



Child & Youth
Network

Recreation & Healthy Living Resource

For families of children and youth with special needs and families facing barriers to participation



London's Child & Youth Network is providing this list to assist you in beginning to explore recreation and healthy living for you and your family.

The list in no way is meant to include every resource or opportunity that is available to you as each person's needs are unique. If you know of a resource that should be considered for this tool, please forward it on to cyn@london.ca. The best way to find the right program is to ask!

Ask friends, neighbours, teachers, other parents at school, the library, the arena, or the community centre.

Please see reverse side for list of resources.



Recreation & Healthy Living Resource

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Financial Assistance Resources

Boys and Girls Club of London
bgclondon.ca
519-434-9114

Canadian Tire Jumpstart
jumpstart.canadiantire.ca/en.html
1-844-937-7529

City of London Childcare Fee Subsidy
london.ca/residents/
children-youth/child-care
519-661-4834

City of London Recreation
london.ca/spectrum
519-661-5575

Easter Seals Ontario
easterseals.org
1-800-668-6252

Kids Sport London
kidsportcanada.ca/ontario/london
519-438-7203 x 370

Southwest Region Respite Network
southwestrespitenetwork.ca
519-438-4783

Thames Valley Children's Centre
tvcc.on.ca/resource/elearning-
opportunities
519-685-8700

The War Amps—CHAMP Program for Child Amputees
waramps.ca/ways-we-help/child-amputees/
1-800-267-4023

YMCA
ymcawo.ca
519-667-3300

Ministry of Child and Youth Services ACSD (Assistance for Children with Severe Disabilities) benefit
children.gov.on.ca/htdocs/English/
specialneeds/disabilities.aspx
519-438-5111

Disability Tax Credit and Benefit
canada.ca/en/revenue-agency/
services/tax/individuals/segments/
tax-credits-deductions-persons-
disabilities.html
1-800-387-1193

Respite and Specialized Support Resources

Special Services At Home Respite Supports
children.gov.on.ca/htdocs/English/
specialneeds/specialservices.aspx
519-438-5111

All Kids Belong (Merrymount)
merrymount.on.ca/index.php/programs
519-434-8247

Community Services Coordination Network
cscn.on.ca
specialneedsinfo.ca
1-877-480-2726

Boys and Girls Club of London
bgclondon.ca
519-434-9114

Autism Ontario
autismontario.com/london

Children's Mental Health Crisis and Intake Team
vanier.com/programs--services/
crisis-intake-team.aspx
519-433-0334

City of London Recreation
london.ca/spectrum
519-661-5575

Community Living London
cll.on.ca
519-686-3000

Community Respite Partners
respitepartners.ca
519-657-4570 x 3234

Crisis Residential/Respite program (Merrymount)
merrymount.on.ca/index.php/programs
519-434-6848

Kids Country Club
kidscountryclub.org
519-473-1598

Merrymount Children's Centre
merrymount.on.ca
519-434-6848

Reach for the Rainbow
reachfortherainbow.ca
416-503-0088

Salvation Army London Village
salvationarmyvillage.ca/index.
php?id=respite
519-455-4810 x327

Thames Valley Children's Centre
tvcc.on.ca
519-685-8700

Vanier Children's Services
vanier.com 519-433-3101

Craigwood Youth Services
craigwood.ca
519-432-2623

Western Area Youth Services (WAYS)
ways.on.ca
519-432-2209

VON Family Support
vonmiddlesexelgin.com
519-657-4570

YMCA
ymcawo.ca/camp
519-667-3306

Big Brothers and Big Sisters
london.bigbrothersbigsisters.ca
519-438-7065

Specialized Sports and Leisure

A League of Our Own
kpsown.rave7.net

Boys & Girls Club of London
bgclondon.ca
519-434-9114

Challenge Baseball
byronbaseball.ca/Pages/1056
Challenge_Baseball

Challenger Baseball
challengerbaseball.ca
519-685-0820

CheerStrike Royals
cheerstrikeroyals.com/
dynasty-special-abilities-team
519-474-0101

City of London Recreation
london.ca/spectrum
519-661-5575

Community Living London
cll.on.ca
519-686-3000

Connections Music Therapy
connectionsmusictherapy.com
519-670-8409

Dance Alliance Inclusive Movement Class
thedancealliance.ca
519-860-8325

Dance London
dancelondonstudio.com/
dance-london/classes
519-434-6644

Easter Seals London
easterseals.org
1-800-688-6252 x 325

Electric Wheelchair Hockey
cewha.ca/divisions/london

Epilepsy Support Centre
epilepsysupport.ca/services
519-433-4073

Fanshawe Golf Coaches School
fanshawegcs.com/about-us
519-670-7781

George Bray Sports Association
georgebraysports.ca

Goalball - London Phantoms
ontariogoalball.com/london

Heroes Circle Karate
kidskickingcancer.ca/classes

Hutton House
huttonhouse.com
519-472-6381

Intro to Para Swim
introtoparaswim@gmail.com

Jabez Therapeutic Riding
jabeztherapyranch.ca
519-773-3354

London Blizzard Sledge Hockey
londonblizzard.com
519-660-1705

London Cannonballs Bocca
londoncannonballs.ca

London Wheelchair Basketball
Facebook: @LondonWheelchairBasketball

Moving Forward
movingforwardlondon.com
519-203-3000

N'Amerind Friendship Centre
namerind.on.ca
519-672-0131

Reach
reachforinclusion.ca

SARI Therapeutic Riding
sari.ca
519-666-1123

The Shine Program
wesleyknox.com/index.php/
children-youth
519-673-4803

Special Olympics
osolondon.com
519-455-3323

Swimming With A Mission (S.W.A.M.)
london.on.swamcanada.ca

The Children's Garden Yoga
childrensgardenyoga.weebly.com
519-474-3579

The Stepping Stone
thestepingstone.ca
519-619-4701

Track 3
londontrack3.ca
226-289-2943

Thames Valley Children Centre
tvcc.on.ca/service/therapeutic-recreation
519-685-8700

Vipers Cheerleading
powercheergym.com
519-667-0565

Wheelchair Curling
paracurl.ca

YMCA - Swim Able / Gym Able
ymcawo.ca/cb-swim-lessons
ymcawo.ca/sc-children

Vibrafusion lab
vibrafusionlab.com

Other Healthy Living Resources & Programs

Active for Life
activeforlife.com

Canada's Food Guide
canada.ca/en/health-canada/services/
canada-food-guides.html

Canadian Society for Exercise Physiology
csep.ca

City of London Recreation
london.ca/residents/recreation
519-661-5575

Dietitians of Canada
dietitians.ca

Eat Right Ontario
eatrightontario.ca
1-877-510-5102

London Public Library
londonpubliclibrary.ca
519-661-4600

Middlesex - London Health Unit
healthunit.com
519-663-5317

ParticipACTION
participaction.ca
416-913-1511

South West Health Line - London & Middlesex
southwesthealthline.ca/contact.
aspx?region=London
519-660-5910

Family Centres/EarlyON Child & Family Centres

Family Centre Argyle
familyinfo.ca/fc_Argyle.asp
519-455-2791

Family Centre Carling Thames
familyinfo.ca/fc_CarlingThames.asp
519-432-0488

Family Centre Westmount
familyinfo.ca/fc_Westmount.asp
519-473-2825

Family Centre White Oaks
familyinfo.ca/fc_WhiteOaks.asp
519-685-1400

Family Centre Westminster
familyinfo.ca/fc_Westminster.asp
519-649-1248

Family Centre Fox Hollow
whitehillsschildcare.ca/locations/
family-centre-fox-hollow
519-471-1640

Family Centre Fanshawe
familyinfo.ca/fc_Fanshawe.asp
519-452-0362

Académie de la Tamise
csviamonde.ca
519-659-8174

CC Carrothers Public School
tvdsb.ca/carrothers.cfm
519-452-8110

Childreach
childreach.on.ca
519-434-3644

Crouch Neighbourhood Resource Centre
crouchonline.org
519-642-7630

Ealing Public School
tvdsb.ca/ealing.cfm
519-452-8150

Knollwood Park Public School
tvdsb.ca/knollwood
519-452-8290