

Recreation Information for individuals 18 years or older



Hamilton & District Extend-A-Family offers this information for reference only. This list is not to be interpreted as advocating for any of the listed organizations. Please visit the Health Line Website for additional organizations and information.

Organization: Hamilton School of Martial Arts - Fun and Fitness for Special Needs

Phone Numbers:905-544-9788

Email:hsma1@hsma1.com

Website:www.hsma1.com

Address:

1085 Barton St E, 2nd Fl
Hamilton, ON
L8L 3E2

Intersection:Barton St. E and Ottawa St

Location:Centre on Barton (formerly Centre Mall)**Accessibility:** Not Wheelchair Accessible

Hours:Mon, Wed 6 pm-8 pm * Tue, Thu 5:30 pm-8:45 pm * Fri 7 pm-9 pm * Sat 9:30 am-1:15 pm**Contacts:**Mickey Dimic - Owner, Coordinator

Service Description:Promotes the health and wellness of adults with special needs by providing opportunities to have fun in a group setting. Areas of focus include confidence & self esteem, co-ordination and muscle strength, overall health, and the development of skills in peer interaction, teamwork, and friendship-building.

Fees:Program

Application:Call to register

Eligibility - Population(s) Served:Age 16 years and older; Adults with developmental disabilities. Must attend with a worker if assistance is required to use washroom facilities.

Languages:English

Organization: Equestrian Association for the Disabled (The) (TEAD)

Phone Numbers: 905-679-8323

Fax: 905-679-1705

Email: admin@tead.on.ca

Website: www.tead.on.ca


Address:

8360 Leeming Rd E, RR 3

Mount Hope, ON

LOR 1W0

Intersection: Upper James St and Airport Rd E

Accessibility:  Wheelchair Accessible

Hours: Lessons: Mon-Thu mornings, afternoons, and evenings * Sat 9 am-4:30 pm

Dates: spring through fall

Contacts: Lindsey George - Chair

lindsey.george@tead.on.ca

Hilary Webb - Program Manager

ext 224 * hilary@tead.on.ca

Service Description:

An accredited therapeutic riding, training, and examination facility that provides therapeutic horseback riding instruction to people with physical and emotional disabilities on a 92-acre horse farm in Mount Hope, Ontario.

Operates under the safety and operational guidelines of Canadian Therapeutic Riding Association (CanTRA) and Ontario Therapeutic Riding Association (OnTRA). A waiting list exists for new participants.

Fees: Program

Application:

Participants: Riders must have medical forms completed to participate. Forms available on website. *


Volunteers: Inquire by phone 905-679-8323 ext 221 or by email volunteer@tead.on.ca

Eligibility - Population(s) Served: Age 2 years and older; people with physical and emotional disabilities


Languages: English


Area(s) Served: Brant, Burlington, Haldimand Norfolk, Halton, Hamilton, Oxford and Norfolk

Club GAIN is entirely volunteer run and can only be contacted by e-mail

Organization:	Club GAIN
Phone Numbers:	905-730-5564
Email:	clubgain2013@gmail.com
Website:	www.clubgain.com
Address:	Delta United Church 47 Ottawa St S Hamilton, ON L8K 2C9
Intersection:	Ottawa St S and Main St E
Location:	Delta United Church (Use doors off Maple & Grosvenor)
Accessibility:	 Wheelchair Accessible
Accessibility Notes:	washrooms are wheelchair accessible
Hours:	Hours vary
Service Description:	A dance and social night for people with developmental disabilities offered in a safe, secure atmosphere.
Meeting:	Dance Fri 6:30 pm
Fees:	Program
Application:	Parents and workers drop off individuals at the front desk
Eligibility - Population(s) Served:	Age 14 years to 26 years; Adolescents and young adults with developmental disabilities
Languages:	English
Area(s) Served:	Hamilton (City of)

Hamilton Challenger Baseball Association

Phone Numbers:	Voice Mail 905-521-5141
Email:	emailhcba@gmail.com
Website:	www.hcba.on.ca
Address:	558 Upper Gage Ave, Unit 2, Ste 245 Hamilton, ON L8V 4J6
Intersection:	Upper Gage Ave and Fennell Ave E
Location:	Inch Park
Accessibility:	 Wheelchair Accessible
Hours:	Vary - evenings and weekends
Dates:	Baseball: Mondays & Tuesdays from Jun to Aug, at Inch Park * Indoor Soccer & Bocce: Mondays from Nov to Mar, at Westmount Rec Center
Contacts:	Mike Moore - President hcba.president@gmail.com
Service Description:	A sports and social program for youth and adults with disabilities.
Fees:	Program - Registration fee \$100 for Baseball, \$60 for Winter Program
Application:	Apply via web site, or come to Inch Park on a Monday or Tuesday evening in the summer or email : emailhcba@gmail.com
Eligibility - Population(s) Served:	Age 5 years and older; Children and adults with any disability
Languages:	English

Program:	STRIVE Program
Organization:	Salvation Army (The) - Hamilton Central - 533 Main St - Lawson Ministries Hamilton
Phone Numbers:	905-527-6212
Fax:	905-527-1377
Email:	justindewaard@lawsonministries.org
Website:	www.lawsonministries.org
Address:	533 Main St E Hamilton, ON L8N 1E3
Intersection:	Wentworth St S and Main St E
Accessibility:	 Wheelchair Accessible
Hours:	Hours vary
Executives:	Deanna Finch-Smith - Executive Director deannafinch-smith@lawsonministries.org
Contacts:	Justin Dewaard - Strive Program Manager ext 236 Lesley Poole - Case Manager-Learning for Life and STRIVE for Health programs ext 230 * lesleypoole@lawsonministries.org
Service Description:	Program provides community-based supports to adults with developmental disabilities. All services and supports are individualized based on each person's specific interests and goals and are geared to increase a person's independence in all areas of life. Activities are designed to be outcomes-based and may focus on reaching both short and long-term goals.

STRIVE PROGRAM Cont'd

Activities include:

Bowling

Swimming

Exercising at the YMCA

Social skills classes


Supported volunteer and employment placements

Travel training


Educational supports such as DARE and L4L, music programs, art classes, cooking classes, drum circle and more

Fees:	Service - Fee for some services and no fees for other services
Application:	Contact for information
Eligibility - Population(s) Served:	Age 18 years and older; Adults with development disabilities, Autism, mental health and dual diagnosis.
Languages:	English
Area(s) Served:	Hamilton (City of)

Program:	Community Support Program Services
Organization:	YWCA Hamilton - 75 MacNab St
Phone Numbers:	905-522-9922
Fax:	905-522-1870
Email:	info@ywcahamilton.org
Website:	www.ywcahamilton.org
Address:	75 MacNab St S Hamilton, ON, L8P 3C1

Intersection:	MacNab St S and Main St W
Accessibility:	 Wheelchair Accessible
Hours:	Mon-Fri 9 am-5 pm
Executives:	Medora Uppal - YWCA Hamilton, Director of Operations ext 128
Contacts:	Tracey Helwig - Manager, Developmental Services ext 153 * thelwig@ywcahamilton.org
Service Description:	Life skills training * Medical/dental coordination * Recreation/leisure support * Emotional counselling * Financial support * Case management * Advocacy
Fees:	None
Application:	Contact for information
Eligibility - Population(s) Served:	Age 18 years and older
Languages:	English

Day Program offers physical and personal care, social and emotional support, recreational and leisure activities for young adults with special needs. Staff members are trained in all aspects of care required for those with needs from mild to complex. Programs can be intended for those requiring individual support or groups. (one to three or one to six ratio)

Program:	CORNERSTONES HAMILTON
Phone Numbers:	289-442-4912
Fax:	
Email:	info@cornerstoneshamilton.com
Website:	
Address:	842 MAIN STREET E. (RYERSON UNITED CHURCH) Hamilton, ON
Website:	cornerstoneshamilton.com/dayprogram
Accessibility:	 Wheelchair Accessible
Hours:	Mon-Fri 9 am-3 pm
Executives:	Medora Uppal - YWCA Hamilton, Director of Operations ext 128
Contacts:	Tracey Helwig - Manager, Developmental Services ext 153 * thelwig@ywcahamilton.org
Service Description:	Day Program - see calendar on website, Respite Services
Fees:	Program
Application:	Contact for information
Eligibility - Population(s) Served:	Age 18 years and older

Luso Canadian Charitable Society (ECHO PROGRAM)

Formerly The Portuguese Society

Phone Numbers:

905-522-4612

Email:

info.echo@lusoccs.org

Website:

www.lusoccs.org

Address:

760 Barton Street East
Hamilton, ON L8L 3B1

Accessibility:



Wheelchair Accessible

Hours:

Contacts:

Brenda Ripley

Service Description:

Recreational and Social programs for Adults with special needs, Respite

Fees:

Per Program

Application:

Eligibility - Population(s) Served:

Program:

Echo Program