DATABASE FOR SPECIAL NEEDS RESOURCES

This database is strictly a research guide. The English Montreal School Board does not endorse all resources, and highly recommends that you research these resources to determine if they are appropriate for the care of your child.

SECTION 4
RECREATIONAL ACTIVITIES AND THERAPIES

Altergo
525 Dominion St., Suite 340, Montreal, Quebec H3J 2B4
Tel.: 514-933-2739 / Fax: 514-933-9384
Email: info@altergo.net
Website: www.altergo.net
Promotes sports and recreation for disabled persons, including support to participate in everyday programs offered in their own communities. To help your child participate in recreational activities, the organization he or she attends may be entitled to a subsidy to pay for the costs of a personal attendant. Request information from Altergo.

Click on www.altergo.net/repertoire/ for extensive lists by disability, age or activity of service accessibility and age ranges.

Kéroul
4545 Pierre-De Coubertin Ave., P.O. Box 1000, Station M, Montreal, Quebec H1V 3R2
Tel: 514-252-3104 / Fax: 514-254-0766
Email: infos@keroul.qc.ca / Website: www.keroul.qc.ca
Data on accessible hotels, motels, restaurants and tourist attractions for travellers with restricted mobility. Data bank available on accessible places in Quebec.

SECTION 4.1
ART / DRAMA THERAPY

Berbrier, Jennifer, Art Therapist
Montreal Therapy Centre
Queen Elizabeth Health Complex, 2100 Marlowe Suite 539, Montreal, Quebec H4A 3L5
Tel: 514-249-7262
Email: jrbrier@montrealtherapy.com
Website: www.montrealtherapy.com
Servicing visually impaired adolescents.
Centre for The Arts and Human Development Concordia University – for ages 20 and over
7079 Terrebonne Ave, Montreal, Quebec. H4B 1E1
Tel: 514-848-2424
Contact: Lenore Vosberg
Website: www.cahd.concordia.ca
A division of the Department of Creative Arts Therapies I the Faculty of Fine Arts At Concordia University. Combines art, drama, music and dance/movement as methods of therapy for improving self-confidence and social skills, encourage autonomy and enhance quality of life. Must be referred. Call for information.

Glee Project
Furlong, Jennifer Lee MA, CCC
2100 Marlowe Montreal, QC H4A 3L5
Tel: 514-884-0331
Email: Jenniferleefurlong@gmail.com
Creative arts therapist specializing in music and drama with adults and children with developmental disabilities. Works with groups and individuals with a humanistic approach focusing on socialization, integration, developing self-esteem and self-mastery.

Kajzer, Branko, Art Therapist (See Section 3.3: Psychological Services)

Kerstein, Ali, Drama Therapist
4211 St. Catherine Street West, Montreal, Quebec
Te: 514-887-3674
Email: alikirstein@hotmail.com
Using drama therapy, works with children and families with varying needs including special needs ie. social issues, physical disabilities, emotional difficulties, eating disorders, depression. Provides another avenue for communicating issues.

Maji-Soi
9300 Rue Saint Denis, Montreal Quebec, H2M 1P1
Tel: 514-382-6555 / Fax: 514-382-7378
Email: maji-soi@bellnet.ca
For all special needs age 5 and up. Art, music, relaxation etc.

Temple Art Hive
4100 Sherbrooke Street West, Westmount, H3Z 1A5
Contact: Rachel Desjourdy
Email: Rachel@templemontreal.ca
Website: templemontreal.ca
An inclusive art initiative where people of all ages and abilities can come participate in the Art hive Free of charge. They welcome everyone to come co-create in a fun, safe and supportive space that celebrates everyone’s strengths.
The Children's Theatre
6224 Godfrey Ave Montreal, QC H4B 1K3 Canada
Tel: 514-484-6620
Email: danusia@childrens-theatre.ca
Website: www.childrens-theatre.ca
Theatre school offering mainstream classes to develop confidence, self-esteem, communication skills. Acting classes for high-functioning students with Autism and Asperger's (Starlight Players). (Minimum of six children needed for a special needs class.). (See Section 2: Specifically ASD, Asperger's Syndrome and PDD)

Visions sur l’Art Quebec
7005, boul. de Maisonneuve Ouest, Montreal, Quebec H4B 1T3
Tel.: 514-487-1891 #119
Email: andre_michaud@ssss.gouv.qc.ca
See Altergo website www.altergo.net Develops creativity and artistic talents of people with limitations and special needs.

SECTION 4.2
MUSIC THERAPY

Association québécoise de musicothérapie
Tel: 514-264-6335
Website: www.musicotherapieqm.org
An association that has a database of music therapist that they connects parents and organizations.

Centre Professionnel de Musicothérapie
Tel: 450-419-7769
Contact: Brigitte Vincent, B.Mus Music Therapist
Email: centremusicopro@gmail.com
Website: www.musicopro.ca
Uses music therapy to help the optimal development of children. Private therapist works with children with all types of developmental disorders such as ADD, ADHD, Intellectual Disability, Autism, Speech Disorders, behavioural and emotional issues, etc. Speech is not needed. Services both in French and in English.

GLEE PROJECT – SEE SECTION 4.1

Mackell, Grace, MTA
6251 Rue Alma, Montreal, QC H2S 2W2
Tel: 438-889-1208
Email: gmackell@gmail.com
Works with young children with Autism and children with all types of needs. Offering private contracts.

Piano Art
Tel: 514-254-2533
Email: rady4433@hotmail.com
Website: rady4433.wix.com/pianoart
Adapted piano lessons for students with special needs including autism, ADHD and other children with special needs. Provides individual needs assessments, an adapted approach with ABA, objectives to develop different skills. Bilingual service.
Westmount Music Therapy
34 Thornhill Ave, Suite B, Westmount, Quebec, Canada, H3Y 2E2
Contact: Alison Usher-Jones, BMT, MTA – owner and music therapist
Telephone: 514-942-0698
Email: alisonusherjones@gmail.com or westmountmusictherapy@gmail.com
Website: www.westmountmusictherapy.com
Bilingual music therapy for toddlers, children and youth with a variety of needs, including difficult life circumstances (divorce, anxiety, etc), autism spectrum disorder, behavioural problems, developmental disorders, attention deficit, mental health, motor skills, siblings of disability, and more.

SECTION 4.3 CHEERLEADING

Flyers All Starz Special Needs Cheerleading
9233 Thimens, Pierrefonds, Quebec, H8Y 0A1
Tel: 514-332-3777 – ask for Stephany De Rosa, Team Coach
Or Helen Dicso, 514-916-0911
Email: helendicso@sympatico.ca
Website: www.flyerscheerleading.net
Games, physical fitness, gymnastics, tumbling, stunting, pyramids, performances and fun. Adapted program for all types of disabilities including ASD, Down syndrome, physical, intellectual, behavioural, ADHD, etc. Program is individualized.

North Shore Cheerleading (Extreme Gym)
1430 Hymus Boulevard
Dorval, Quebec H9P 1J6
Tel: 514-683-6111
Email: cheer-nsc@hotmail.com
Website: www.nscheer.com
The ‘Dream Team’ is a team for children with special needs including intellectual disabilities and autism. Has been working in association with WIAIH for 4 years. Also offers hip hop classes as their own endeavour.

SECTION 4.4
GYM AND SWIM

Aqua-K.I.D.S.
6366 Rue Cabrini, Montreal, Quebec H1T 3S4
Tel: 514-750-7588
Contact: Linda Aber
Email: tacticsmtl@yahoo.com
Swim, art, and gym program for ADD/ADHD children and children with mild Autism. Ages 6-16.
Aqua Percept and Adapted Gym & Swim Program
Malcolm-Knox Aquatic Centre
98 Douglas Shand, Pointe-Claire, Quebec H9R 2A8
Tel: 514-630-1202 / Fax: 514-630-1265
Contact: Jane Stowe, Catherine O'Rourke or Carole Lefebvre
Email: aquatics@ville.pointe-claire.qc.ca
Website: http://www.ville.pointe-claire.qc.ca/En/services/aquatic/Adaptive/Adaptive.asp
Co-ed, ages 4-10. Aqua Percept: Gym and swim program for children with motor problems, ADD, ADHD, or poor coordination. Adapted Gym & Swim Program for lower functioning children. 1 hour program during the year. For summer camp, see camp section.

Gymn-eau Montréal
Montreal
660 Villeray, Suite 2.109, Montreal, Quebec H2R 1J1
Tel: 514-721-3663
Email: gymn_eaumontreal@yahoo.ca or
Laval
2465 rue Honoré-Mercier, Laval, Quebec H7L 2S9
Tel: 450-625-2674 / Fax: 450-625-3698 / Email: info@gymn-eau.org
Repentigny
A/S piscine municipale, 130 rue Valmont, Repentigny, Quebec J5Y 1N9
Tel: 450-582-7930
Email: gymncaurepentigny@hotmail.com
Website: www.gymn-eau.org/montreal.html
Programs that include indoor gym, pool, and socialization activities for children with learning disabilities, ages 5-15.

Just Be Fitness
Kelly Samsonovitch, Certified Personal Trainer
Email: justbefitness@gmail.com
Description of services: personal trainer: specializing in fitness for kids (various programs being offered: yoga, circuit training, music and movement, meditation, deep breathing exercises, etc.) With over 15 years of experience working with children of all needs, Kelly’s programs are a great asset to any child.

Making Waves Montreal
Cégep du Vieux-Montréal, 255 Rue Ontario East H3A 1L2
Tel.: 514-652-6732
Email: making.waves.montreal@gmail.com
Website: www.makingwavesmontreal.com
A non-profit organization which offers Sunday morning swimming instruction for children with special needs. Run and supported by student volunteers.

P.L.A.Y. Gymnastics
2090 Trans-Canada, Dorval, Quebec H9P 2N4
Tel: 514 795- 4266
Email: playatgy@gmail.com
A gymnastics program designed by an occupational therapist to address the many needs of kids/adolescents/adults with different challenges. New participants require an evaluation prior to registration.
SECTION 4.5
HORSEBACK RIDING

Equitation Elysé
1901 Rue du Fief, St. Lazare, Quebec
Tel: 514-941-2959
Horseback riding therapy.

Fondation Equestre L’Etoile Bleue
Mailing address: 132 A Trait Carré, Ste. Anne Des Plaines Quebec J0N 1H0
Contact: Coralie Robin, Tel: 450-478-4931 / Fax: 450-478-4931
Email: coralie.robin@sympatico.ca
Website: www.cantra.ca/centres/etoilebleue.html
A centre for therapeutic horseback riding for the mentally and physically disabled.

Fondation Normand Clark – Horseback Riding
Tel: 450-838-0000
Email: nclark@hinerc.com
All ages, all deficiencies, including Autism

Lucky Harvest Therapeutic Riding Centre
1900, Route 202, Hinchinbrooke, Quebec J0S 1A0
Tel: 450-264-0282
Email: info@luckyharvest.org
Equine therapy, rehabilitation and recreational activities for persons of all ages, living with physical and/or intellectual limitations. Bilingual services.

SECTION 4.6
MARTIAL ARTS

Autism Karate – (see section 2, Autism)

Taekwondo Adapté - Académie De L’Etoile du Nord
950 Elodie-Boucher, Laval, QC H7W OC6
Tel: 514 295 7905
Email: taekwondoart@hotmail.com
Adapted Taekwondo classes for children with autism spectrum disorder, learning disabilities, attention deficit disorder, anxiety and other difficulties.
SECTION 4.7
SAILING

The Association Québécoise de Voile Adaptée (AQVA): Provincial Organisation
Head office: 35 - 2025 Quesnel, Montreal, Quebec H3J 2K9
Pointe Claire Yacht Club:
1 Avenue Cartier, Pointe Claire, Québec H9S 4R3
Tel: 514-694-8021
Email: info@aqvaqc.com
Website: www.aqvaqc.com
Offers disabled children as young as 10 years old the opportunity to learn about sailing, with a fleet of 4 adapted sailboats at Pointe Claire Yacht Club.

SECTION 4.8
SKATING

Club de patinage artistique de Saint-Léonard
C.P. 305, succursale Jean-Talon, Saint-Léonard, Québec H1S 2Z3
Tel.: 514- 593-7878 / Fax: 514-593-9954
Contact: Annalisa Piccolo
For children 5-13 years with intellectual and physical disabilities.

SECTION 4.9
SOCCER

Super Sonics Soccer Lakeshore Soccer Club
2870 St. Charles #205, Kirkland, Quebec H9H 3B6
Tel: 514-697-6973 / Fax: 515-697-7218
Contact: Kelly-Anne Soutter
Email: info@lakeshoresoccer.ca
Website: www.lakeshoresoccer.ca
Offered to children in age groups 5-9 and 9-15. Summer session every Saturday morning for 1 hour.
Program in winter depending on interest. For any type of intellectual disability including Autism and Down Syndrome.

SECTION 4.10
SKIING

Centre de Ski Mont Rigaud
21 des Érables, Rigaud, Québec J0P 1P0
Tel: 450-451-0000 or 514-990-1286
Email: info@skimontrigaud.com
Website: www.skimontrigaud.com --Private ski lessons with qualified instructors for children with disabilities.
The Eastern Townships Disabled Skiers Foundation (ETDS)
Fondation des Skieurs Handicapés de l'Estrie (FSHE)
P.O. Box 3732 Knowlton, Quebec J0E 1V0
Tel: 450-243-5985 / Fax: 450-243-1145
Website: www.fshe.org
The mission of ETDS is to establish, operate and maintain educational programs that encourage physically disabled children and adults to discover new abilities through alpine skiing and water sports.

Ski Mont Habitant
12 chemin des Skieurs RR 2, Saint-Sauveur, Québec J0R 1R2
Tel: 450-227-3168 or 1-866-887-2637
Web: www.monthabitant.com - Private ski lessons with qualified instructors for people with disabilities.

Special Olympics Ski Club of Owl’s Head
40, chemin du Mont Owl's Head, Mansonville, Québec J0E 1X0
Tel: 450-292-3342 / Fax: 450-292-3067
Website: www.owlshead.co
Alpine ski courses at Owl’s Head Ski Center, under the supervision of instructors/coaches who are qualified in working with people living with an intellectual disability, and assisted by volunteers.

SECTION 4.11
YOGA

Monica Merleau/ Shevaya Wellness
Decarie Square
Tel: 514 777-9086
http://monicamerleau.com/
Students with special needs are shown how the benefits of yoga therapy can calm and energize, create a sacred space, and develop sensory bodily awareness.

Ondine Guralnick
Tel: 514-912-7397
Email: art@ondine.ca
Ondine is a certified Yoga teacher, who teaches in a fun and relaxing environment. Yoga helps to increase body awareness, strength and flexibility, with specialized breathing exercises and relaxation techniques to improve concentration and reduce hyperactivity.

Yoga with Jackie
Tel: 514-295-7742
Email: jackiegonshor@yahoo.ca
Website: fb.com/YogaWithJackieHerman
Jackie is a certified Yoga Instructor with 340 hours of training, and is certified to work with children and teens with ADHD and Autism, and is a certified Support Worker. In Jackie's Yoga classes the children play games, sing, laugh and have fun. Classes provide skills for self-regulating, breath work for focusing, practicing yoga postures that increase brain and body coordination, enhancing social/emotional and sensory awareness. Private or group home sessions, daycares, schools and camps.
SECTION 4.12
DANCE

Funky Feet Canada
2115 St. Regis, Dollard Des Ormeaux, QC H9B 2M9
Tel: 514 684-7300
Email: info@funkyfeet.ca
Dance classes in this program gives children a chance to break out of their shells and express their emotions in a non-threatening and non-judgmental environment.

R.A.D Movement (under construction)
1282 Curé-Labelle blvd., Laval, Québec, H7P 2W1
Tel: 514-827-PRAD (7723)
Website: www.rebellesetvagabonds.ca
Providing children with special needs the opportunity to participate in urban dance classes within a safe, encouraging, and non-competitive environment adapted to their needs, with specialized dance teachers. Welcomes all dancers between 8 – 25 years old who may have a motor, sensory, and/or mild to moderate intellectual impairment, language disorder, perceptual difficulties, attention deficit.

SECTION 4.13
ZOOTHERAPY

Coopérative de solidarité Espace-Temps (Neuro development Clinique)
Zootherapy
41 Gran Boulevard, L’Ile-Perrot, Quebec J7V 4W3
Tel: 514-902-0872
Zootherapy as a branch of psychology, decrease anxiety, increase cognitive functions, well-being, communication)

Donne La Patte – Animal Assisted Therapy
Contact: Lise Sandstrom
Tel: 514-229-2526
Email: donnelapatte@bell.net
Animal assisted therapy (zootherapy)

Zoo & Play Therapy
Tel: 514-979-2252
Contact: Brittany Fellner
Email: Brittanyf@hotmail.com
Recreational Therapist Brittany Fellner specializes in zoo and play therapy either at the clinic or home visits.

SECTION 4.14
OTHER RECREATIONAL THERAPIES AND ACTIVITIES
Ben Weider Jewish Community Centre
5400 Westbury Ave., Montreal, Quebec H3W 2W8
Tel: 514-737-6551, ext. 235 / Fax: 514-735-8109
Contact: Paul Vincent
Email: marango@ymywha.com or jowens@ymywha.com
Website: www.ymywha.com/Categories/view/10
The Marlene and Joel King Special Needs Department delivers recreational and leisure activities to
children and adults with special needs.

Children's Joy
La joie des enfants
8520 St-Urbain, Montreal, Quebec H2P 2P3
Tel: 514-270-0338 / Fax: 514-270-5281
Contact: Lise Séguin
Email: lajoiedesenfants@videotron.ca
Website: http://pages.videotron.com
Babysitting services, respite services, recreational activities, dance class. Also, summer day camp.

COCCINELLE FOUNDATION FOR HANDICAPPED CHILDREN (SEE SECTION 3.1: COUNSELLING / EVALUATION / THERAPY)
FONDATION COCCINELLE POUR LES ENFANTS HANDICAPÉES

Dynamix
Tel: 514.333.8326
Contact: Corey Szwarcok
Email: Montreal@getdynamix.com
Website: http://www.getdynamix.com
Works with children with special needs by providing experiential teambuilding workshops to help
develop critical social and cooperative skills.

Friendship Circle
3737 Van Horne, Montreal, Quebec H3S 1R9
Tel: 514-735-2255 / Fax: 514-735-8725
Contact: Sima Paris
Email: friend@friendshipcircle.ca
Website: www.friendshipcircle.ca
Respite services for children ages 2 and up. Teenage volunteers and educators interact with children with
special needs to build friendships. Includes children's circle, life skills, karate club, sports night, teen
circle, birthday club. Also, support programs for siblings and parents.

Hope Corporation for the Intellectually Disabled Children
Corporation l'Espoir du Déficient
55 Dupras Ave., Lasalle, Quebec H8R 4A8
Tel: 514-367-3757 / Fax: 514-367-0444
Email: info@corporationespoir.org
Website: www.corporationespoir.org
Organization founded by parents offering advocacy, dance and aerobic classes, outdoor activities, socio-
cultural activities, day camp and respite services for children with special needs. Also, organization newsletter
published four times a year (in French).
Montreal Recreational Centre for the Deaf (See Section 9: Resources for Parents, Caregivers, Teachers)

Odyssey Zone—A Centre for Creative and Play Therapies
Queen Elizabeth Health Complex
2100 Marlowe Ave, 5th Floor, Suite 351, Montreal, Quebec H4A 3L5
Tel: 514-485-6556 / Fax: 514-748-6312
Cell: 514-983-8581
Contact: Sheila Karen Ostroff
Email: sheilaostroff@gmail.com
Trained drama, art, play, and sand play therapist who gives therapy and support for children affected by ADHD, LDs, as well as trauma and loss. Emphasis on creativity and finding individual strengths.

Projet P.A.L. (See Section 8: Rehabilitation, Adaptation, Social Integration)
Offers recreational activities amongst many other services.

Proset Autism
Tel: 438-321-1564
Contact: Philippe Manning, ABA therapist / Sports therapist
Email: philippe@prosetautism.ca
Website: http://www.prosetautism.ca
An adapted sport and tennis program for children and adults with developmental challenges. Encourages participants to focus on socialization during sports play, peer development, adaptive physical activities.

Quebec Blind Sports Association (ASAQ)
Association sportive des aveugles du Québec (ASAQ) - (See Section 10.2: Day Camps)
4545 Pierre De-Coubertin Ave., P.O. Box 1000, Station M, Montreal, Quebec H1V 3R2
Tel: 514-252-3178
Email: infoasaq@sportsaveugles.qc.ca
Website: www.sportsaveugles.qc.ca
Promotes and organizes sports events for blind and visually impaired athletes in Quebec.

Quebec Deaf Sports Association (ASSQ)
Association sportive des sourds du Québec (ASSQ)
4545 Pierre De-Coubertin Ave., P.O. Box 1000, Station M, Montreal, Quebec H1V 3R2
Tel/TTY: 514-252-3069 / Fax: 514-252-3049
Email: secretaire@assq.org
Website: www.assq.org
Promotes sports, recreational and physical activity for deaf and hearing-impaired athletes in Quebec.

Quebec Wheelchair Sports Association (AQSFR)
Association québécoise des sports en fauteuil roulant (AQSFR)
4545 Pierre De-Coubertin Ave., P.O. Box 1000, Station M, Montreal, Quebec H1V 3R2
Tel: 514-252-3108 / Fax: 514-254-9793
Email: aqsfr@aqsfr.qc.ca
Website: www.aqsfr.qc.ca
Coordinates and facilitates the access to wheelchair sports at every level of performance for disabled people.
Special Olympics Quebec
5311 de Maisonneuve West, 2nd Floor, Montreal, Quebec H4A 1Z5
Tel: 514-843-8778 / Fax: 514-843-8223
Email: info@olympiquesspeciaux.qc.ca
Website: www.josq.qc.ca
Montreal branch office for the Special Olympics. Ask about their branches in Laval, the West Island and South West, North Island, East End.

Sportball
Tel: 514-331-3221
Email: adminqc@sportball.ca
Website: www.sportball.ca
Non-competitive sports instruction for children 16 months – 12 years old. Kids are introduced to eight popular sports: soccer, hockey, basketball, baseball, volleyball, tennis, golf and football.

Viomax
2275 Laurier Avenue East, Montreal, Quebec H2H 2N8
Tel: 514-527-4527 # 2329 / Fax: 514-527-0979
Email: informations@viomax.org
Website: www.viomax.org
Non-profit, part of the Luci-Bruneau Rehabilitation Centre. Offers vast physical activity programs for physically disabled.