopes and fears, find role models and mentors and feel like they belong; once registered, members connect for friendship, support and skill development opportunities including homework help, help dealing with bullying (on or offline), help with social thinking/social skills to enhance inclusion and information to get active and involved in community sports and recreation
ABILITY Magazine	https://abilitymagazine.com/	Ranked in the top 50 magazines in the world; from diabetes to spinal cord injury and celebrity interview to CEO profiles; covers latest on health, environmental protection, assistive technology, employment, sports, travel, universal design, mental health, etc.
Cerebral Palsy FDN	Follow @yourcpf on Twitter	Transforms lives for people with CP through research, innovation and collaboration
Cerebral Palsy Research Network	Follow @CPRN_org on Twitter	Focuses on optimizing lifelong health and wellness of people with CP and their families through high quality research, education and community programming
The Mighty (Chronic and Mighty)	www.themighty.com	A site where people share their personal experiences with disability, disease and mental illness; can receive emails
Parenting Special Needs Magazine	https://www.parentingspecialneeds.org/	Information, inspiration, advice and support from parents and some professionals; provides information on parenting, activities, health, products, planning, education and therapy

