

**PLANNING FOR SUCCESS**  
**PREPARING NOW FOR THE FUTURE**  
 Recreation & Leisure Resources in Windsor-Essex

**DAY PROGRAMS & RESPITE SERVICES**

<b>Abode Respite Services Inc.</b>		
<i>Heather McCann-Smith</i>	<a href="mailto:aboderespite@outlook.com">aboderespite@outlook.com</a>	<b>(519) 961-9092</b>
<p>Abode Respite Services Inc. is a non-profit organization that is dedicated to providing out-of-home group respite services and inclusive community programming opportunities to adults of all abilities.</p> <p>Abode Respite Services Inc. operates Monday-Friday from 9:00AM to 5:00PM.</p> <p>Group Respite members participate in monthly programming and community involvement for a group respite rate, at the Abode Respite House in Essex.</p> <p>Direct Respite Supports are also offered at a 1:1 ratio. There is a waiting list for this service, price determined after assessment.</p> <p>For more information please contact.</p>		

<b>Assisted Living Southwestern Ontario (ALSO) Chrysalis Day Club</b>	
<i>Angela Owen</i>	<b>(519) 969-8188 ext.300</b>
<p>The Chrysalis Day Club is a member driven club based on meaningful work and the development of meaningful relationships.</p> <p>The club is open Monday to Friday, from 8:00AM – 4:00PM.</p> <ul style="list-style-type: none"> <li>· Members choose between working in the maintenance, kitchen or clerical units.</li> <li>· Projects are based on skill, imagination, and the talents of the participants</li> <li>· Must be 18 years or older, and must have a diagnosis of an Acquired Brain Injury (ABI)</li> </ul> <p>For more information, please contact.</p>	

<b>Assisted Living Southwestern Ontario (ALSO), Participation Industries</b>	
	<b>(519) 969-8188</b>
<p>Participation Industries is a Day Program for adults with physical disabilities. Emphasis is placed on enhancing physical, social, academic and working skills. Service plans are developed and implemented to optimize and challenge each individual.</p> <p>Consumers work on a variety of projects that include light assembly, inspection, rework, collating, packaging, product design, manufacturing and marketing. Training and work experience is available in the areas of cash handling, stocking, inventory, food preparation, computers, literacy and janitorial/maintenance.</p> <p>For more information, please contact.</p>	

<b>Christian Horizons</b>		
<i>Mary Varughese</i>	<a href="mailto:Mvarughese@christian-horizons.org">Mvarughese@christian-horizons.org</a>	<b>(519) 652-3663 ext.2229</b>
<p>Christian Horizons Community Participation Supports offer opportunities for adults over 18 to engage in skills development, community involvement, employment, volunteer opportunities and recreational activities.</p> <p>Other services Christian Horizons Essex (Windsor) offers are:</p> <ul style="list-style-type: none"> <li>· Supported Independent Living</li> <li>· Host Family Services</li> <li>· Community Residences</li> </ul>		

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<b>Community Living Essex County, Channel Amherstburg</b>		
<b>260 Bathurst Street Amherstburg, ON N9V 1Y9</b>	<a href="mailto:sandra@communitylivingessex.org"><u>sandra@communitylivingessex.org</u></a>	<b>(519 )736-5077</b>
For more information, please contact.		

<b>Community Living Windsor, Ventures</b>		
<b>Steve Shearer</b>	<a href="mailto:steve@clwindsor.org"><u>steve@clwindsor.org</u></a>	<b>(519) 984-2308</b>
<p>Ventures offers opportunities for people who receive support during the day to learn something new and get connected. Whether it is through volunteering or choosing to become a member with a community based organization, being connected offers someone an opportunity to participate in and give back to their community. Ventures has created strong links with some community partners to assist the people we support as they fulfill roles that are essential within our Windsor community.</p> <p>A variety of classes are offered in group or one-on-one settings to help people learn new skills and discover new hobbies. Some examples include:</p> <ul style="list-style-type: none"> <li>· Gardening</li> <li>· Safe food handling and food preparation]</li> <li>· Zumba fitness</li> <li>· Swimming</li> <li>· Lessons on using different computer software programs</li> </ul> <p>Hours of operation are 7:30AM – 3:30PM.</p> <p>For more information, please contact.</p>		

<b>Fun Time Day Program</b>		
<b>3735 King St. Windsor, ON N9C 1P7</b>	<a href="mailto:funtimesdayprogram@gmail.com"><u>funtimesdayprogram@gmail.com</u></a>	<b>(519) 252-8998</b>
<p>The Fun Time Day Program strives on creating an inclusive atmosphere embracing individuals differences. They offer a resource facility for our consumers to come play sports, engage in creative activities, enjoy meals and make friends along the way. Fun Time Day Program’s venue is able to provide both indoor and outdoor recreational sports, a computer lab, a movie theatre, social lounging areas and a relaxing multi-sensory media room.</p> <p>Through their flexible schedule, they offer both breakfast and lunch to their consumers each day amongst the various activities planned.</p> <p>Fun Time Day Program’s goal is for their clients to engage in social interaction, thus furthering social development skills, while enjoying themselves in a safe and inviting environment.</p> <p>For more information, please contact.</p>		

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<b>Harmony In Action</b>		
<b>Elizabeth Esposito</b>	<a href="mailto:executivedirector@harmonyinaction.com">executivedirector@harmonyinaction.com</a>	<b>(519) 252-1207</b>
<p>Harmony In Action is a non-profit, incorporated, registered charity that:</p> <ul style="list-style-type: none"> <li>· Provides a Day Program, Monday – Friday</li> <li>· Offers weekly and monthly recreational and social activities</li> <li>· Offers a Recreational Extended Hours Program (Monday – Friday, 3:00PM – 6:00PM)</li> <li>· Strives to meet the needs of individuals with physical and/or developmental disabilities</li> <li>· Believes that individuals with physical and/or developmental disabilities have as much right as others to meaningful experiences that develop their self-worth, the talents they possess and their sense of social acceptance</li> </ul> <p>Harmony In Action’s staff and volunteers work with all individuals who come to Harmony Programs to maintain and/or increase skills, and to encourage personal development. They focus on developing activities that generate feeling of accomplishment, self-worth and acceptance-qualities that contribute to a satisfying, well-rounded and well-lived life.</p>		

<b>The Inclusion Academy</b>	
<a href="mailto:Mail.inclusionacademy@gmail.com">Mail.inclusionacademy@gmail.com</a>	<b>(519) 560-7102</b>
<p>Located in Amherstburg, The Inclusion Academy aims to build community based connections with adults living with developmental disabilities. We offer life skills workshops, group recreational outings, respite relief and much more.</p> <p>The Inclusion Academy supports individuals within the Essex County region.</p> <p>Offering a ladies group in Essex, the Inclusion Academy utilizes local amenities such as the library, community centre or the public pool to truly be a community-based service provider.</p> <p>For more information, please contact.</p>	

<b>Leslie’s Support Solutions</b>		
<b>Leslie Ingratta</b>	<a href="mailto:admin@lsswindsor.com">admin@lsswindsor.com</a>	<b>(519) 915-0753</b>
<p>Leslie’s Support Solutions offers personal support, along with 24-hour in-home respite services.</p> <p>LSS will match one of their team members to the objectives outlined in the person-directed support plan.</p> <p>For more information &amp; detail, please contact.</p>		

<b>Reach for the Skye</b>		
<b>1169 Tecumseh Rd. E Windsor, ON N8W 1B5</b>	<a href="mailto:reachoffice@kelcom.net">reachoffice@kelcom.net</a>	<b>(519) 946-0263</b>
<p>Reach for the Skye is a Day Program for developmentally/physically challenged youth and adults, as well as students aged 13 to 20 during P.A. days, March Break and Summer Holidays.</p> <p>Staff and volunteers encourage independence by asking for the individuals supported to assist with all dailt tasks that are required at Reach for the Skye. They help with sweeping the floors, wiping tables down, doing dishes and preparing food.</p> <p>It is a priority at Reach for the Skye that everyone is treated with respect and respect each other.</p> <p>Reach for the Skye encourages participation in their activities, either in a group or one-on-one. Their life skill programs encourage personal growth and development. Integration into the community is important to those at Reach for the Skye.</p> <p>For more information, please contact.</p>		

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**Roots 2 Wings Inc.**

**Jody Lowrie**

[info@roots2wings.ca](mailto:info@roots2wings.ca)

**(226) 674-3500**

Roots 2 Wings provides young adults living with a disability the opportunities to grow and develop skills to enhance their independence, social skills and quality of life.

The daytime program offered by Roots 2 Wings is for adults, aged 18 years and up. This program runs Monday to Friday, 9:00AM – 3:00PM. Before and after program care runs 7:00AM to 9:00AM and 3:00PM to 5:00PM.

The activities provided in the daytime program focus on:

- Socialization
- Community Involvement
- Independent Living and Self-Help Skills
- Building Friendships and Self Confidence

Program activities are completed on-site and within the community.

For more information about services provided, please contact.