The Play Book

2025 Edition

A Guide to Sport & Recreation Opportunities for Individuals with Disabilities

halifax.ca/RECinclusion

RECREATION NOVA SCOTIA

NOVA SCOTIA

ACTIVE Halifax Communities

HALIFAX

Acknowledgements

Land
Halifax Regional Municipality acknowledges would like to acknowledge that we are in Mi'kma'ki, the unceded and traditional lands of the Mi'kmaq people. Kijpuktuk (Halifax) is home to three of Nova Scotia's 13 First Nation communities, including Millbrook First Nation, Sipekne'katik First Nation, and Wasoqopa'q (Acadia) First Nation. We also acknowledge the Peace and Friendship signed on this land and recognize we are all Treaty People and as such, we recognize that we all benefit from the wisdom and knowledge of the Indigenous people. We recognize and respect the deep history of the Mi'kmaq as the caretakers of this land, past present, and future, and as responsible collaborators, we commit to honoring the land. We commit to ongoing learning and working towards Truth and Reconciliation by actively building relationships with Indigenous communities, following the Truth and Reconciliation Calls to Action, and taking accountability.

History
The Playbook is a result of community engagement with parents of children with disabilities. Feedback led to the Halifax Regional Municipality Parks and Recreation Department to taking the lead role in the development of a resource guide for sport and recreation opportunities for individuals with disabilities and those who require extra support. The Playbook is also a resource for service providers in helping to offer a variety of options for all Nova Scotians.

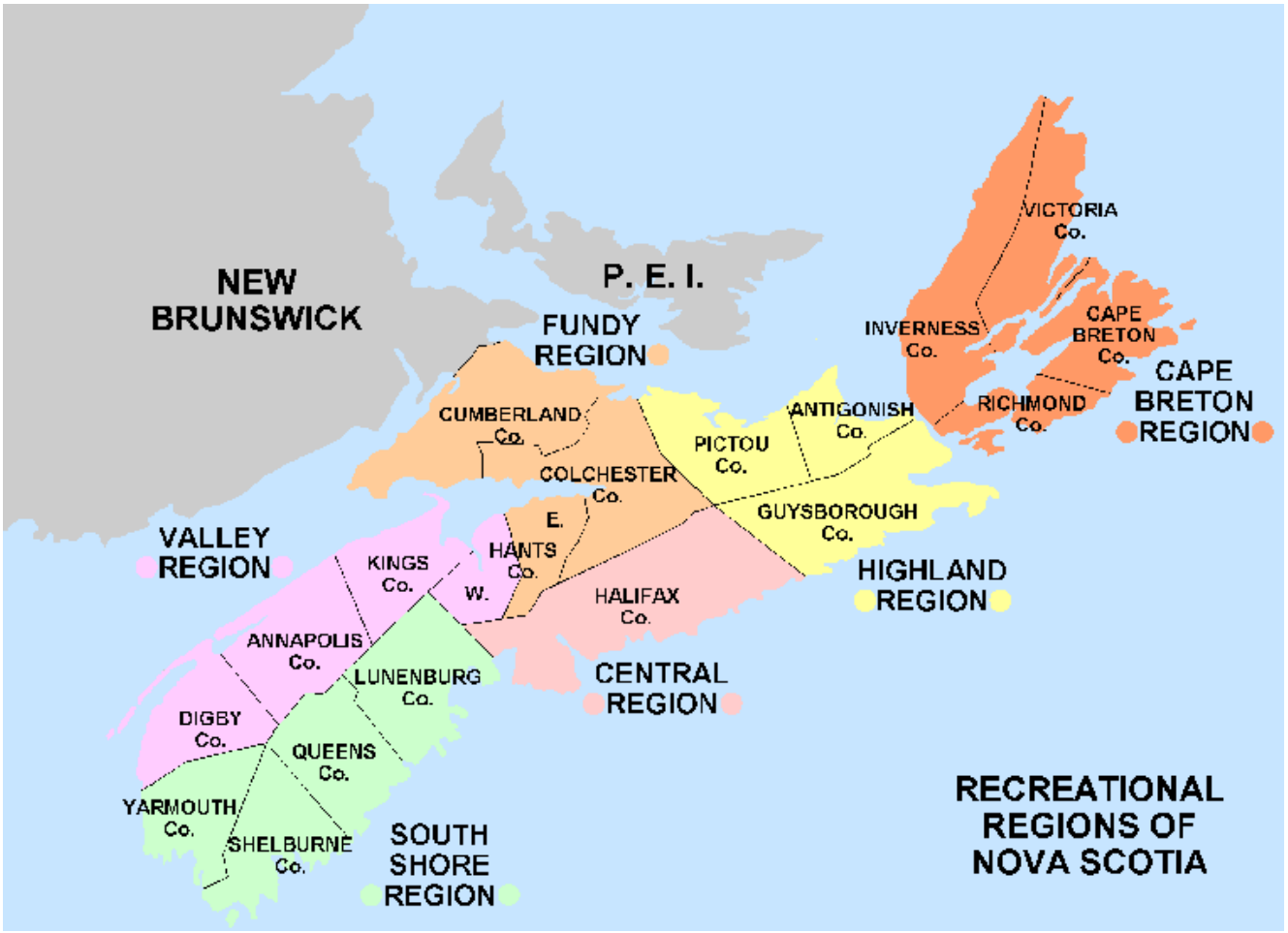
Development
The original Playbook was developed in 2017.

The 2024 Edition was updated by:
Jordan Xidos, Practicum Student, Therapeutic Recreation, Nova Scotia Community College

Contact Us
The Playbook is a live document and will be updated annually on the Halifax Regional Municipality Recreation website halifax.ca/RECinclusion

To update existing listings or to be added to the directory, please email inclusion@halifax.ca

Recreational Regions of Nova Scotia:



Each Region will have a section for:

- Aquatic Recreation
- Arts, Music & Dance
- Adaptive Sports / Fitness
- Social Clubs / Community Resources

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Central Region

Aquatic Recreation

Abenaki Aquatic Club: PaddleALL - Dartmouth

Contact information:
www.abenakiaquaticclub.com/
902-434-6111 (Summer)
General Inquiries: abenakiaquatic@gmail.com
Registration Inquiries: abenakimembership@gmail.com
Paddling Inquiries: abenakipaddlechair@gmail.com

Description:
Abenaki is a competitive and recreational paddling club (canoe and kayak). We are the only club on Bell Lake, so our paddlers and swimmers don't have to share the lake with anyone.

Paddle-All is a project introduced by Canoe/Kayak Canada. It is a program aimed at promoting participation in the sport of sprint Canoe/Kayak for individuals with intellectual disabilities. Recreational and sprint canoes and kayaks are used to introduce paddlers with intellectual and physical disabilities to the sport. The program includes a safety orientation, technical instruction, and instruction by experienced coaches.

Atlantic Division Canoe Kayak Canada: Paracanoe Introductory Program– Dartmouth

Contact Information:
https://www.adckc.ca/paracanoe
robin@adckc.ca

Description:

The ADCKC's Paracanoe Introductory Program is a chance for athletes with physical disabilities to participate in one of Atlantic Canada's best water sports. Athletes in the program will learn to gain their balance, use proper technique, and build a foundation for success in the Paracanoe environment.

Halifax Rowing Club – Halifax

Contact Information:
https://www.halifaxrowing.ca/
rowing@halifaxrowing.ca
902-423-0323

Description:
The Halifax Rowing Club brings together people who enjoy the sport of rowing and who want to learn. The purpose of the Club is to provide recreational and competitive rowing in our community and to encourage participation in the sport. Anyone can become a member of the Club upon completion of a membership form and payment of the Club fees. No rowing experience is required – we offer learn-to-row classes for those new to rowing. The club is open from the beginning of May until the end of October.

We have equipment for para-rowing depending on the need, however, we do not have coaches who are currently certified para coaches. Our Head Coach Rob does have experience coaching para-athletes and as a club, we are excited to work to the best of our ability with anyone interested in the sport. Please contact for more information.

Nova Scotia Artistic Swimming: AquaGO! – Halifax and Dartmouth

Contact Information:
https://atlantisartisticswimming.com/
nsasaquagocoordinator@gmail.com

Description:
Atlantis is excited to offer adaptive programming for athletes with disabilities. The Aqua Go! program is led by certified instructors, with a focus on fun. Aqua GO! is an accessible and inclusive program, welcoming all abilities, skill levels and participants. The program can be

catered to ensure each individual swimmer's needs and abilities are met through one-on-one training or full integration into an inviting, small group session.

Surf Able: Life Rolls On – Surf Martinique Beach

Contact Information:
www.liferollson.org/
https://www.facebook.com/LifeRollsOnMartinique/
Surfablens@gmail.com

Description:
Founded by 2X World Adaptive Surfing Champion and 6X US National Adaptive Surfing Champion Jesse Billauer, Life Rolls On is dedicated to improving the quality of life for people living with various disabilities. Believing that adaptive surfing and skating could inspire infinite possibilities beyond any disability.

SurfAble runs the event at Martinique Beach every year. SurfAble is dedicated to presenting adaptive surfing in Nova Scotia. We are grateful for their leadership and assistance.

Maskwa Aquatic Club - Halifax

Contact Information:
https://maskwa.ca/
902-443-0178
info@maskwa.ca

Description:
Maskwa Aquatic Club is a non-for-profit sports organization located on the beautiful Kearney Lake, in Halifax, Nova Scotia. Our mission is to develop world-class paddlers with a healthy, competitive attitude in a sustainable and accessible environment suitable for all swimmers, recreational paddlers, and other outdoor sports enthusiasts in Halifax and the surrounding community.

Programs:
The Para-Canoe
The Paddle All program

Needham Community Pool- Halifax

Contact Information:
3372 Devonshire Ave
(902) 490-4633

Details:

- 20 yard, 5 lane pool
- Tarzan Rope
- Viewing area on & off the deck
- Accessible Entrance
- Inclusion swimming lessons offered.

Sackawa Canoe Club: Paddle Ability – Lower Sackville

Contact Information:
https://www.sackawa.ca/
902-252-7225
info@sackawa.ca

Description:
This program is aimed at introducing athletes with physical or intellectual disabilities to the sport of Canoe-Kayak. Formerly known as PaddleALL, it has programs for all ages and skill levels. No experience is necessary.

Sackville Sports Stadium: Sensory Friendly Swim / Inclusive Swim Lessons– Lower Sackville

Contact Information:
https://thestadium.ca/
902-869-4141
info@thestadium.ca
Adapted Aquatics Coordinator: Emily.Stickney@halifax.ca

Description:
The Sensory Friendly Swim is an hour-long swim where we aim to reduce noise so that those who can be overstimulated by sounds on the pool deck are able to enjoy everything the Sackville Sports Stadium Pool has to offer in a way that is safe and comfortable for them! For this hour of reduced noise we ensure there is no music played, the mushroom is not turned on and the rope swing is not available.

We are also adding the following new supports that will be available to all participants during this swim. Stations will be run by aquatic staff that will include facilitated games, inclusive and adapted toys, tips for improving swimming skills and for assisting swimmers in the water, extra staff assigned near the slides and for the operation of the chair lift when needed.

Senobe Aquatic Club: PaddleALL – Dartmouth

Contact Information:
https://www.senobe.com/
membership@senobe.com

Description:
This program is aimed at introducing athletes with physical or intellectual disabilities to the sport of CanoeKayak. PaddleALL has programs for all ages and skill levels. No experience is necessary. Come out and enjoy the freedom of being on the water.

Spryfield Wave Pool - Halifax

Contact Information
16 Sussex Street
(902) 477-7665

Details:

- Wheelchair accessible
- Sensory Swims (No waves / music)
- Inclusion swimming lessons offered.
- Adapted lifejackets that are geared to specific disabilities, also located at the Wave pool is an adaptative change table which can lower to one foot in height and raise to 4 feet.

Swimming With A Mission – Halifax

Contact Information:
https://www.halifax.ns.swamcanada.ca/
1-888-530-5618 Ext. 11
halifax@swamcanada.ca

Description:
Our mission is to provide affordable and accessible one-on-one swimming instruction to children with special needs.

Water ski Wakeboard Nova Scotia: SkiAbility – Dartmouth

Contact Information:
https://waterskiwakeboardnovascotia.com/skiability/
wswns.skiability@gmail.com

Description:
Skiing for all abilities!
Often one's disability is not what holds someone back, it's the level accessibility in our surrounding environment. Water Ski Wakeboard Nova Scotia is passionate about ensuring a more accessible future for all water ski athletes.

Please contact by email for questions or booking request, Morris Lake is our permanent location and the home of our Ski ability program for disabled athletes and private lesson venue.

Arts, Music, and Dance

Andrea's Music Studio: Dartmouth, Cole Harbour Sackville, Hammonds Plains,

Contact Information:
https://www.andreasmusicstudio.com/
902-4697193
andreasmusicstudio@hotmail.com

Description:
At Andrea's Music Studio we offer lessons in piano, voice, guitar, bass guitar, ukulele, mandolin and drum in a learning environment that is fun, supportive, and encouraging. Our unique lesson design, teacher choices, and teacher team support allow students of all ages the opportunity to explore their musical abilities and interests through rote and meaningful student-specific teaching and learning, hands-on playing, positive reinforcement, and an open-ended dynamic and progressive curriculum designed by Andrea's Music Studio that reaches all learner styles, objectives, and goals.

Art Gallery of Nova Scotia: Autism Arts – Halifax

Contact Information:
https://agns.ca/experience/partner-programs/autism-arts/
https://www.autismnovascotia.ca/programs/autism-arts/
902-446-4995
mwilliams@autismns.ca

Description:
Developed in 2006, in collaboration with Autism Nova Scotia, Autism Arts is a weekly art class for children and youth, ages 6 through early adulthood.
Classes are designed to create opportunities for those on the autism spectrum by presenting a variety of meaningful and positive experiences through art. Art can be an effective and inspiring tool for self-expression, especially for those with unique needs. Autism Arts provides respectful and appropriately designed learning and environmental modifications to ensure enjoyment and fulfillment.

Behavioural Connections: Canvas Summer Camp – Halifax

Contact Information:
https://www.behaviouralconnections.com/canvassummercamp
sjones@behaviouralconnections.com

Description:
We focus on exploring art through sensory play. Our goal is to help children develop social skills and communication while learning various art techniques. We believe that art can help kids connect with others and express themselves in unique and meaningful ways. Join us this summer and see the transformative power of the arts!

Brandon Mooney, BMT, MTA: Adapted Music Lessons – Halifax

Contact Information:
Brandonmooney.mta@gmail.com
902-789-2017

Description:
Do you want to learn guitar, ukulele, voice, piano or bass guitar? Try adapted music lessons with Brandon! Contact for more information!

Cecilia Concerts: Sensory-Accessible Concerts – Halifax

Contact Information:
https://www.ceciliaconcerts.ca/
902-423-0143
music@ceciliaconcerts.ca

Description:
Our Sensory-Accessible Concert series is led by award-winning pianist Jennifer King and Music Therapist Anna Plaskett. Now in its 3rd season, this series of free live concerts is designed to be welcoming, friendly, and accessible for autistic, neurodivergent, and intellectually disabled community members and their families, as well as seniors with age-related changes in hearing and vision that can make loud noises and bright lights uncomfortable or for anyone with underlying conditions that can affect their sensory processing and make traditional concert environments challenging.

Ekko Studios: Mindful Music Lessons – Dartmouth

Contact Information:
https://ekkomusic.ca/
902-412-5566
ekko@ekkomusic.ca

Description:
At Ekko, we firmly believe that learning music should be an enjoyable and empowering experience. Our high-quality music lessons cater to students of all ages and skill levels, while our team of experienced instructors is dedicated to creating engaging and fun lessons. We aim to inspire and uplift our students, enabling them to discover their true musical potential.

We embrace diversity and inclusivity in our studio, welcoming students from all backgrounds, cultures, and abilities. We believe in creating a safe and inclusive space where everyone feels respected, valued, and empowered to express themselves through music.

Fusion Dance and Wellness: DanceABLE – Halifax

Contact Information:
https://fusiondancewellness.ca/

902-455-1924
info@fusiondancewellness.ca

Description:
In Fall 2020, we introduced DanceABLE, a creative dance class for people living with limited movement or progressive diseases. The current class runs Thursdays at 4:30pm. All movement is adapted so that dancers can dance from a chair, wheelchair or standing it is not necessary to be fully mobile. Participants are asked to wear indoor shoes and comfortable clothing that will allow freedom of movement. No dance experience is necessary. There is no fee for a caregiver or attendant.

Halifax Dance: Inclusive Movement – Halifax

Contact Information:
https://www.hfxdance.ca/inclusive-movement
902-422-2006
inclusivemovement@hfxdance.ca

Description:
Halifax Dance offers Inclusive Movement dance classes for children, teens, and adults with disabilities. These classes are a safe and fun way for aspiring dancers to create and experience the joy of dance. Child classes have an instructor plus numerous volunteers supporting the students. Classes for younger students include one-on-one support. Adult Inclusive Movement class does not provide support in addition to the instructor. If students require additional support, care providers may take the class for free.

Programs:
- Youth (4-12)
- Teen (13-18)
- Adult (18+)

Easter Seals NS Take PART: Learn to Dance – Halifax

Contact Information:
https://www.easterseals.ns.ca/dance/
902-453-6000 ext. 220

takepart@easterseals.ns.ca

Description:
Easter Seals Nova Scotia in partnership with the Maritime Conservatory – School of Dance is offering "Learn to Dance" a fun-focused, non-competitive recreational program for children and youth from 6 to 21 who live with physical and/or intellectual disabilities. This one-hour program will focus on improving movement, flexibility, creativity and strength. Dancers will be learning routines, movements and expressions while aiming to improve their confidence and encourage physical activity.

Maritime Conservatory: Adaptive Music Lessons – Halifax

Contact Information:
https://maritimeconservatory.com/
902-423-6995
admin@maritimeconservatory.com

Description:
Maritime Conservatory of Performing Arts, a non-profit organization, has been a part of the Halifax arts community for over 130 years, setting the standard for quality arts education in music and dance. Here individuals of all ages can further their love of dance and music under the guidance of skilled faculty members in a progressive learning environment tailored to match each student's unique goals. The Conservatory is committed to inclusion and equal opportunity and believes that diversity is an essential part of our community. As such, we are committed to creating a safe and welcoming environment for all students.

Services/Programs:
Our music therapy faculty provide adapted lessons in piano, guitar, ukulele, voice and flute.

Neptune Theatre: Inclusive Performances– Halifax

Contact Information:
https://www.neptunetheatre.com/visit/accessibility
(902) 429-7070
agent@neptunetheatre.com

Description:

Neptune Theatre strives to be an inclusive space for all our patrons. We are pleased to offer a variety of options to ensure everyone feels welcome in our space and can experience the joys of live theatre.

Services

- Wheelchair Seating/Washrooms
- Masked Performances
- Relaxed Performances (Sensory-friendly)
- Audio Described Performances
- Hearing-Assistance Devices
- Access 2 Program
- American Sign Language (ASL) Interpreted Performances

Rebecca Fairless Music

Rebecca Fairless Music: Adapted Music Lessons – Halifax

Contact Information:
https://www.rebeccafairless.com/
rebecca.fairless@gmail.com
https://www.facebook.com/rebecca.fairless.music

Description:
I teach piano, organ, guitar, mandolin, and ukulele lessons to people of all ages, specially adapted to their individual needs and abilities. In addition to learning new musical skills, clients will work on therapeutic goals such as emotional well-being, creative self-expression, and physical rehabilitation.

Services:

- Lessons that combine both musical and therapeutic goals, tailored to the special needs of the student.
- Customized individual and group music therapy sessions for clients of all ages

Adaptive Sports / Fitness

Blind Sports Nova Scotia

Blind Sports Nova Scotia - Halifax

Contact Information:

www.blindsportsnovascotia.ca
Call or Text: 902-449-0320 (Jennie)

Description:
CCB Blind Sports Nova Scotia is a non-profit charitable organization, a chapter of the Canadian Council of the Blind, member of the Canadian Blind Sports Association, and associate member of Sport Nova Scotia. CCB Blind Sports seeks to connect Nova Scotians who are blind visually impaired, or low vision, to sport, recreation, community, and healthy lifestyles for all ages and skill levels.

Programs:

- Goalball
- Tandem Biking
- Blind Hockey
- Running
- Dragon Boating
- Canoe Kayak
- Group Fitness

Emera Oval: Sensory Skates and Adaptive Equipment – Halifax

Contact Information:
https://www.halifax.ca/parks-recreation/programs-activities/outdoor-recreation/emera-oval
902-490-2347
skateHRM@halifax.ca

Description:
The Emera Oval offers "Sensory Skate" hours on Mondays & Wednesdays between 4:00-5:00 p.m. Participants are reminded to check the website before heading out as skate times may be cancelled or delayed due to inclement weather. Sensory Friendly hours include No music or announcements, Decrease in tasks that result in loud noise, Limited number of people inside the rental hut at a time, Low/Quiet voices encouraged, Slower skating encouraged – NO horseplay or large groups, Free access to equipment.

Adaptive Equipment Available:

- Adult and child tricycles
- 2 hand tricycles
- Linkers
- Sledges
- Hippocampe
- Double Tricycle

Get Air: A Special Time for You – Dartmouth

Contact Information:
https://getairsports.com/nova-scotia
902-702-8790
customerservice@getairsports.com

Description:
We have designed our trampoline parks with special needs as a primary focus, creating inclusive playgrounds where kids of all ages and abilities can come together in an environment that facilitates shared play and fun. Our goal is for Get Air Sports to be a place where kids can just be kids. We hope you'll join us! When you arrive, or call beforehand, talk to one of our team members and we'll ensure proper accommodations are made to create a fun and enjoyable experience for all.

Program/Service:
The First Saturday Of Each Month – 8 AM to 10 AM We offer a dedicated time just for jumpers with special needs. Music is played at a lower volume and the park's atmosphere is calmer. One parent or guardian can support jumpers on the trampoline for free. Siblings of jumpers are welcome to jump for the same price but should be more careful during this time.

Halifax Cheer Elite: INCLUSIVE CHEER ABILITIES PROGRAM – Bedford

Contact Information:
https://www.halifaxcheerelite.net/
halifaxcheerelite@outlook.com

Description:
Our inclusive cheer abilities program is run by our staff who have extensive experience and passion for this program. Here we offer people with intellectual and/or physical disabilities an opportunity to learn cheerleading. Our programs are fully inclusive, designed and adapted for those with any disability or level of behaviour.

Halifax Lancers – Halifax

Contact Information:
https://www.halifaxlancers.com/
902-423-6723
office@halifaxlancers.com

Description:
The Halifax Lancers has been home to a therapeutic riding program since the late 1960s when Dr. Crosby and Dr. Grant initiated a riding program for children from the Children's Hospital and the School for the Blind. We continue to be affiliated with the IWK, and offer horseback riding to other members of the community with special needs. Our therapeutic riding program is run by volunteers. We carefully select all of our horses and ponies, based on their temperament and conformation. They are then given additional training to familiarize them with special circumstances that may arise and special equipment that may be necessary in our therapeutic riding program. We provide ASTM approved riding helmets and other equipment beneficial for various abilities.

Halifax Wheelchair Basketball Club – Halifax

Contact Information:
nswheelchairbasketball@gmail.com
https://www.facebook.com/nswheelchairbasketball/

Legacy Cheer Atlantic: Adaptive Abilities Advanced Coed Team – Dartmouth

Contact Information:
https://www.legacycheeratlantic.net/

(902) 489-8920
legacycheeratlantic@gmail.com
https://www.facebook.com/legacycheeratlantic

Description:
2024 We are fielding our first Adaptive Abilities Advanced Coed Team, with the goal to be selected to represent Canada at the 2025 ICU World Cheerleading Champions.
This team is **for athletes 12+ with and without disabilities**, athletes from all gyms are welcome, athletes can compete on more than one ICU and/or Allstar team!
Contact for further info!

Murphy's Karate Academy: Para Karate – Halifax

Contact Information:
https://www.murphyskarate.com/para
murphyskarateacademy@outlook.com

Description:
Led by 3rd Degree Black Belt Sensei Heather MacDonald, our Para-Karate program will introduce basic karate techniques for individuals who are intellectually impaired. This will be an unparented/unsupported program open to those ages 8 and up. This will be an introduction to karate class, with the eventual goal being to have the participants join the regular age-appropriate class at the Canada Games Centre.

Nova Scotia See Kings – Blind Hockey – Halifax

Contact Information:
https://sites.google.com/view/nova-scotiablindhockey/contact-us
nsblindhockey@gmail.com
902-240-4494

Description:
The Nova Scotia See Kings/ Nova Scotia Blind Hockey is a registered non-profit society that is a partner of Hockey Nova Scotia, CBB Blind Sports Nova Scotia, and a member of Canadian Blind Hockey. We are the first Blind Hockey program for all ages east of Montreal and the 6th in the

country. Starting in 2017, our program is growing with the support of Canadian Blind Hockey, Hockey NS, and Blind Sports Nova Scotia.
We welcome anyone with a visual impairment and of any skill level to come join us and we'll even teach you how to skate!

Nova Scotia Wheelchair Curling – Lower Sackville

Contact Information:
https://www.facebook.com/trycurling
curlingwheelchair@gmail.com

Description:
A recreational wheelchair curling program is run weekly at Lakeshore Curling Club in Lower Sackville (Sackville Sports Stadium). No equipment is needed except your own wheelchair, a warm jacket, and gloves. Please no open-toed shoes.
Clubs in Chester, Windsor and both Halifax Curling Club and Mayflower Curling Club are accessible.

Osprey Archery Club: Para Archery – Halifax

Contact Information:
https://ospreyarchery.weebly.com/
millmurg@gmail.com
https://www.facebook.com/Ospreyarcheryclub/

Description:
Osprey Archery was formed in the early 1990s by a small group of archery enthusiasts. This volunteer lead club is housed on privately owned property of a local resident, and offers members access to an indoor shooting building, outdoor target field, and an outdoor 3D field course.

Scotia Cheerleading Allstars: Special Abilities Team: Power Pak – Dartmouth

Contact Information:
https://www.scotiacheerallstars.ca/
902-789-5683
info@scotiacheerallstars.ca

Description:
Scotia's Power Pak offers an opportunity for athletes with diverse needs to join in on the fun and provide them with an exceptional sports experience for them and their families! Power Pak practices once per week and will learn a routine beginning in the fall. They will perform 1 day of two-day events throughout the competition season.

Special Olympics Dartmouth – HRM East of Harbour to Sheet Harbour

Contact Information:
https://www.specialolympicsns.ca/
https://specialolympicsdartmouth.ca/
https://www.facebook.com/SpecialOlympicsDartmouth/
reg_coordinator@specialolympicsdartmouth.ca

Description:
Special Olympics Nova Scotia is committed to enriching the lives of Nova Scotians with an intellectual disability through sport.

Programs:

- Athletics
- Basketball
- Bocce
- Bowling
- Floor Hockey
- Rhythmic Gymnastics
- Snowshoeing
- Swimming
- Soccer
- Softball

Special Olympics Sackville Bedford – Sackville, Bedford & Fall River

Contact Information:
https://www.specialolympicsns.ca/
sosbregionalcoordinator@gmail.com

Description:
Special Olympics Nova Scotia is committed to enriching the lives of Nova Scotians with an intellectual disability through sport.

Programs:

- Athletics
- Bocce
- Basketball
- Golf
- Powerlifting
- Soccer
- Softball
- Swimming
- Curling
- Floor Hockey
- Rhythmic Gymnastics
- Snowshoeing
- Speed Skating
- Active Start
- Fundamentals
- Multi-Sport

Special Olympics Halifax – HRM West of Harbour to Lunenburg County

Contact Information:
https://www.specialolympicsns.ca/
https://www.specialolympicshfx.ca/
https://www.facebook.com/specialolympicshfx
specialolympicshfx@gmail.com

Description:
Special Olympics Nova Scotia is committed to enriching the lives of Nova Scotians with an intellectual disability through sport.

Programs:

- Athletics
- Basketball
- Bowling
- Bocce
- Curling
- Figure Skating

- Floor Hockey
- Golf
- Soccer
- Softball
- Snowshoeing
- Swimming
- Active Start
- Fundamentals
- Multi-Sport

Take PART – Halifax

Contact Information:
www.easterseals.ns.ca/take-part
902-453-6000 ext. 220
takepart@easterseals.ns.ca

Description:
Take PART (Physically Accessible Recreation Today) provides Nova Scotians with disabilities an opportunity to participate in recreation and sport programs.

Programs:
- Learn to Sledge
- Learn to Boccia
- Learn to Ride
- Learn to Wheel
- Learn to Dance

Jan Keddy and Partners - Back to Balance Initiative (BBI) - Halifax

Contact Information:
https://jankeddyandpartners.ca/
Backtobalanceinitiative@gmail.com
902-414-8320

Description:
We offer training, support and services for families, paraprofessionals and professionals working with children, youth and adults with Autism/ASD and other complex brain-based conditions. Jan and her partners turned research into practice filling in "identified gaps" in Nova

Scotia service delivery since 2016. Back To Balance Initiative involve partnerships using movement, exercise, yoga and circles of friendship and support to help all interested individuals to gather in safe spaces in our community. BBI is based on brain research that proves "movement is medicine."

Programs:

- Listen and Learning Together
- Back to Balance Open Door Club (For youth and adults)

West Halifax Cheer: ParaCheer: Adaptive Abilities – Bedford

Contact Information:
https://westhalifaxcheer.com/
Taylar Sparkes : 902-449-7629
info@westhalifaxcheer.com

Description:
WHC is pleased to help foster the growth and development of athletes of all abilities. WHC is the home to the 2022 Adaptive Abilities Unified team selected to represent Canada at the 2022 ICU World Cheerleading Championships. We have a mix of athletes from New Brunswick and Nova Scotia who come together to form this team. WHC is committed to inclusivity, as per our Mission, Vision, and Values.

YMCA Greater Halifax/Dartmouth: Abilities in Motion (AIM) Program - Halifax

Contact Information:
https://ymcahfx.ca/aim/
cathy.beairsto@halifax.ymca.ca
(902) 423- 9622 ext. 0

Description:
The YMCA Abilities in Motion (AIM) Program is a fully accessible program designed to assist individuals in their pursuit of health and fitness. AIM welcomes individuals with mobility

concerns who are motivated to pursue exercise and physical activity in a social environment and understand the benefits of regular physical activity on the spirit, mind, and body.
Our goal at AIM is to provide a supportive and fully inclusive environment for individuals with mobility concerns who wish to pursue fitness as a means of maintaining a healthy lifestyle, and as part of their rehabilitation efforts. **All AIM participants also have access to the AIM Pool Time from 11:00a.m. to 11:45 a.m. Tuesday and Thursday**. This is open, unstructured pool time for those who wish to continue aquatic therapy after rehab, stretch, work on strength, or float, relax, unwind, and take pressure off joints.

Social Clubs / Community Resources

Behavioural Connections: Social Skills Group – Halifax

Contact Information:
https://www.behaviouralconnections.com/canvassummercamp
sjones@behaviouralconnections.com

Description:
The group meets once per week for 2-hour sessions and focuses on building social skills, sharing, reciprocal interaction, communication skills, turn taking, parallel, and cooperative play. Groups are formed by age, 3-5 and 6-10. Email to register!

CLUB INCLUSION prescott.

The Club Inclusion – Halifax

Contact Information:
www.theclubinclusion.com
Text or Call: 902-401-5938
JackieRivers@PrescottGroup.ca

Description:
Club Inclusion is part of Prescott Group, you can find out more here: www.prescottgroup.ca

Club Inclusion brings people together. We all have special talents, and together we can change the world. All the programs are fully accessible to youth and adults who have different abilities and challenges. We believe that everyone has the right to fun, friendship, and a full and varied life of their choosing. Hundreds of people take part in our programs and events in Halifax and Dartmouth, Nova Scotia every month. Our members are artists, Persons with Disabilities, youth, parents, dancers, respite workers, jokers, students, and athletes.

Programs:

- Drop in Club
- Music Therapy
- Theatre Club
- Daytime Programs
- Summer Camp
- Inclusive Choir
- Cooking Programs
- Community Outings
- Fitness / Sports Programs
- And MORE!

Dalhousie BEAM: Because Everyone's Ability Matters – Halifax

Contact Information:
dalhousieBEAM@gmail.com
https://www.facebook.com/DalhousieBEAM/
https://www.instagram.com/dalhousiebeam?utm_source=ig_web_button_share_sheet&igsh=ZDNlZDc0MzIxNw==

Description:
The BEAM program is an opportunity for children with a wide range of cognitive and physical disabilities to come and partake in different activities with students studying in the health professions. This program is held for one hour weekly where each participant is paired with a student buddy. The program is FREE to participate in!
Please e-mail for further details.

Dartmouth Adult Service Centre - Dartmouth

Contact Information:
https://www.dasc-ns.ca/

902-468-6606 ext. 226
services@dasc-ns.ca

Description:
Dartmouth Adult Services Centre (DASC) has been serving the Dartmouth community for 55 years. DASC is a not-for-profit business and social enterprise which supports adults with intellectual disabilities, dual diagnosis, and/or fragile health and complex needs. In partnership with Nova Scotia's Department of Community Services, we serve nearly 200 people annually through a diverse range of services including community employment, vocational, skills development, life enhancement, active lifestyles, recreation and leisure, and youth programs. Please contact DASC for information.

Programs:

- Community Employment
- Home Services Nova Scotia
- Onsite Social Enterprise and Vocational Programs
- Life Enhancement
- Recreation and Leisure: Active Lifestyle Clubs
- Youth Program
- Client Support and Education

Discovery Centre: Sensory-Friendly Discovery – Halifax

Contact Information:
https://thediscoverycentre.ca/sensory-friendly-discovery/
marketing@thediscoverycentre.ca
902-492-4422

Description:
Lighting will be lowered, and sound decreased, with Discovery Centre operating at a reduced capacity. There will be three quiet spaces available on-site, and loads of fun activities to explore throughout the centre.
For questions or information, please contact marketing@thediscoverycentre.ca. Members can contact this email to reserve their spot.

Grant Empowered Living inc: Day Programs – Lower Sackville

Serving clients across Halifax Regional Municipality, East Hants, West Hants, Lunenburg County, Annapolis County, Queens County, Kings County, Colchester County, and the surrounding areas.

Contact Information:
https://www.gelns.ca/
902-488-1616
ggrant@gelns.ca

Description:
Grant Empowered Living Inc. offers a supportive, inclusive, and safe place for adults living with IDD or ASD. We strive to empower each Member to develop their potential, while providing peace of mind for families. This space is in a residential area with community access and within the access-a-bus area. Our Staff Members follow the person-directed life plans (MAPS and PATH) to lead activities and learning experiences all guided by the personal and professional goals of our members.

Programs/Services:

- Social Skills & Community Inclusion
- Self-advocacy
- Professional Development
- Life Skills Training
- Healthy Living
- Pursuit of Interests & Hobbies
- Exercise
- Cooking
- Gardening
- Community Outings
- Working on PATH and MAPS* goals
- Music and Recreation Therapy
- Creative Arts and Movement
- And MORE!

Halifax Association for Community Living (HACL)

Contact Information:
https://www.halifaxacl.com/

Inclusion Supports:
902-414-9452
halifaxcommunityliving@gmail.com

Halifax Developmental Centre for Early Learning:
902-423-4702
directorhdcel@eastlink.ca

Description:
Halifax Association for Community Living (HACL) is a not-for-profit, charitable organization serving adults, youth, and children with developmental disabilities and their families in Halifax

Regional Municipality. We believe that all people should be accepted as responsible, contributing members of their family and society.

Programs:

- Halifax Developmental Centre for Early Learning
- Transition Support Program
- Inclusion Support Programming - **HACL Social Meetups**

Halifax NS Down Syndrome Society (HNSDSS) - Halifax

Contact Information:
http://halifaxnsdss.ca/
info@halifaxnsdss.ca

Description:
The Halifax NS Down Syndrome Society is a volunteer, non-profit organization which acts as a resource to everyone with an interest in Down syndrome in Nova Scotia. We offer information and supports for new parents of children with Down syndrome.

Programs:

- Team Possibles (Art exploration)
- Friday Night Socials
- Extra Awesome Program (Life skills)
- The Advocates Committee

LearninGO - Halifax

Contact Information:
https://learningo.org/
info@learningo.org

Description:
Through training, partnerships and individualized programming supports and services, we empower and support individuals with disabilities to be active, lifelong members of our community. We offer programming within HRM REC Centres during after school hours Monday-

Friday. The focus of our programming targets community presence, recreation & leisure, self-regulation, and skill building opportunities.

Services:

- Peers Learning Together (PLT)
- Co-Schooling
- March Break Fun Skills Development
- Summer Fun Skills Development

Mic Mac Mall: Sensory Friendly Shopping – Dartmouth

Contact Information:
https://micmacmall.com/events/mic-mac-mall-sensory-friendly-shopping-9c56c796-a8bb-4d33-ac4e-49482f1c864e
Autism NS Halifax: 902-446-4995
info@autismns.ca
Mic Mac Mall: 902-466-2056
mic-info@cushwake.com

Description:
Mic Mac Mall is proud to offer Sensory Friendly Shopping in partnership with Autism Nova Scotia on the last Monday of the month from 6pm-9pm (unless otherwise noted).
During our Sensory Friendly Shopping hours, our store staff will: reduce lighting in store, turn off store music and switch phones on silent, reduce or eliminate scents, develop a priority checkout system, and create visual supports.

Museum of Natural History: Sensory Friendly Sundays – Halifax

Contact Information:
https://naturalhistory.novascotia.ca/
(902) 424-7353

Description:
Autism Nova Scotia and the Museum of Natural History presents Sensory Friendly Sundays at the Museum every Sunday. During this time, you can enjoy all the museum has to offer, plus reduced lighting, reduced sound, sensory maps and social narratives.

If you or someone you know has Autism Spectrum Disorder (ASD) or sensory sensitivities, we would like to help you prepare for your visit to the Museum of Natural History.
https://naturalhistory.novascotia.ca/visit-us/sensory-resources

Neil Squire Society – Halifax

Contact Information:
https://www.neilsquire.ca/
ns.info@neilsquire.ca
902-240-1538

Description:
We use technology, knowledge and passion to empower Canadians with disabilities.

Services:

- Employment Programs
- Computer Tutoring Programs
- Ergonomic and Assistive Technology Services

Peter's Place (Halifax, Dartmouth & South Shore)

Contact Information:
www.petersplace.ca
inquiries@petersplace.ca
Halifax Location: 902-444-3639
Dartmouth Location: 902-481-0049
South Shore Location: 902-688-1575

Description:
Peter's Place is committed to empowering individuals in their programs to attain their highest level of independence and quality of life. By providing a wide range of support services, the program ensures successful community living within the least restrictive environment possible. The program's sole focus is rehabilitation of the brain injured individual. All programs and activities are designed with participant input.

Services:

- Daily physical and cognitive rehabilitation
- Ongoing medication review and monitoring
- Community work programs and community education programs
- Recreation and social outings
- Ongoing support with clinical specialists
- Family support
- Clinical counseling
- Facilitated family visits
- Access and follow up to medical specialist
- Ongoing medical support
- Discharge planning and support

Drop-in Activities (RSVP on the website):

- Computer and Job Labs
- Trivia Thursday
- Games
- Music Therapy
- Peer Social Support
- Movies and Documentaries

Prescott Group – Halifax

Contact Information:
https://prescottgroup.ca/
902-454-7387
info@prescottgroup.ca

Description:
We help adults with intellectual and developmental disabilities (IDDs) find friendship, community and success in Halifax, Nova Scotia, and the greater HRM. We provide a safe space where individuals with IDDs can feel appreciated and motivated to succeed. Our programs, services, and businesses support choices, create social and economic opportunities, and enhance life skills. We connect and support individuals with IDDs with fair-wage jobs in the community. Please contact Prescott Group for more information.

Programs/Services:

- North End Banking Co. & Café
- Online Auction
- Pinkies Thrift
- Mail Services
- Custom Creations
- Adaptive Equipment Loan Program
- Employment Services
- Home Services for 65+
- Club Inclusion

ReachAbility: Joy Sparks Project – Online/Halifax

Contact Information:
https://reachability.org/joy-sparks/
902-429-5878
info@reachability.org
youtube.com/reachabilityassociation
https://reachability.org/forum/

Description:
Joy Sparks is a project designed to find and share the little things that spark joy in your daily life.

Here at reachAbility we've heard a lot from our clients and community partners about the increase in stress, anxiety, and depression they're experiencing directly or witnessing among their clientele since the beginning of the Covid-19 pandemic.

One of the things that sparks the most joy for us is accessible content! Many mental health resources, especially those with video content, are inaccessible to some degree to those with low/no vision or low/no hearing. Most social media marketing for these programs is similarly inaccessible. As with all reachAbility content, we are committed to making our all elements of the Joy Sparks project as accessible as possible. This means closed captioning on all our video content, alt-text and camel-text on all photo content, and online written content that is presented in plain language, in easily readable font, and in a way that is compatible with all common screen readers.

Other Services:

- Employment Services
- Wellness Programs
- Employment Readiness Programs
- Customized Learning & Consultation for Businesses
- ReachArts

South Shore Region

Aquatic Recreation

Lunenburg County Lifestyle Centre: Sensory Friendly Swim - Bridgewater

Contact Information:
https://www.lclc.ca/aquatics/bmo-financial-group-aquatic-centre/swim-programs
902-530-4100
info@lclc.ca
https://www.connect2rec.com/Program/GetProgramDetails?courseId=23e1ba80-650a-4a78-84d2-bc9562053a70

Description:
A unique swim experience open to all ages and individuals who would benefit from a sensory-friendly environment. The pool will be exclusively available, and the initiative is presented by the Municipality of the District of Lunenburg in collaboration with the South Shore Chapter of Autism Nova Scotia. Pre-Registration Recommended at connect2rec.com or by phone.

Lunenburg Yacht Club: Sail Able – Lunenburg

Contact Information:
https://www.lyc.ca/sail-able.html
(902) 634-3745
lycmanager@lyc.ns.ca

Description:
Since 2015, the Lunenburg Yacht Club has offered the Sail Able program for persons with physical and/or cognitive challenges. The program, governed by Sail Able NS, is designed to be fully inclusive, and offers a range of sailing experiences – for those who just want to experience

the pleasure of being out on the water, to those sailors who would like to participate and compete on an equal level with able-bodied sailors. Thanks to safe and adaptive sailing technology, even those with significant physical and/or intellectual disabilities can join the program. The LYC offers a fun, secure and supportive environment for sailors of all ages and abilities.

Rath Eastlink Community Centre & Autism Nova Scotia: Sensory Friendly Swims – Truro

Contact Information:
ratheastlinkcommunitycentre.ca
902-893-2224
info@ratheastlinkcc.ca

Description:
To create a more inclusive environment that supports children/ adults with sensory sensitivities... we are pleased to introduce our **Sensory Friendly Swims**!
We will offer an hour every Sunday from 5:30 – 6:30pm with no music playing, no pool toys, bubbles, slide or any other distractions.

Arts, Music and Dance

Art Gallery of Nova Scotia: Autism Arts – Yarmouth

Contact Information:
https://agns.ca/experience/partner-programs/autism-arts/
https://www.autismnovascotia.ca/programs/autism-arts/
902-749-2248
adam.graham@novascotia.ca

Description:
Developed in 2006, in collaboration with Autism Nova Scotia, Autism Arts is a weekly art class for children and youth, ages 6 through early adulthood.

Classes are designed to create opportunities for those on the autism spectrum by presenting a variety of meaningful and positive experiences through art. Art can be an effective and inspiring tool for self-expression, especially for those with unique needs. Autism Arts provides respectful and appropriately designed learning and environmental modifications to ensure enjoyment and fulfillment.

Autism Nova Scotia South West: Art Night

Contact Information:
https://www.autismnovascotia.ca/programs/art-night-south-west/
902-410-3796
southwestnova@autismns.ca

Description:
Art Night is a drop in program that runs during the Fall, Winter, and Spring in partnership with Western Region Respite. Follow along step by step on a project facilitated by the artist, or let your creativity flow and work on your own project independently.
Art Night is a open to all ages, anyone who identifies as neurodivergent, and their families/friends. Materials and snacks provided.

Autism Nova Scotia South West: Music Makers

Contact Information:
https://www.autismnovascotia.ca/programs/music-makers-south-west/
902-410-3796
southwestnova@autismns.ca

Description:
Music Makers is a program for children ages 5-12 to express themselves creatively through music and movement while participating in a small group environment.

The Astor Theatre: Sensory Friendly Screenings – Liverpool

Contact Information:
https://astortheatre.ns.ca/
(902) 354-5250
boxoffice@astortheatre.ns.ca

Description:
We also offer Sensory Friendly Saturday movie screenings on every Saturday when we are showing a movie. Sensory Friendly screenings are at 11am, and show the regular movie with the volume a little lower and the house lights slightly on for people who find the traditional movie experience overwhelming. They are very relaxed screenings where moving around and making some noise are just fine.

Adaptive Sports / Fitness

Bridgewater Challenger Baseball – Bridgewater

Contact Information:
https://www.nschallengerbaseball.com/
davinnaugler@gnspes.ca

Description:
Challenger Baseball is an adaptive program that provides an opportunity for children and youth with cognitive, sensory, and/or physical disabilities to enjoy the full benefits of participating in organized baseball at a level structured to their abilities.

Hinchinbrook Farm Society – Blockhouse

Contact Information:
https://hinchinbrookfarm.com/
info@hinchinbrookfarm.com
902-624-0603

Description:
The Hinchinbrook Farm Society is a non-profit organization whose prime objective is to provide a therapeutic horseback riding program to support the physical mental and emotional well-being of persons with disabilities. Its main clients are families with autism. This is the only facility of the 2 riding locations registered with the Nova Scotia Equestrian Federation that provides therapeutic riding, using very close contact between client and horse as a partner to bring the autistic child into the exterior world as often these children are very insular and removed from the outside environment.

Programs:
- Therapeutic Riding
- Ther-a-play

Special Olympics Nova Scotia

Lunenburg Queens Special Olympics – Lunenburg and Queens County

Contact Information:
https://www.specialolympicsns.ca/
https://facebook.com/specialolympicslunqueen
darlenebroome705@gmail.com
902-541-0923

Description:
Special Olympics Nova Scotia is committed to enriching the lives of Nova Scotians with an intellectual disability through sport.

Programs:
- Snowshoeing
- Curling
- Bowling
- Swimming
- Golf
- Bocce
- Track and Field (Liverpool & Bridgewater

Shelburne County Special Olympics – Shelburne

Contact Information:
https://www.specialolympicsns.ca/
https://www.facebook.com/shelburnecountyspecialolympics/
kimarcon@gmail.com
Text or call: 902-874-2987

Description:
Special Olympics Nova Scotia is committed to enriching the lives of Nova Scotians with an intellectual disability through sport.

Programs:

- Athletics
- Bocce
- Floor Hockey
- Snowshoeing
- Swimming

South Shore Sledge Sharks – Lunenburg

Contact Information:
https://www.facebook.com/SouthShoreSkedgeSharks
Dave.waters@modl.ca
(902) 521-5945

Description:
The South Shore Para Lumberjacks has a Facebook page dedicated to providing information about the Sledge Hockey Program in Lunenburg County.

Special Olympics Yarmouth – Yarmouth County

Contact Information:
https://www.specialolympicsns.ca/
hudson_891@hotmail.com

Description:
Special Olympics Nova Scotia is committed to enriching the lives of Nova Scotians with an intellectual disability through sport.

Programs:

- Athletics
- Basketball
- Bocce
- Bowling
- Golf
- Powerlifting
- Soccer
- Softball
- Curling
- Floor Hockey

Take PART – Yarmouth

Contact Information:
www.easterseals.ns.ca/take-part
Yarmouth: 902-815-5376
Yarmouth: yarmouth@easterseals.ns.ca

Description:
Take PART (Physically Accessible Recreation Today) provides Nova Scotians with disabilities an opportunity to participate in recreation and sport programs.

Programs:

- Learn to Sledge
- Learn to Boccia
- Learn to Ride
- Learn to Wheel
- Learn to Dance

YMCA Lunenburg County: Live Well – Bridgewater

Contact Information:
https://www.ymcasouthwestns.ca/
902-543-9622
YMCASNS@ns.ymca.ca

Description:
This program assists individuals with stable medical conditions to progressively improve their physical and mental health through closely monitored group exercise.
*Pre-registration is required

Social Clubs/ Community Resources

Bonny Lea Farm – Chester

Contact Information:
http://bonnyleafarm.ca/

Administration/Day Program: 902-275-5622
Administration/Residential Services: 902-275-5678

Description:
Founded in 1973, Bonny Lea Farm is Nova Scotia's first and only one-stop all-inclusive residential, vocational, and therapeutic service provider for adults with intellectual disabilities.

We take an enhanced holistic and individualized approach for each of our participants to support them in reaching their goals and potential. Our participants are the reason we are here and they have come from all over Nova Scotia and beyond to access our unique programs.

Services:

- Residential services
- Vocational Programs & Social Enterprises
- Enhanced Supports

Queens Association for Supported Living - Milton

Contact Information:
http://www.qasl.ca
902-354-2723
info@qasl.ca

Description:
A not-for-profit organization dedicated to providing choices and opportunities to persons with diverse abilities. QASL is constantly evolving to meet the needs and interests of the people we support as well as our many community partners. We now have more than 70 staff in five locations within the community. We are proud to be celebrating over 50 years of providing choices and opportunity to people with diverse abilities in our communities.

Services/Programs:

- Residential Services
- Alternative Day Options
- Life Skills Program
- Vocational Programs
- Community Employment
- Penny Lane Woodworking & Enterprises
- Riverbank General Store

Shelburne Association Supporting Inclusion (SASI)

Contact Information:
http://www.supportinginclusion.ca/
902-875-1083 (Central Office)
sasi@supportinginclusion.ca

Description:

SASI is an organization that is committed to providing quality, person-centered programs to benefit individuals with disabilities and mental health difficulties. Or Mission statement is "working together with people of all abilities to improve the quality of their lives". We teach people how to advocate for themselves and encourage families to be actively involved in the lives of their family member and participate in all activities of our association.

Programs/Services:

- Pre-Vocational Programs
- Vocational Programs
- Respite Services
- Residential Services
- Independent Living Programs
- Employment Support Programs
- School to Work Transition

The Ark – Bridgewater

Contact Information:
https://www.thearkbridgewater.org/
902-543-1189
thearkproductionc@gmail.com

Description:
The Ark/LCASC(Lunenburg County Association for the Specially Challenged) is a community organization dedicated to providing services to people with challenges. Since 1964, The Ark has provided a place for supported employment, job training and programs in health and education. The programs at The Ark enable participants to gain work experience in horticulture, retail and production work such as survey stake making and rug braiding. With an emphasis on positive work activity, healthy living concepts and creative recreation programming, participants are better prepared for community employment and growth towards independence.

Programs/Services:

- Production
- Recreation
- Music

Verge Transition House Program – Bridgewater

Contact Information:
https://ssrce.ca/verge-house-transition-program/
902-541-3040
vh@ssrce.ca
https://www.facebook.com/vergehouse/

Description:
The Verge House is a post-high school program that delivers individualized programs to students with exceptionalities, 17/18-21 years old. It provides students with skills training that can optimize independence, promote community integration and social connections, and overall empower them to become active members of their communities. Each student is involved in developing their own individual program plan with the support of their team. We offer skills training in the following curriculum areas:

Enrichment
Technology
Drivers Ed

Social Development
Social Skills
Community Involvement

Life Skills
Healthy Sexuality/Relationships
Safe and Healthy Environments
Functional Math
Daily Living
Employment/Co-co Education
Healthy Living
Food and Nutrition

The VH curriculum promotes the holistic development of each student. Our courses help students to: Live, Work and Recreate, independently in their communities.

Yarmouth Life Skills - Yarmouth

Contact Information:
https://www.yarmouthlifeskills.com/
902-742-7744
yarlifeskills@eastlink.ca

Description:
Yarmouth Life Skills develops and delivers day program services for post-school-age adults with intellectual and accompanying physical disabilities. We promote personal growth and enhance social and life skills through community integration opportunities, small group activities and individualized programming.

Programs:

- Mariners on Main
- Baking & Cooking
- House Keeping
- Life Skills
- Gardening
- Sensory Room
- Gaming
- Walking
- Painting & Crafts
- YLS Employability
- Pet Therapy
- Outing

Highland Region

Aquatic Recreation

YMCA of Pictou County

YMCA of Pictou County: Inclusion Swims – New Glasgow

Contact Information:
https://pcymca.ca/
902-752-0202
pic-front.desk@pcymca.ca

Description:
Inclusions Swims provide a sensory friendly and welcoming environment to those who require extra assistance. Those who are assisting (Aids) attend at no cost to support and must be in the water within arms reach.
Pool visits need to be booked in advance via the My Y App, or by calling 902-752-0202. Check the schedule to see when the following services are offered.

Heather Beach Provincial Park – Port Howe

Contact Information:
https://www.cumberlandcounty.ns.ca/equipment-loan-program.html
902-667-2313
cbollwerk@cumberlandcounty.ns.ca

Description:
The Municipality of Cumberland, in partnership with the 3 Community Health Boards in Cumberland County and with assistance from the NS Dept. of Lands and Forest are pleased to celebrate the opening of our accessible beach mat at the supervised section of Heather Beach.

Also available at the beach is a floating wheelchair to make the beach a more inclusive one! Other adaptive equipment is also available for loan from the Municipality. For more details on this equipment please visit our website.

STFX Alumni Aquatic Centre: Adaptive Swim/Lessons - Antigonish

Contact Information:
https://www.goxgo.ca/recreation/aquatics/pool_schedule
goxgo@stfx.ca
902-867-2181

Description:
A leisure swim in a low sensory environment for any person with a physical, emotional, behavioural, or learning disability or impairment. Private swimming lessons are, also, available for adaptive swimmers.

Pomquet Provincial Beach – Monks Head

Contact Information:
https://parks.novascotia.ca/park/pomquet-beach

parkinfo@novascotia.ca
902-863-1141
recreation@antigonishcounty.ca

Description:
The beach is wheelchair-accessible; a new Mobi-Mat® was installed in 2018 along with the addition of a Mobi-Chair® lightweight floating beach wheelchair. Other Park features include boardwalks, interpretive display, change house, and flush toilets. The park is available for group use.

Arts, Music, and Dance

L'Arche Antigonish: Hearts & Hands – Antigonish

Contact Information:
https://larcheantigonish.ca/hearts-hands/
902-863-5000
office@larcheantigonish.ca

Description:
At Hearts & Hands, we do visual arts and crafts, performance art, and community outreach, both individually and collaboratively. We engage in our broader community by participating in artistic events, selling our art, and building relationships of mutuality with local artists. Hearts & Hands is also the connectivity we feel to each other when expressing ourselves, and the mutual transformation that occurs as people create and share with one another. Hearts & Hands provides an avenue for us to express our voice, vision and truth, and we invite others to join us!

Adaptive Sports / Fitness

Antigonish Therapeutic Riding Association

Contact Information:
902-863-4853
https://www.facebook.com/profile.php?id=100068351373246

Description:
The Antigonish Therapeutic Riding Association (ANTRA) was founded in 1986 and serves the residents of eastern Nova Scotia. Its chief objectives are "to provide a therapeutic and recreational horseback riding program for physically, mentally, and emotionally handicapped people, and to promote public awareness of such a program." ANTRA provides a therapeutic

and recreational horseback riding program with one-on-one instruction for physically, mentally, and emotionally challenged people.

Services:
The agency offers therapeutic and recreational riding programs: Certified riding instructor. Physiotherapist available one day per week. Volunteers age 14+ Fund raising. contact ANTRA for program fees and schedules.

Antigonish Challenger Baseball – Antigonish

Contact Information:
https://www.antigonishchallenger.com/
902-318-0707
randy.crouse@hotmail.com

Description:
Antigonish Challenger Baseball is an adaptive program that provides an opportunity for children and youth with cognitive, sensory, and/or physical disabilities to enjoy the full benefits of participating in organized baseball at a level structured to their abilities.

Antigonish Minor Hockey: Bulldogs Inclusive Para Hockey – Antigonish

Contact Information:
Sledge.coordinator@antigonishminorhockey.ca
https://www.facebook.com/bulldogsinclusiveparahockey

Description:
This program is used to register for the AMHA sledge hockey program. Ages 4-25.

Canadian Association for Canadian Community Living Antigonish: Health & Wellness

Contact Information:
https://caclantigonish.ca/
902-863-5024
info@caclantigonish.ca

Description :
Daily walks, weekly yoga classes and seasonal events are all part of encouraging a routine that includes physical fitness for all program participants. This important part of healthy living is a source of great joy for all involved and the rewards for participation in events are clear. Recognition of accomplishments and participation shows great benefit for program participants and is very rewarding for community supporters and partners.

Creekside Equestrian Center: Therapeutic Riding – Antigonish

Contact Information:
http://www.ridecreekside.ca/
902-870-6456
ridecreekside@gmail.com
Description:
Creekside Equestrian Center Inc. is located in Antigonish County, on a 250 acre property fully designed for equestrian activities.

Eastern Highland Special Olympics – Antigonish, Guysborough and Inverness County

Contact Information:
https://www.specialolympicsns.ca/
https://www.facebook.com/profile.php?id=100064028323029

conradjoanie@gmail.com

Description:
Special Olympics Nova Scotia is committed to enriching the lives of Nova Scotians with an intellectual disability through sport.

Programs:

- Athletics
- Bocce
- Swimming
- Soccer
- Golf
- Floor Hockey
- Bowling
- Curling

Shelby Ranch: Therapeutic Riding Lessons – Scotsburn

Contact Information:
https://www.shelbyranch.ca/
(902) 957-7433
ponyexpress@shelbyranch.ca
https://www.facebook.com/RanchShelby/

Description:
We offer Therapeutic Riding Lessons and have been doing this for 10+ years. Please contact for further details.

Pictou County Special Olympics – Pictou County

Contact Information:
https://www.specialolympicsns.ca/
https://www.facebook.com/SpecialOlympicsPictou/
cathy.mason@ns.sympatico.ca

Description:
Special Olympics Nova Scotia is committed to enriching the lives of Nova Scotians with an intellectual disability through sport.

Programs:

- Athletics
- Bocce
- Bowling
- Curling
- Swimming
- Rhythmic Gymnastics
- Figure Skating
- Floor Hockey
- Golf
- Powerlifting
- Snowshoeing
- Softball

YMCA of Pictou County

YMCA of Pictou County: Para-Pickle Ball – New Glasgow

Contact Information:
https://pcymca.ca/
902-752-0202
pic-front.desk@pcymca.ca

Description:
Para Pickleball is an inclusive version of pickleball played from a sport wheelchair. Players can play in single or doubles as in regular pickleball or in integrated into teams made up of a wheelchair player partnered with a standing player. The rules for para pickleball are the same as for standing pickleball with modifications.

Social Clubs/ Community Resources

Down Syndrome Families of Antigonish

Contact:
https://www.halifaxnsdss.ca/
Vanessa Carr, 902-318-0297
downsyndromefamiliesofantigonish@hotmail.com

Pictou Area Down Syndrome Society

Contact:

https://www.halifaxnsdss.ca/
Sheri Scott,
902-752-1755 (days)
902-485-6559 (evenings)

Guysborough Options for Adaptive Living Society (GOALS) – Guysborough

Contact Information:
https://www.facebook.com/GuysboroughOptions/
902-759-9554
goptions@live.ca

Description:
Guysborough Options for Adaptive Living Society is a non-profit organization dedicated to developmentally challenged adults between the ages of 19 and 65 living in Guysborough County.

Kin Canada
Kinsmen Club of New Glasgow

New Glasgow Kinsmen Club – Special Needs Christmas Party

Contact Information:
https://www.ng-kinsmen.com/
contact@ngkinsmen.com

L'ARCHE Antigonish

L'Arche Antigonish: The Horizons Day Program – Antigonish

Contact Information:
https://larcheantigonish.ca/
902-863-5000
office@larcheantigonish.ca

Description:

The Horizons Day Program welcomes members from our L'Arche homes and people who live with their families. The program has a wide variety of activities with special emphasis on wellness, literacy and artwork. Horizons provides a positive space where various forms of communication are celebrated, including augmentative communication and sign language. We also operate a weekly bottle drive in support of L'Arche solidarity.

Let Abilities Work Partnership Society – Pictou County

Contact Information:
https://www.facebook.com/groups/100085349428
(902) 755-3215
julie.mrtn22@icloud.com
rae_gunn@hotmail.com

Description:
Let Abilities Work Partnership Society (LAWPS) is a registered Canadian charity located in Pictou County. It is a non-profit society that is directed and managed in the community by a board of directors. LAWPS currently concentrates its efforts on the inclusion of local persons with disabilities in social and recreational activities to help meet their community social needs. Everyone, young and old, with a disability are welcome to come to any of our events!

Programs:
Some examples of activities or events that we have or hope to organize include archery, bowling, bus trips to LORDA Park in Lansdowne, music events, movie & game nights, picnics, and fishing events! Please contact us to find out about our upcoming events!

Mersey River Chalets and Nature Retreat – Caledonia

Contact Information:
https://www.merseyriverchalets.com/

Toll-Free: 1-877-667-2583
902-682-2443
info@merseyriverchalets.com

Description:
Open year-round, this beautiful retreat is perfect for vacations, romantic get-aways, weddings and group events.

At our resort there is always something to do unless you want to do nothing! Enjoy your time at Mersey River Chalets whichever way you prefer. Quiet and solitary, communing with nature or more actively using our complementary facilities:

The developers envisioned a place where common physical barriers are minimized, and every one can experience the serenity and beauty of nature regardless of physical ability.
Specific features:

- Wide nature trails and board walks throughout, designed for easy rolling
- Totally accessible chalets with roll-in showers (shower chairs available)
- Totally accessible tipis with accessible washrooms and kitchen facility near by
- Hydraulic lifter available

It is our mission to create the most convenient enjoyable vacation possible. Our knowledgeable staff (1 of whom is a paraplegic) will be happy to assist you with your special requests. To provide you with more detailed information please contact us.
Mersey River Chalets is one of the finest disability and wheelchair travel destinations in Atlantic Canada. All of our accommodation facilities are wheelchair accessible making them the perfect place for your next family vacation or disability or wheelchair travel group tour or function.

SHOPS
Sherbrooke Opportunities Society

Sherbrooke Opportunities Society – Sherbrooke

Contact Information:
https://sherbrookeshops.wordpress.com/
902-318-7467
pa@shopsonline.ca
https://www.facebook.com/SherbrookeOpportuntiesSociety/

Description:
Sherbrooke Opportunities Society (SHOPS) is a day program which started in August 2018 located at the community entrance of St. Mary's Education Centre/Academy in Sherbrooke,

N.S. Our mission is to engage the intellectually disabled adults of our community in programs to help strengthen their intellectual, physical and emotional well-being.

Summer Street - New Glasgow

Contact Information:
https://summerstreet.ca/
(902) 755-1745

Description:
At Summer Street, we listen and learn. We educate about choices, facilitate opportunities, and together work toward the achievement of personal goals in all areas of life.

We employ people with intellectual disability in our businesses, provide job training, and facilitate smooth transitions into the local workforce.
We offer day programs that assist people with basic life skills and personal development.
We are always open to new ways of relaxing, having fun and experiencing life. People enjoy art and music programs; work in the gardens or learn new skills in our computer training lab; they relax in the Snoezelen Room and grow stronger in our health and fitness programs.

Services:

- Life Enhancement Programs
- Social Enterprises
- Skills Development Program
- Employment Services

Cape Breton Region

Aquatic Recreation

Autism Nova Scotia and Strait Area Pool: Learn to Swim

Contact Information:
https://www.autismnovascotia.ca/programs/learn-to-swim-strait-area/
SA_RC@autismns.ca
902-777-1513

Description:
An autism swim program that provides basic swimming instruction to encourage children with autism to gain confidence in their water skills and safety. This program is intended to teach children to be safe and comfortable in the water. They do not gain a level certificate, but instructors will assess participants and let parents/caregivers know what level their child could enter if they choose to do so. A program facilitator, swim instructors and volunteers will assist children in the pool.

Ingonish Beach and Freshwater Lake: Mobi Chair – Ingonish Beach

Contact Information:
https://parks.canada.ca/pn-np/ns/cbreton/activ/baignade-swimming
902-285-2535
cbinfo@pc.gc.ca

Description:
Temporary public washrooms with accessible stalls, a picnic area, a playground, tennis courts, and a 1.7 km trail are available. A beach wheelchair and access mat are available to improve accessibility to the sand and water at Freshwater Lake.

Equipment:

Beach wheelchair
Mobi Mat

Northern Yacht Club: Sail Able – North Sydney

Contact Information :
https://northernyachtclub.ca/learn-to-sail/sail-able/
sailable@northernyachtclub.ca
(902) 794-9121

Description :
The Sail Able Program is designed to introduce those with physical or intellectual challenges to the freedom and independence offered by the sport of sailing. The program will be run during the day in conjunction with the Learn to Sail Program. Our goal is to keep the costs of the program as minimal as possible. With that being said we are charging a very nominal fee of $28 per sail which would run between 1 ½ -2hrs in length.

Warren Lake: Mobi Chair – Ingonish

Contact Information:
https://parks.canada.ca/pn-np/ns/cbreton/activ/baignade-swimming
902-285-2535
cbinfo@pc.gc.ca

Description:
Accessible pit privies, a picnic area and a 4.7 km trail. No surf guards on duty. A beach wheelchair and access mat are available to improve accessibility to the sand and water at Warren Lake. You can reserve the chair free of charge.

Equipment:
Beach wheelchair
Mobi Mat

Arts, Music, and Dance

Robertson Music Lessons – Sydney

Contact Information:
https://www.robertsonmusiclessons.com/
519-520-3844
jamierobertsonmusic@gmail.com
https://www.facebook.com/robertsonmusiclessons

Description:
Robertson Music Lessons is an all-inclusive learning environment created to develop a love for music.

At Robertson Music Lessons, our teachers aim to match every student with a tailored music lesson plan that will ignite their passion for learning. With our personalized teaching style, we're able to channel the most effective learning techniques to challenge, motivate and support our students. Join the Robertson Music Roster of aspiring musicians – Located in Sydney, Nova Scotia! You'll be glad you did!

Adaptive Sports / Fitness

Cape Breton Special Olympics – Cape Breton Municipality, Richmond & Victoria County

Contact Information:
https://www.specialolympicsns.ca/
cyrilmacdonald93@gmail.com

Description:
Special Olympics Nova Scotia is committed to enriching the lives of Nova Scotians with an intellectual disability through sport.

Programs:

- Athletics
- Basketball
- Bocce
- Bowling
- Golf
- Rhythmic Gymnastics
- Soccer
- Softball
- Swimming
- Curling
- Floor Hockey
- Figure Skating
- Snowshoeing
- Speed Skating

Cape Breton Sledgehammers Sledge Hockey Team – Sydney

Contact Information:
https://www.facebook.com/profile.php?id=100054582453912
902-577-3493
Sgk.deveaux@ns.sympatico.ca

Description:
Sledge hockey, also known as Sled hockey in American English, and Para ice hockey in international competition, is an adaptation of ice hockey for players who have a physical disability. Please contact for more information.

Glace Bay Minor Hockey: Sledge Hockey Program

Contact Information:
https://www.facebook.com/groups/6967242643340156/
gbminorhockey@ns.aliantzinc.ca
https://gbmha.com/l/161/GBMHA/pages/4944/GBMH-Sledge-Hockey-Program-/

Island Martial Arts: Inclusive Taekwondo - Sydney

Contact Information:
https://www.autismnovascotia.ca/programs/taekwondo-with-island-martial-arts/
cbregion@autismns.ca

Description:
Island Martial Arts has partnered with Autism Nova Scotia's Cape Breton Region chapter to offer Taekwondo classes. This 10-week program is for individuals with varying abilities that have an interest in Taekwondo.

Caregivers are asked to fill out an intake-registration form and stay inside the building. A room is available to relax and watch the class on

Reaching Strides Equestrian Centre: Lucy Therapeutic Riding – Port Hood

Contact Information:
https://www.reachingstrides.com/index.html
(902) 870-1583
reaching_strides2000@hotmail.com

Description:
The Equine Assisted Learning and Therapy program is customized to meet each individual's needs. We offer therapeutic and recreational riding lessons individually, or as part of a group learning format. Our certified Equine Facilitators provide evidence-based programming to help increase an individual's self-confidence, awareness of emotions, connection with others, and responsibility. Our clinical therapist leads mindfulness exercises, which are a core component for self-awareness. This helps guide us to better regulate our emotions. Riding is not essential, and some programs are focused on grounding, such as grooming the horse, and connecting on the ground.

Strait Area Challenger Baseball – Port Hawkesberry

Contact Information:
https://www.nschallengerbaseball.com/
dean.marchand@srce.ca
sa_rc@autismns.ca

Description:
Challenger Baseball is an adaptive program that provides an opportunity for children and youth with cognitive, sensory, and/or physical disabilities to enjoy the full benefits of participating in organized baseball at a level structured to their abilities.

YMCA of Cape Breton: Floor Curling – Sydney

Contact Information:
https://capebreton.ymca.ca/
902-562-9622
front.desk@cb.ymca.ca

Description:
Floor curling is an inclusive curling experience for people of all ages and abilities. Floor curling provides a social and inclusive curling experience that does not require ice. Floor curling can be played on any smooth, flat surface. Floor curling is a game that requires strategy, communication, teamwork, and precision. Our program will develop the skills in children aged 5-12 that they will use to play a game that will last through their lifetime.

Social Clubs/ Community Resources

Breton Ability Centre – Sydney River

Contact Information:
https://bretonability.ca/
902-539-7640
info@cb-bac.ca

Description:
Breton Ability Centre supports individuals of varying abilities in achieving their greatest potential to enable their inclusion and contributions within their community.

Services:

- Community Inclusion
- Recreation and Leisure
- Resident Support
- Family Support
- Social Enterprises
- Learning and Employment Centre
- Wellness

Cape Breton Down Syndrome Society

Contact Information:
https://www.facebook.com/CapeBretonDownSyndromeSociety/
902-577-4290
cbdownsyndrome@gmail.com

Description:
The Cape Breton Down Syndrome Society is a group of concerned parents, grandparents, siblings, friends, and professionals striving to improve the quality of life for people with Down's Syndrome

Services:

- Advocacy
- Library

- Literature/Information
- Recreational/Social Programs
- Referrals
- Support Group
- Training/Workshops

Haley Street Adult Services Centre - North Sydney

Contact Information:
https://sites.google.com/haleystreet.net/haleystreet/
902-794-3517
haleystreet@ns.sympatico.ca

Description:
The Haley Street Adult Services Centre Society is a non-profit agency promoting Vocational and Social Skill development for adults with disabilities. It is the mission of the center to provide the necessary training and support to enable the participants to actively participate in all aspects of their community.

Services:
- Vocational training
- Pre-employment
- Life skills program
- Community employment
- Recreation & leisure

L'Arche Cape Breton Works – Iron Mines & Orange Dale

Contact Information:
https://www.larchecapebreton.org/
902-756-3126
communityleader@larchecapebreton.org

Description:
The Work Programs of L'Arche Cape Breton are an essential part of community life and of the growth and development of community members. The Charter of L'Arche International states that "communities wish to secure for their members education, work, and therapeutic activities, which will be a source of dignity, growth and fulfillment for them" and that work is "an important means of integration." The Charter of L'Arche Cape Breton identifies "work that gives meaning and fulfillment" as a key element of the way of life in our community.

Programs:

- The Ark Store
- The Angel's Loft
- Caper Club Day Program
- The Sunflower Garden
- The Old Hen Café
- The Hope Chest
- Ride the Wave Summer Program (Youth)

ROC Society - Port Hawkesbury

Contact Information:
https://www.rocsociety.ca/
902-625-0132
r.o.c@eastlink.ca

Description:
At the ROC Society they are devoted to change lives by helping people with disabilities work towards their hopes and dreams. Their members can build on their gifts and grow through meaningful programs tailored to their needs. Members partake in community activities such as swimming, Special Olympics, dances and much more.

Programs:

- Vocational Programs
- Residential Services
- Shalom
- Respite
- Independent Living Support Program (ILS)

Fundy Region

Aquatic Recreation

Cumberland SMILE and SHINE Program

Contact Information:
smile@mta.ca
ceip@eastlink.ca
902-667-8244 (from 8:30-4:30)

Description:
SMILE is a Saturday morning gym and swim program available for children and youth who have special needs ages 3-21 years. We have over 55 children participate each year. The program is offered to those who may otherwise not be able to participate in typical recreation programs due to their unique developmental needs. Each child is paired with a dedicated volunteer student from Mount Allison University to enjoy a wonderful morning at the YMCA. We provide specialized equipment and the one-on-one support the children need to fully participate in the program. The program offers so much to the families, children and volunteers. It is a respite break for the parents, a chance for family connections, a recreational and social experience for the children and a great leadership experience for the Mount Allison University students.

SMILE is a partnership program with the Cumberland YMCA as they graciously donate the use of their facility, and with Mount Allison University as all 60 volunteers are from Mt. A.

Arts, Music, and Dance Recreation

Cobequid Dance Academy: Adaptive Dance – Truro

Contact Information:
https://www.cobequiddanceacademyinc.com/
902-843-3773
info@cobequiddanceacademy.com

Description:
Taught by senior CDA faculty member, Katie MacFarlane, our Adaptive Dance Program provides welcoming and supportive opportunities for all bodies and abilities ages 5–Adult. Our goal is to provide a space for participants to experience the joy of dance while nurturing confidence and encouraging increased body awareness, coordination, and strength. Miss Katie has extensive experience working with children and adults of varying needs and abilities and recently completed the Adaptive Dance Teacher Training Program with the Boston Ballet. Classes will also incorporate the Creative Years syllabus from Rambert Grades which is specifically designed for all ages and abilities.

Our studio building is fully accessible with a wheelchair ramp, automatic doors, and an elevator for access to our school which occupies the lower level.

Adaptive Sports/Fitness

East Hants Challenger Baseball – East Hants

Contact Information:
https://www.nschallengerbaseball.com/
mindylee80@yahoo.com

Description:
Challenger Baseball is an adaptive program that provides an opportunity for children and youth with cognitive, sensory, and/or physical disabilities to enjoy the full benefits of participating in organized baseball at a level structured to their abilities.

Special Olympics Nova Scotia

Cobequid Special Olympics – Colchester County

Contact Information:
https://www.specialolympicsns.ca/
https://www.facebook.com/groups/2063147233998941
mlsaunders@ns.sympatico.ca

Description:
Special Olympics Nova Scotia is committed to enriching the lives of Nova Scotians with an intellectual disability through sport.

Programs:

- Bowling
- Athletics
- Floor Hockey
- Golf
- Basketball
- Soccer
- Bocce
- Curling
- Snowshoeing
- Swimming (Elmsdale & Truro)

CBA TIGERS

Colchester Basketball Association: Wheelchair Basketball – Brookfield

Contact Information:
http://colchesterbasketballassociation.goalline.ca/index.php
cba.trurobball@gmail.com

Description:

The Colchester Basketball Association's wheelchair basketball team play at South Colchester Academy on Mondays and Wednesdays from 7-9pm.
Key Contact: Joel Goswell

GymNation Gymnastics & Trampoline: Bounce-Ability – Elmsdale

Contact Information:
https://www.gymnationclub.com/
902-883-5102
gymnationclub@gmail.com

Description:
Bounce-Ability was created as a non-profit organization that offers therapeutic to advanced skills in trampoline for persons with disabilities. At this time, we can only offer it to participants who are at a high level of functioning due to the lack of accessibility in the gym. The plan for the future is to increase the accessibility to better accommodate all participants. Instructors are certified in Rebound Therapy and Trampoline Instruction. A PARENT OR AN EA (Educational Assistant) must accompany the participant into class and will be required to assist the coach with spotting, guidance, and instruction throughout the circuit. This is a parent/Guardian/EA led program.

JC'S TaeKwon-Do – Amherst

Contact Information:
https://jcstaekwondo.com/
902-667-5425
jripley@JCsTaeKwonDo.com

Description:

Since its grand opening in 2002, JC's TaeKwon-Do's unique style of martial arts and physical training has provided its members with more than just a great workout... its classes have fostered self-confidence, individual safety, discipline, and mental-focus.

Programs:
In addition to our widely successful ITF TaeKwon-Do and Little Dragons programs, JC's is proud to offer expanded programming in support of our community: a 50+ martial arts program, and a All-Inclusive martial arts program.

Mr. Jim Ripley teaches using the ITF (international TaeKwon-Do Federation) system as designed by Gen. Choi Hong Hi and adapts the techniques to the individuals abilities.
Please contact Jim for further details jripley@JCsTaeKwonDo.com

Special Olympics Nova Scotia

Special Olympics Amherst – Cumberland County

Contact Information:
https://www.specialolympicsns.ca/
https://www.facebook.com/groups/2063147233998941
mlsaunders@ns.sympatico.ca

Description:
Special Olympics Nova Scotia is committed to enriching the lives of Nova Scotians with an intellectual disability through sport.

Social Clubs/ Community Resources

All Around the Circle – Brookfield

Contact Information:
Susan Stevenson – President / Rental Manager
thisoldhen@gmail.com
https://www.facebook.com/groups/1200412670009869/

Description:
All Around the Circle is a social club for seniors over the age of 55. **Fully wheelchair accessible**. For more than 45+ years, the All Around the Circle Seniors Group has provided fellowship, entertainment, and education for seniors aged 55 and older who live in the Brookfield, Nova Scotia, and surrounding area. We have a large, comfortable room in Brookfield's DHM Sportsplex. Membership is $2.

Services:

- Room Rentals
- Full Kitchen/Washrooms
- Piano
- Microphone/Speakers
- TV with DVD and VHS player
- Small Book Library
- Games & Puzzles
- Chair Yoga
- Bingo
- Good Time Fiddlers Group

Bridge Adult Service Centre

Contact Information:
https://www.bridgeadultservicecentre.com/
b.workshop@ns.sympatico.ca
902-667-8433

Description:

The Bridge Adult Service Centre (BASC) is an independent non for-profit organization that provides a day program for adults with intellectual disabilities. The BASC provides Vocational and Life Enhancement programs. Clients participate in the daily operations of the laundry service, the used clothing store and the contract service. They also participate in volunteer work in the community, with hopes that someday the individuals we serve will secure paid employment.

Services:

- Life Enhancement
- Life, Social & Wellness Skills
- Job Coach
- And more!

Bright Beginnings Child Care Centre – Amherst

Contact Information:
http://www.brightbeginningschildcarecentre.ca/
902-667-7857
bbccc@ns.sympatico.ca

Description:
Bright Beginnings Child Care Centre is a non-profit, full day, early education program for young children ages 18 months to 10 years. We offer a theme based, interactive and creative program to support the development of the early years and to enhance the learning and welfare of young children. Our centre supports families within the Cumberland County area**. Our child care centre is fully inclusive and supports diversity. We provide extra services for children who have been diagnosed with special needs.**

Camp Tidnish – Amherst

Contact Information:
https://www.camptidnish.org/
camping@easterseals.ns.ca

September – April : 902-453-6000 ext. 227
May-August : 506-538-2823

Description:
In partnership with the Rotary Club of Amherst, Easter Seals Nova Scotia hosts and operates Camp Tidnish near Amherst, Nova Scotia. **Camp Tidnish is the only barrier-free and fully accessible summer camp for Nova Scotian children, youth, and adults with physical and/or intellectual disabilities.** Camp Tidnish has provided top-quality programs for over 85 years. Each year, we host hundreds of campers from across Nova Scotia. Our programs are designed with inclusion, independence, and the personal development of our campers in mind.

Our camp offers several interactive and fun overnight camp experiences including boat tours of the Tidnish River, hayrides, fishing, art activities, and swimming in our heated indoor pool. Camp Tidnish also provides campers an opportunity to forge friendships, and to enjoy the thrill of independence of being away from home!

Canning & District Recreation Commission - Canning

Contact Information:
https://canningrecreation.com/
director@canningrecreation.com
902-582-2033

Description:
At Canning & District Recreation we offer various programs, events, and activities for all ages to help keep Canning & Area active, healthy and happy!

Services:

- Babysitting Course
- Family Fun Playtime
- Open Gym
- Canning Active for Life
- Active Kids – Healthy Kids Grant
- Corah – Centre for Rural Aging and Health

Corridor Community Options: Adult Day Program – Enfield

Contact Information:
https://www.corridorability.ca/

902-883-9404
ccoa.manager@gmail.com

Description:
Our Day Program is a recreational, leisure and educational-based program supporting individuals with high and complex needs. Individuals in this program require assistance with daily living skills, supported communication, fine motor skills and mobility.
We create an atmosphere that is relaxing and person-directed, providing positive and meaningful experiences that enable the participant to explore their environment.
Activities such as animal therapy, movement, music, supported personal care, assistive technology, Snoezelen, tabletop activities, literacy and a variety of social events are offered to provide positive and meaningful experience while maintaining personal choice.
Participants also have the opportunity to work in our social enterprises.

Other Programs:
- Social Enterprises
- Employment Services
- Client Services
- Recreation
- Home Services

STEPs (Supported Training Employment Programs) on Arthur Foundation - Truro

Contact Information:
https://stepsonarthurfoundation.com/
ccw@ns.sympatico.ca
902-893-7228 ext. 105

Description:
Formerly Colchester Community Workshops, STEPs have operated as a not-for-profit organization and social enterprise providing excellent professional development, educational, social, and training programs for clients with intellectual disabilities.

Programs:
- Ribbons & Ribbons Prep
- Tim Hortons New to You & Clothing Sort
- Second Life Used Goods
- Resource Plus
- Small Contracts
- Contracts Plus
- Cleaning/Maintenance Program
- Snook Café

Valley Region

Aquatic Recreation

The Acadia S.M.I.L.E. (Sensory Motor Instructional Leadership Experience) Program

Contact Information:
Program Director: Dr. Roxanne Seaman
roxanne.seaman@acadiau.ca
902-585-1692

Program Assistant: Nikki Matthews
smile@acadiau.ca
902-585-1477

Description:
The Acadia S.M.I.L.E. program is an innovative, academic-based, yet volunteer-driven program that provides persons with varying disabilities a unique physical activity experience to improve their total development as individuals. To achieve this goal, an individual education plan is developed for each of our participants that includes water orientation; physical fitness activities to improve strength, endurance, and flexibility; and perceptual motor programs to enhance development of body awareness, spatial awareness, temporal awareness, and sport skills. All of this is done within a safe environment of play and fun in which Acadia University student-volunteers provide one-on-one instruction to our participants, and in the process, develop their own leadership skills.

Aylesford Lake Beach & Boat Launch – Aylesford

Contact Information:
https://www.countyofkings.ca/residents/pars/Aylesford-Lake-Beach
902-690-6145.
recreation@countyofkings.ca

Description:

- Aylesford Beach Barrier Free improvements include paved pathways to key areas on site and accessible paved parking spaces for wheelchair access to the sites.
- Accessible beach and water space including installed nonslip Beach Access Mat for those with mobility concern including those with walking aids, elderly visitors, or those with strollers.
- Water wheel floating three-wheeled beach buggy available to borrow for on-site use for those with limited mobility under the direct supervision of responsible caregiver. **(Prebooking required)**
- Service animals are welcome. Sorry no pets permitted on or off leash.
- Two accessible play apparatus were also installed making the beach the only inland accessible beach in the province.

Raven Haven Beachside Family Park – Annapolis County

Contact Information:
https://www.annapoliscounty.ca/community-development/raven-haven-beachside-family-park
902-532-7320
ravenhaven@annapoliscounty.ca

Description:
Swim area accessible via Mobi Mat and floating chair on site.
The Mobi mat is in place for people needing assistance to the water and it provides some stability for people with mobility issues or who may be in wheelchairs.

Waterville Community Pool: Sensory Swims

Contact Information:
https://www.countyofkings.ca/residents/pars/Recreation-Programs
902-690-2130
recreation@countyofkings.ca

Description:
Sensory Swims are a "Drop In" program. Cost is $5 per person or $15 per family. 2024 Sensory swims are Tuesdays from 2:30pm-3:30pm, check schedule for possible changes.

Arts, Music, and Dance Recreation

The Alexander Society (Wolfville)

Contact Information:
www.alexandersociety.org
902-582-3888
as@alexandersociety.org

Description:
The Alexander Society for Inclusive Arts, originally known as The Alexander Society for Special Needs, provides arts-based educational programs to children, teens and adults with special needs and their peers. This society also provides resources for people working with special needs populations, organizes workshops and special guest speakers, produces materials such as videos and workbooks, and promotes the inclusion of people with special needs into their communities.

Programs:
- Creative Arts programs for children, teens and adults
- Interactive Storytelling

Between the Mountains Music Therapy Inc. – Annapolis Valley

Contact Information:
https://betweenthemountainsmusictherapy.com/
lindsay@betweenthemountainsmusictherapy.com

Description:
Our mission is to provide quality, client-centered Music Therapy to people of all ages and abilities to help achieve non-musical goals in a space that is safe, creative, and open to self-expression. Goals are tailored to each client's individual needs, while respecting their privacy and confidentiality. We will provide quality service that is supported by research, education, and continued professional development.

Services:
we offer both individual and group Music Therapy sessions to people of all ages, stages, abilities and backgrounds.

L'arche Homefires – Wolfville

Contact Information:
https://www.larchehomefires.org/
admin@larchehomefires.org
902.542.3520

Description:
We take a holistic approach to our programming which engages, employs, entertains, and excites our core members throughout the Annapolis Valley. Core Members get to be a part of a diverse range of activities which focuses on drawing on their strengths and showcases their talents. We provide meaningful activities that promote independence and fun.

Programs:
- CandleLand
- Weaving Studio
- Arts and Crafts Studio
- Recreation, Training and Fun

Music in Communities & Alexander Society – Jam Dance – Wolfville

Contact Information:
https://musicincommunities.com/
info@musicincommunities.com

www.alexandersociety.org
902-582-3888
as@alexandersociety.org

Description:
Jam Dance is a collaboration with the Alexander Society for Inclusive Arts. They lead guided movement activities for participants, and Music In Communities brings in different musicians for each session. Musicians create the sounds for people to move to. These are being offered once a month at L'Arche Homefires in Wolfville. Please contact for further details.

Adaptive Sports/Fitness

Acadia Minor Hockey: Sledge Hockey – Digby to Windsor

Contact Information:
http://acadiaminorhockey.com/page.php?page_id=32685
ualbert@me.com

Description:
Sledge Hockey is a game played in a sled specially designed for hockey. It has an aluminum frame, a heavy plastic bucket for sitting and 2 skate like blades under the bucket. The players use 2 sticks specially designed for sledge hockey. The stick has a hockey blade at one end and at the other there are picks which dig into the ice to propel the player and allow for maneuvering around the ice surface.

5 on 5 with goalies similar to hockey. Most of the rules are the same with some special rules to

take into acount the sleds, for example there is no "T-boning" another player with the sled. For the most part in Minor Hockey there is little contact and in out AMHA program there is no checking.

This program serves athletes from Digby to Windsor.

Annapolis County Special Olympics – Annapolis County

Contact Information:
https://www.specialolympicsns.ca/
https://www.facebook.com/annapoliscountyspecialolympics/
soannapolis@gmail.com

Description:
Special Olympics Nova Scotia is committed to enriching the lives of Nova Scotians with an intellectual disability through sport.

Programs:

- Soccer
- Bocce
- Athletics
- Floor Hockey
- Snowshoeing
- 5 Pin Bowling
- Figure Skating
- Curling
- Cross Country Skiing

Olympique Spéciaux Clare – Clare

Contact Information:
https://www.specialolympicsns.ca/

https://www.facebook.com/clarespecialolympics/
comeaub@hotmail.com

Description:
Special Olympics Nova Scotia is committed to enriching the lives of Nova Scotians with an intellectual disability through sport.

Programs:

- Athletics
- Bowling
- Curling
- Bocce

Free Spirit Therapeutic Riding Association – Aylesford

Contact Information:
https://www.fstra.ca/
902-670-8402
info@fstra.org

Description:
We are known as the Free Spirit Therapeutic Riding Association or "FSTRA" located in the Annapolis Valley, operating out of our host facility, Rohan Wood Stables. We are a registered charity and believe in providing opportunities and removing barriers for our community. Since our inception in 2012 where we ran a pilot program for 12 participants, we are now currently serving over 120 unique individuals on an annual basis through our traditional therapeutic riding and other programming options.

Programs:

- Therapeutic Riding Lessons
- Equine Supported Wellness
- SPIRIT Program
- School Programs
- Summer Camp
- Group Tours

Hantsport Tennis Club: Wheelchair Tennis – Hantsport

Contact Information:
https://hantsporttennisclub.ca/
hantsporttennisclub@gmail.com
Call or Text: 902-385-8863

Description:
Lessons are held once every two weeks, on Mondays, at the Louis Millett Rec Centre in New Minas, beginning March 4 at 7-9 pm. Please email us at hantsporttennisclub@gmail.com or call 902-385-8863 to register.

Kentville Wheelchair Basketball – Kentville

Contact Information:
https://www.facebook.com/HWBBall
stevesampson@filsonite.com
902-802-1642

Kings Special Olympics – Windsor to Greenwood

Contact Information:
https://www.specialolympicsns.ca/
https://www.facebook.com/KingsSpecialOlympics
specialokings@gmail.com

Description:
Special Olympics Nova Scotia is committed to enriching the lives of Nova Scotians with an intellectual disability through sport.

Programs:
- Athletics
- Floor Hockey
- Basketball
- Soccer
- Bocce
- Swimming

- Snowshoeing
- Golf
- Bowling
- Speed Skating
- Figure Skating
- Power Lifting
- Curling
- Dance Program (Pending)

Martock: Adaptive Skiing and Snowboarding – Windsor Forks

Contact Information:
https://www.martock.com/
902-789-9501
admin@martock.com

Description:
Martock, in conjunction with CADS (Canadian Adaptive Snowsports) Nova Scotia, provides lesson opportunities for persons with physical, cognitive, and developmental challenges with lesson options including private, multi-week and school outdoor education trips. Our instructors are trained by Canadian Adaptive Snowsports. Participants must be members of CADS.

Services:
Private Lessons
School Outdoor Education Trip
Multi-Week CADS Program
Participants must be a member of CADS Nova Scotia

OnTree Fun & Adventure – Windsor

Contact Information:
https://www.ontreepark.com/
info@ontreepark.com
902-789-8855

Description:

When coming to Ontree you can expect to be climbing through our courses for as long as 3 hours. We are open rain or shine so it is always a good idea to come prepared for the weather.

We have 21 high rope courses, from easy, medium, medium plus, difficult, & extremely difficult. One wheelchair-accessible course and 2 training courses. The courses are situated at heights between 3 to 60 feet from the ground. Whether experienced or not, there will be challenges for everyone in our park. The Wheelchair accessible course was opened on June 1st. 2021.
Booking in advance is required.

Social Clubs/ Community Resources

The Beehive Adult Service Centre – Aylesford

Contact Information:
https://www.beehiveasc.ca/
902-847-9696
beehiveasc@eastlink.ca

Description:
The Beehive Adult Service Centre is a vocational training centre for people who have intellectual or developmental disabilities. Vocational training will provide these individuals with the opportunity to develop work, social, interpersonal and daily living skills, that will enable them to reach their highest potential through a continuum of progress. It is the aim of the The Beehive Adult Service Centre to provide a meaningful work setting for people with developmental/intellectual disabilities, who cannot find or expect to find, employment in their community.

Programs/Services:
- Adult Education
- Life Skills Training
- Bakery
- General Contracts
- Sewing Department
- Woodworking
- Shredding Service

Brigadoon Village – Aylesford

Contact Information :
https://brigadoonvillage.org/
camp@brigadoonvillage.org
902-681-8100

Description:
Brigadoon is the first facility of its kind in Atlantic Canada and is now one of the largest pediatric medical camps in Canada.

We believe that every child, regardless of the life challenges they face, should have the opportunity to experience the transformational and therapeutic effects of camp. That's why we strive to develop condition-specific camps that not only meet the medical needs of our campers but are also the most fun you can pack into a week!

Each camp offered at Brigadoon is designed so that children living with the same illness or life challenge attend a camp specifically tailored for those living with their needs.

Carlton Road Industries Association - Lawrencetown

Contact Information:
https://carletonroadindustries.com/
902-584-3332
admin@carleton515.ns.ca

Description:
Carleton Road Industries Association is a non-profit, charitable Adult Service Centre located in Lawrencetown, Annapolis County. Our service provision is directed toward the vocational, and life skills training areas to those adult residents of Annapolis and Kings Counties who are diagnosed with mental, intellectual, emotional, and/or physical disabilities. Our mandate is to provide high quality and diverse programs that will assist in the successful transition into the

workforce. When this is not attainable, to provide meaningful employment opportunities with the supervision of qualified and professional staff.

Programs:

- Community (Supported) Employment
- Broadened Day Options
- School to Work Transition
- Health & Wellness Programs

Conway Workshop Association – Digby

Contact Information:
www.conwayworkshop.com
902-245-5391

Description:
Conway Workshop Association is a non-profit organization that is committed to providing quality residential and employment/vocational training programs to benefit individuals with disabilities. Our mission statement is "Conway Workshop Association is dedicated to serving people with disabilities. We are committed to helping clients develop the skills and knowledge they need to live as independently as possible and to achieve their optimal level of independence, while at all times respecting the dignity and rights of the individuals we serve."

Programs:

- Residential Programs
  - Licensed Homes for Special Care
  - Supervised Apartment
- Vocational/Workshop Program

Community Living Alternatives Society (CLAS) - Kentville

Contact Information:
http://clasnovascotia.com/

902-681-8920
office@clasnovascotia.com

Description:
CLAS provides quality community living opportunities for people with intellectual disabilities. CLAS promotes and facilitates their exercise of individual rights, fulfillment of responsibilities, and participation within their communities.

Services:

- Lifestyle Options Unlimited
- Group Homes
- Developmental Residences

L'Atelier de Clare/Inclusion Clare

Contact Information:
https://www.inclusionclare.ca/
902-769-3202
bonjour@inclusioncare.ca

Description:
Inclusion Care fosters and promotes accessible and responsive living, working, and learning opportunities in service of adults with disabilities in the community of Clare; empowering self-advocates in achieving their individual potential for full community living.

Programs:

- Residential Programs
- Day Program
- Community Kitchen

Kings Regional Rehabilitation Centre: Recreation Leisure & Vocational Programs – Waterville

Contact Information :
https://www.krrc.ns.ca/

902-538-3103
info@krrc.ns.ca

Description :

The Lifestyles Department optimizes client's health and well-being by facilitating choice of a wide variety of recreation and leisure opportunities. These activities focus on all aspects of health – bowling, movie nights, church service, sing-a-long's, cooking groups, and bingo are just a few of the client chosen interests available. During the holidays, special visits from Santa, the Easter Bunny, dances and celebrations are always enjoyed by all.

Programs:

- Recreation Leisure & Vocational Programs
- Small Option Home & In-Centre
- Learning and Tech Centre
- Youth Programs
- Community Outreach
- Client Support Services
- Social Enterprises
- Employee Learning & Development

Adult Social Group – Kentville

Contact Information:

https://www.autismnovascotia.ca/programs/adult-social-group-kentville/
AVNavigator@autismns.ca
902-349-9318

Description:

A weekly group to provide a space for autistic adults to socialize, participate in the community, socialize, and make friends in an inclusive setting.

Provincial and Federal Organizations

Accessibility Resources

Access 2 (Canada Wide)

Contact Information:
www.access2card.ca

Description:
Launched in December 2004, the Access 2 Card program helps to ensure that entertainment, cultural and recreational opportunities are more available and accessible to all. Through the program, people with disabilities who require a support person carry a personal Access 2 Card with them. The card indicates to the ticket seller that the individual does indeed require the assistance of a support person.

Participating venues grant one free admission or discounted admission for the support person while the Access 2 cardholder pays their regular admission fee.

To obtain a card, an application form must be submitted by a person with a disability who requires the assistance of a support person. The application must be authorized by a registered health care or disability service provider.
Easter Seals Canada administers the application and delivery of the card.

The Access 2 website has a full list of participating venues.

IWK Rehabilitation Recreation Therapy:

Contact Information:

www.iwk.nshealth.ca
Equipment-loan-program-recreation-therapy

Description:
Recreation Therapy promotes quality of life for children and youth with physical disabilities or acquired brain injury, and their families, by increasing access to recreation as part of a life-long healthy lifestyle. The aim of Recreation Therapy is to teach life-long leisure skills and attitudes by: increasing awareness of resources related to recreation in their home, school and community, teaching skills to enhance participation in recreation activities, introducing adapted equipment for trial and use in recreation activities, providing opportunities to try new recreation activities of interest, and working with community service providers to increase opportunities for children and youth who have a disability.

Services:
Advocacy, counseling, equipment, library, literature/information, recreation/social programs, referrals, research, training/ workshops

March of Dimes: Online Programs

Contact Information:
https://www.marchofdimes.ca/
416-425-3463
info@marchofdimes.ca
https://www.marchofdimes.ca/en-ca/programs/Pages/Online-virtual-programs.aspx

Description:
March of Dimes Canada provides a wide range of services to people with disabilities throughout the country.

At March of Dimes Canada, we help our clients, and their families access the resources they need to thrive at home and in their communities. In addition to our in-person programming, we're pleased to offer a variety of online options for individuals to access from wherever they reside.

Services:
- Online Peer Support
- Online Exercise & Movement
- Online Aphasia and Communication Support
- Online Technology Training & Support
- Online Social Programs
- Online Education & Resource

Advocacy Groups

Autism Nova Scotia

Contact Information:
Provincial Office
www.autismnovascotia.ca
Toll free in Nova Scotia: 1-877-544-4495
info@autismns.ca

Autism Nova Scotia Bedford/Sackville Chapter
902-446-4995
bedfordsackville@autismns.ca

Autism Nova Scotia Annapolis Valley Chapter
www.autismannapolisvalley.ca
902-242-2019
annapolisvalley@autismns.ca

Autism Nova Scotia Cape Breton Region Chapter
www.autismcapebretonregion.ca
902-567-2830
cbregion@autismns.ca

Autism Nova Scotia Cumberland County Chapter
www.www.autismcumberlandcounty.ca
902-660-3003
cumberlandcounty@autismns.ca

Autism Nova Scotia Pictou County Chapter
autismpictoucounty.ca
902-695-5505
pictoucounty@autismns.ca

Autism Nova Scotia South Shore Chapter
www.autismsouthshore.ca

902-541-8233
southshore@autismns.ca

Autism Nova Scotia South West Chapter
www.autismsouthwestnova.ca
902-815-8711
southwestnova@autismns.ca

Autism Nova Scotia Strait Area Chapter
www.autismstraitarea.ca
902-777-1513
straitarea@autismns.ca

Autism Nova Scotia Truro Chapter
www.autismtruro.ca
902-814-4106
truro@autismns.ca

Description:
Autism Nova Scotia is a community-based organization that builds understanding, acceptance, and inclusion for individuals on the Autism Spectrum and their families through leadership, advocacy, training, and programming across the lifespan.

Programs:

- Autistics Aloud
- Employment and Post-Secondary Support
- Family, Respite, and Community Support
- QuickStart Nova Scotia
- Social and Inclusive Programming
- Person Directed Planning Program

Brain Injury Association of Nova Scotia

Contact Information:
www.braininjuryns.com

902-422-5000
Toll Free: 1-833-452-7246
info@braininjuryns.com

Description:
The Brain Injury Association of Nova Scotia seeks to foster resilience, recover, and community for brain injury survivors and their families across Nova Scotia by connecting the community, building awareness, advocating for change, programs and peer support, and education and training.

Programs:

- Yoga for ABI
- Concussion Café
- Brain Matters Support Group
- Music Therapy
- Virtual Checkpoint
- Walk and Talk
- Weekly Coffee Chats

Canadian Council of the Blind

Contact Information:
www.ccbnational.net
613-567-0311
Toll-Free 1-877-304-0968
ccb@ccbnational.net

Description:
The Canadian Council of the Blind (CCB) deals with the ongoing effects of blindness with specific programs to encourage active participation in local communities, education, sports, recreation, and employment. Furthermore, through advocacy and awareness the CCB strives to elevate public consciousness of the blind and visually impaired.

Services:
The Canadian Council of the Blind offers programs to all ages ranging from sports and recreation to social functions. For further information, see contact information above.

Nova Scotia League for Equal Opportunities

Contact Information:
https://www.nsleo.com/paansaaw
902-455-6942
nsleo2018@outlook.com

Description:
The League is a catalyst in building social, community, and political leadership of persons with disabilities within Nova Scotia. We achieve this at a national level through our national affiliate, the Council of Canadians with Disabilities (CCD) and through provincial affiliates around the province and across the country. We envision a future where the abilities of persons with disabilities are fully recognized, developed, and living as equals in society. The League takes a leading role and is a major contributor to many important and valuable community efforts. We are a cross-disability voice of Nova Scotians with disabilities

Canadian Paraplegic Association of Nova Scotia

Contact Information:
https://www.thespine.ca
902-423-1277
Toll Free within Nova Scotia: 1-800-889-1889
halifax@sci-ns.ca

Description:
CPA (NS) provides a range of comprehensive, equitable and holistic services for persons with SCI and other mobility disabilities, as well as their families and friends. Each service is listed below.

Services:

- Peer Support
- Rehabilitation Counseling
- Vocational/Employment Services
- Community Advocacy
- Vocational & Employment Support Services
- Information Services

The Canadian Council on Rehabilitation and Work (CCRW)

Contact Information:
https://www.ccrw.org
info@ccrw.org
1-800-664-0925

Description:
CCRW is a Canada-wide network of organizations and individuals. Our mission is to promote and support meaningful and equitable employment of persons with disabilities. As innovators and agents of change, we build partnerships, develop skills, share knowledge and influence attitudes.

CCRW provides leadership in programs and services for job seekers with disabilities and businesses committed to equity and inclusion. A comprehensive information source for disability and employment resources, CCRW works with businesses of all sizes in all industries through its Job Accommodation Service (JAS)®, Partners for Workplace Inclusion Program (PWIP) and the eLearning Disability Awareness Series (DAS)®, and support to individual job seekers through its WORKink® site, and much more!

Services:
We offer programs and services for all aspects of the employment of persons with disabilities. We have programs and services across Canada connecting more and more job seekers with disabilities with meaningful and equitable employment. Our programs and services also provide accessibility solutions for employees with disabilities, employees who become disabled and injured employees who are returning to work. We also provide disability awareness training for everyone in the work environment and tools to develop a diversity plan that works for you and your company.

Continuing Care Association of Nova Scotia (CCANS)

Contact Information:
https://continuingcareassociationns.com/our-team/
ccans.est1976@gmail.com

Description:
"To provide leadership and direction in the field of Continuing Care for all Nova Scotians through education, by advocating on their behalf and by supporting Caregivers."

Our special care programs provide nursing care, personal care, supervisory and shelter needs for senior Nova Scotians as well as other individuals who are unable to live independently in their own home. Our facilities provide these services with respect for the individual resident's personal dignity by recognizing each person's rights and distinct psychological, physical, and spiritual needs. All of our Association member facilities are licensed and or approved by the Department of Community Services or Department of Health and must maintain the standards of the Association to retain their membership.

Services:

- Nursing homes
- Homes for the aged
- Residential care facilities
- Adult residential centers
- Group homes and developmental residences
- Small options
- Supervised apartments
- Home support organizations

Epilepsy Association Nova Scotia

Contact Information:
https://epilepsymaritimes.org/
902-429-2633
info@epilepsymaritimes.org

Description:
Our association's vision is to allow people with Epilepsy have an optimal quality of life. EANS is a province-wide organization with an office in Halifax and community action groups around the province. We are structured under a volunteer Board of Directors and a Medical Advisory Committee.

Programs & Services:

- PACES in Epilepsy
- Epilepsy Awareness & Seizure First Aid
- Support Groups
- Advocacy and Navigation
- Scholarships and Bursaries

LDANS

Learning Disability of Nova Scotia

Learning Disabilities Association of Nova Scotia (LDANS)

Contact Information:
http://www.ldans.ca/contact-us/
416-235-5608
info@ldans.ca

Description:
Founded in 1989, the Learning Disabilities Association of Nova Scotia (LDANS), is a not-for-profit organization dedicated to unlocking the potential of those with learning disabilities. The Association offers support, advocacy, and referral services to children, parents, professionals and others dealing with learning disabilities.

What does LDANS do?
Assists individuals with learning disabilities and their families in meeting their expressed needs by:

- Providing support, guidance and resource information
- Providing the opportunity to network and share information

LDANS furthers educational, social, medical, vocational and employment opportunities for Nova Scotians with learning disabilities. Creates public awareness of learning disabilities by informing the public of the issues and challenges faced by people with learning disabilities. Provides programs and services to individuals with learning disabilities and their families.

Services:
Linking Language to Learning is for elementary age children who are at least one year behind in reading/writing development. It is geared for children with a learning disability, although an official diagnosis is not necessary. A learning disability is a disorder that affects how a person understands and uses information. The disorder affects the ability to learn, in spite of average to above-average intelligence and can affect specific areas such as: speech and language development, coordination, organization and social skills. An assessment will be conducted by the LINKS Coordinator to determine a student's potential candidacy for the program. The assessment consists of formal tests, informal observation, and parental input.

Mental Health Foundation of Nova Scotia

Contact Information:
https://www.mentalhealthns.ca
info@mentalhealthns.ca

Description:
The Mental Health Foundation of Nova Scotia is a registered charitable foundation that was established in 1987 to create a higher level of awareness of mental health and to support organizations to deliver the highest level of mental health care in every community in Nova Scotia. Through major fundraising efforts, and with the support of our donors and volunteers, the foundation is changing the way people think about mental illness.

Services:
Canadian Mental Health Association, Nova Scotia Division (CMHA, NS Division), with the support of the Mental Health Foundation of Nova Scotia, has created the role of Community Facilitator to support and develop community awareness and participation in Annapolis, Lunenburg and Pictou counties.

The program assists mental health consumers seek out opportunities for meaningful community participation. The work of the Facilitator is to encourage connections between local CMHA branches with the local community that will build capacity and enrich the entire community.

CMHA is a nation-wide organization that promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness. CMHA accomplishes its mission through advocacy, education, research, and service.

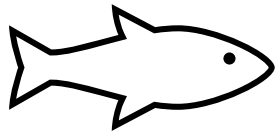
Provincial Accessible Athletics

Athletics Nova Scotia

Contact Information:
https://athleticsnovascotia.ca/
Executive Director: Anitra Stevens
902-377-2951
athletics@sportnovascotia.ca

Description:
Offer resources/mentoring to our member coaches on how to include athletes with a physical disability. Clubs that have included or open to include athletes with disabilities are the Launchers in Port Williams, Halifast in Halifax, and The Royals in Antigonish and as well the Truro Lions in Truro. Athletics has 5 different classifications (Spinal Cord, Amputees, Cerebral Palsy, Visual Impaired and Others. Athletics NS has embraced the integration of para-athletics into the sport of track and field in Nova Scotia.

Programs:
Para Athletics - Para athletics, also known as track and field is the largest competition at the Paralympic Games. Events are available for individuals with physical disabilities (both wheelchair and standing), athletes with visual impairments and intellectual disabilities. Contested events are held in track racing, throwing, marathon and pentathlon.



Barrier Free Fishing, Nova Scotia

Contact Information:
https://novascotia.ca/fish/sportfishing/site-mapping-tool/
inland@novascotia.ca
https://novascotia.ca/fish/documents/barrierfree-brochure.pdf

Description:
The sites highlighted in this brochure were constructed with funding from the Cooperation Agreement on Economic Diversification - Barrier Free Access to Sportfishing Program and are designed to provide a safe yet enjoyable angling experience for physically challenged and senior anglers of the province. Additionally, there are other locations throughout the province that, although they do not have barrier free structures, can still provide gratifying angling experiences provided safety is kept in mind. The Nova Scotia Department of Fisheries and Aquaculture website provides additional information and detailed instructions on how to get to many of these Barrier Free sites.

CADS - NS

Contact Information:
https://www.cads-ns.com/
902-425-5450 Ext 3
Executive Director: Shane de Rooy
alpinens@sportnovascotia.ca

Description:
Empowering people with disabilities through participation in adaptive snow sports

Canadian Therapeutic Riding Association (CanTRA)

Contact information:
https://cantra.ca/en/

Description:
CanTRA was founded in 1980. The Canadian Therapeutic Riding Association (CanTRA) is a registered charity that promotes challenge, achievement and empowerment for children and adults with disabilities through the use of the horse. CanTRA also provides education and instructor certification.

Programs:

- Hippotherapy
- Equine-Facilitated Wellness
- Centre Accreditation
- Instructor Certification

Cheer Canada – Cheer Abilities

Contact Information:
https://cheercanada.ca/cheer-abilities/
info@cheercanada.ca

Description:
Cheer Canada and, we trust, all of our members aspire to create a safe space for all cheerleaders to feel safe and supported, regardless of sexual orientation, gender, race, religion,

ethnicity, socio-economic status, age, physical ability, religious belief, political belief, and/or other ideologies. However, we know that there are some of you out there who feel the pressure to fit in, to be 'like' your peers, and to suppress all that you are and feel, that some of you struggle to 'define' yourself. We want you to know that we see you, we know that you are a part of our cheer community, and we want you to know that we love and accept you. We recognize that is our responsibility to create a space for you, our beloved athletes and coaches, to feel welcome, supported, and to feel that you can express yourselves and your identity without fear. We are PROUD but cognizant we are still on a path to inclusion.

Gymnastics Nova Scotia

Contact Information:
https://gymns.ca/
902-425-5450 Ext. 338
gns@sportnovascotia.ca

Description :
To provide and promote the opportunity for everyone in Nova Scotia to experience the sport of gymnastics in a safe, encouraging and inclusive environment.

Hockey Nova Scotia: Para Hockey

Contact Information:
https://hockeynovascotia.ca/players/para-hockey
902-454-9400

Description:
Para hockey is an innovative sport that incorporates the rules and structure of stand-up hockey, except players sit on sleds and use sticks for maneuvering and shooting.
There are sledge hockey programs in various locations across Nova Scotia.

Nova Scotia Challenger Baseball

Contact Information:
https://www.nschallengerbaseball.com/
902-318-0707
randy.crouse@hotmail.com

Description:
Challenger Baseball is an adapted program that provides an opportunity for children and youth with cognitive, sensory, and/or physical disabilities to play organized baseball at a level structured to their abilities. Each participant is treated like every other minor baseball player. Buddies are assigned to each player to help provide a safe and enjoyable experience.

Challenger Baseball Canada (a partnership between Baseball Canada, Little League Canada, and Little League International) and the Jays Care Foundation are working together for the betterment of Challenger Baseball across Canada. These groups, along with Baseball Nova Scotia, are committed to developing Challenger Baseball in Nova Scotia.

Nova Scotia Trails Federation

Contact Information:
https://www.nstrails.com
info@novascotiatrails.com

Description:
The Nova Scotia Trails Federation is a not-for-profit organization that represents the interests of trail users and community-based recreational trail groups in Nova Scotia. NS Trails supports the work of community groups in the planning, building, maintenance, and management stages of recreational trails.

As the provincial trail organization, the primary goals of NS Trails are to promote the development and responsible use of recreational trails for the benefit and enjoyment of all Nova Scotians and visitors to our province.

NS Trails has adopted the motto “Take Trails to H.E.A.R.T.!” The letters in H.E.A.R.T. stand for Health, Environment, Arts (Culture and Heritage), Recreation, and Transportation.

By going to the Nova Scotia Trails Federation website you can find out which trails are wheelchair accessible in your area.

Orienteering Association of Nova Scotia

Contact Information:
https://orienteeringns.ca/
nsorienteering@gmail.com
Description:

We are a non-profit Provincial Sport Organization dedicated to developing orienteering in the province of Nova Scotia. Whether you are a beginner or advanced orienteer we have courses and events set up around the province to test your ability and/or have some family fun in the outdoors.

The Orienteering Association of Nova Scotia is committed to ensuring that all its members and other interested parties will have equal access to opportunities within all aspects of the sport, regardless of race, ancestry, colour, spiritual belief, place of origin, visible or invisible physical or mental ability, sexual orientation, gender expression or identity and/or age. We recognize that many of these identities intersect and that therefore, equity, diversity and inclusion can be complex. We value the contributions that each person brings, and are committed to ensuring full and equal participation for all in our community.

Canoe Kayak: PaddleAll

Contact Information:
https://canoekayak.ca/paddle-all/
admin@canoekayak.ca
613-260-1818

Description:
PaddleALL is a project introduced by Canoe/Kayak Canada. It is a program aimed at promoting participation in the sport of sprint Canoe/Kayak for individuals with disabilities.

About the Program
Recreational and sprint canoes and kayaks are used to introduce paddlers with intellectual and physical disabilities to the sport of sprint racing. The program includes a safety orientation, technical instruction, and instruction by experienced coaches. Each paddler will have an experienced paddling partner for 1:1 support. Although all abilities are welcome, you must be comfortable on the water.

sport nova scotia | Parasport

Para Sport Nova Scotia

Contact Information:
https://www.parasportns.com/
902-425-5450 ext. 375
parasport@sportnovascotia.ca

Description:
Everyone in Nova Scotia deserves the opportunity to participate in sport and recreation. Administered by Sport Nova Scotia, Parasport Nova Scotia supports and promotes the delivery of accessible sport programs across the province to make sport accessible to all Nova Scotians. Parasport NS is the first point of contact for athletes, parents, and volunteers to connect with the Nova Scotia Parasport community.
Para or Adaptive sports are competitive and/or recreational sports for people of any age, or ability living with, or without a disability.

Programs/Services:

Winter Sports: Alpine Skiing, Blind Hockey, Para Hockey, Para Nordic, Para Snowboard, Para Karate, Wheelchair Curling, Sitting Volleyball

Summer Sports: Boccia, Challenger Baseball, Cycling, Dance, Goalball, Para Athletics, Para Archery, Paracanoe, Para Equestrian, Para Rowing, Para Sailing, Para Swimming, Para Waterskiing, Powerchair Soccer, Wheelchair Tennis, Wheelchair Basketball

RECREATION NOVA SCOTIA

Recreation Nova Scotia

Contact Information:
1600 Bedford Hwy, Suite 201
Bedford, NS B4A 1E8
902-425-1128
info@recreationns.ca
https://www.recreationns.ca/

Description:
Recreation Nova Scotia (RNS) is a provincial, not-for-profit organization established in 1998. In partnership with the volunteers and professional recreation community, RNS advocates on behalf of all Nova Scotians for recreation and leisure opportunities to promote the values and personal, social, economic, and environmental benefits of recreation and leisure.

Membership:
Recreation Nova Scotia membership includes professionals, volunteers, educators, students, interested citizens, elected officials and commercial organizations. RNS is open to everyone who has an interest in recreation, parks, fitness, sport, facilities, aquatics, therapeutic recreation, camping, the art, culture, or other related sectors. Learn more about the benefits of becoming a member.

Sail Able Nova Scotia

Contact Information:
https://www.sailnovascotia.ca/sail-training/able-sail/
sailablens@gmail.com
416-578-3937

Description:
Sail Able Association of Nova Scotia is a registered, non-profit, organization located in 5 areas. Our aim is to promote the integration of persons with disabilities into the recreation of sailing for pleasure and/or competitive sailing. Sail Able is operated entirely by its members and volunteers who help raise the funds necessary to keep the program afloat. For fees and schedules, please contact us.

Special Olympics Nova Scotia

Contact Information:
https://www.specialolympicsns.ca/
902-429-2266
reception@specialolympicsns.ca

Description:
Special Olympics is a non-profit organization dedicated to providing year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with an intellectual disability.

Special Olympics is open to every intellectually disabled person, regardless of the level or degree of that person's disability, and whether or not that person also has other physical disabilities.

Almost every age is eligible for Special Olympics programming in Nova Scotia from eight to 88. Special Olympics Nova Scotia also has a youth program for children aged 4 to 12, which focuses on structured play and introduction to games, teams, competitions, and socialization.

Services:
There is a range of sports offered throughout Nova Scotia. The choices vary from region to region. The full list of sports includes aquatics, athletics, curling, Nordic skiing, figure skating, soccer, bowling, snowshoeing, floor hockey, softball, power lifting, speed skating, master's triathlon, and a youth program. please contact us to find out which sports are available in your region.

Contact a staff person with Special Olympics Nova Scotia or visit the "Our Regions" portion of our website for a contact in your area. They will give you all the information you need and can put you in touch with resource people in your community.

Swim Nova Scotia: Para Swimmers

Contact Information:
https://www.swimnovascotia.com/para-swimmers
902-425-5454 ext. 314
swimming@sportnovascotia.ca

Description:

Para-swimming is Swimming Canada's fully integrated swimming program for people with a disability from grassroots to elite. Para-swimming combines a broad range of disabilities into three categories: Physical impairments, visual impairments, and intellectual impairments. If you are interested in becoming classified as a Para swimmer, please contact Swim Nova Scotia for additional information.

Regional Recreation Contacts

Amherst Community and Economic Development
https://www.amherst.ca/recreation.html

Annapolis County Recreation
https://annapoliscounty.ca/community-development/recreation-programs-activities

Antigonish County Recreation
https://recreation.antigonishcounty.ns.ca

District of Barrington Recreation
https://www.barringtonmunicipality.com/Recreation/recreation

Berwick Recreation
https://berwick.ca/recreation-department.html

Village of Bible Hill Recreation
https://www.biblehill.ca/news/parks-and-recreation/

Bridgewater Parks Recreation and Culture
https://www.bridgewater.ca/town-services/parks-recreation-a-culture/department-overview-staff

Cape Breton Regional Recreation
http://www.cbrm.ns.ca/recreation.html

District of Clare Recreation
https://www.clarenovascotia.com/en/recreation/recreation-services

Cumberland County Recreation
https://www.cumberlandcounty.ns.ca/recreation.html

Colchester County Recreation
https://www.colchester.ca/recreation

Digby Area Recreation
http://www.digbyarearecreation.ca/

East Hants County Recreation
https://www.easthants.ca/government/municipal-departments/parks-recreation-culture/

Guysborough County Recreation
https://modg.ca/index.php/residents/your-municipal-services/recreation

Town of Kentville Recreation
http://www.kentville.ca/parks-and-recreation

Kings County Parks and Recreation Services
https://www.countyofkings.ca/residents/pars/

Halifax Regional Municipality Recreation
https://www.halifax.ca/parks-recreation

Hantsport Recreation
https://hantsport.ca/recreation/

Inverness Recreation and Community Wellness
https://invernesscounty.ca/services/recreation/

Kentville Parks and Recreation
https://kentville.ca/parks-and-recreation

Lockeport Recreation & Culture
https://www.lockeport.ns.ca/index.php/tourism-recreation/rec-programs

Lunenburg Recreation
https://www.modl.ca/recreation-department.html

Middleton Recreation
https://www.discovermiddleton.ca/living/recreation-services

Mulgrave Recreation
https://townofmulgrave.ca/recreation/recreation-calendar.html

Town of New Glasgow Recreation
http://www.newglasgow.ca/index.php/lifestyle/recreation

New Minas Recreation Programs
https://newminas.com/recreation-programs

Town of Oxford
https://oxfordns.ca/recreation.html

Town of Pictou Recreation

https://munpict.ca/departments-and-services/recreation/

Queens Recreation
https://www.regionofqueens.com/municipal-services/recreation/

Richmond County Recreation
https://www.richmondcounty.ca/recreation.html

Municipality of Shelburne Department of Recreation and Parks
https://www.municipalityofshelburne.ca/programs-services/

Municipality of the District of St. Mary's Recreation
https://www.saint-marys.ca/recreation.html

Stellarton Recreation
https://www.stellarton.ca/recreation.html

Stewiacke Recreation
https://www.stewiacke.net/recreation.html

Trenton Recreation
https://www.town.trenton.ns.ca/parks-and-recreation.html

Truro Parks & Recreation
https://www.truro.ca/parks-recreation.html

Victoria County Recreation
https://victoriacounty.com/residents/recreation/

West Hants Recreation
https://www.westhants.ca/parks-and-recreation.html

Town of Wolfville Recreation
https://www.wolfville.ca/recreation-programs.html

Yarmouth Leisure Services
http://yarmouthrecreation.ca

Prince Edward Island & New Brunswick

Camp Gencheff Inc – Prince Edward Island

Contact Information:
www.campgencheff.com
902-569-2669
admin@campgencheff.com

Description:
Located on twenty-two scenic acres in Stratford at Bellevue Cove, Camp Gencheff boasts a beautiful shoreline overlooking the Hillsborough Bay. With its own private access to the beach, Camp Gencheff offers many opportunities for clients to enjoy swimming, canoeing, and beach walks. A spacious backyard area provides many opportunities for sports and other gross motor play. A modern fully accessible building includes a lofty recreation area and dining hall, two dormitory wings, bathrooms with shower, kitchen, a computer/library room, and offices.

Services:
- Adult Day Program
- After School Programs
- Childrens Summer Day's Program
- Respite
- PD Day Camps

Para New Brunswick Sports & Recreation – Fredericton

Contact Information:
http://www.paranb.ca/
1.866.462.9555
Info@abilitynb.ca

Description:
Para NB – Sport & Recreation (Para NB) is a provincial program offered by Ability NB, in partnership with the Department of Education & Early Childhood Development, many foundations and many community partners. The Para NB program involves working with persons with a physical disability, Provincial Sport Organizations (PSOs), disability organizations,

sport clubs, schools, recreation organizations and facilities to build capacity and lead the development and coordination of a system that engages New Brunswickers with a physical disability in parallel (para) sport and recreation.

Services :

- Consultation/Information
- Accessibility Reviews
- Recruitment
- Equipment Loan Service

ParaSport and Recreation PEI – Charlottetown

Contact Information :
https://parasportpei.ca/
902-368-4540
info@parasportpei.ca

Description:
ParaSport and Recreation PEI is the provincial sport governing body for Paralympic sport and parasport on Prince Edward Island. It is a non-profit, charitable organization that was established in 1974. The organization is led by a volunteer Board of Directors that are elected annually.

Programs/Services:

- Boccia
- Para Ice Hockey
- Swimming
- Wheelchair Basketball
- Wheelchair Rugby
- Para Cycling
- Curling
- Equipment Loan Program
- Adult Fitness Program
- Bridging the Gap

Prince Edward Island Down Syndrome Society

Contact Information:
Martha MacLean

902-838-2694
mmaclean@pei.aibn.com
https://www.facebook.com/groups/45455469754/?fref=ts

Description:
We are a group of parents, caregivers, relatives, friends of individuals with DS who share information, advocate, and socialize.

Saint John Down Syndrome Society

Contact Information:
Sharon Gerrits, (506) 693-6489
saintjohndss@hotmail.com
https://www.facebook.com/groups/169625562449/?fref=ts

Description:
We are a group in the Greater Saint John area for people with Down syndrome and their families. We are a social and support group that is open to people of all ages. It is a great way to meet other people and to share experiences.

Current Programs:
Monthly play dates for younger children
Educational seminars
seasonal social events (picnics, etc.)

Special Olympics New Brunswick – Fredericton

Contact Information:
https://www.specialolympicsnb.ca/
(506) 455-0404
INFOSONB@SPECIALOLYMPICS.CA
https://www.facebook.com/SpecialONB

Programs:

- 5 & 10 Pin Bowling
- Athletics
- Aquatics
- Basketball
- Bocce
- Golf
- Powerlifting
- Rhythmic Gymnastics
- Soccer
- Softball
- Snow Shoeing
- Cross Country Skiing
- Floor Hockey
- Speed Skating
- Figure Skating
- Curling
- Candlepin Bowling
- Active Start
- Fundamentals

Special Olympics Prince Edward Island – Charlottetown

Contact Information:
https://www.specialolympics.ca/pei
(902) 368-8919
sopei@sopei.com
https://www.facebook.com/specialopei

Description:
Special Olympics PEI offers all Islanders with an intellectual disability access to sport. Special Olympics programs are divided into two streams: Community and Competitive.

Programs:

- 5 & 10 Pin Bowling
- Athletics
- Basketball
- Bocce
- Golf
- Powerlifting
- Soccer
- Softball
- Swimming
- Rhythmic Gymnastics
- Alpine Skiing
- Cross Country Skiing
- Curling
- Figure Skating
- Floor Hockey
- Snow Shoeing
- Speed Skating
- Youth Multisport
- Active Start
- Fundamentals

Halifax Regional Municipality Inclusion Support Information

Parks and Recreation invites individuals of all abilities to participate in our recreation and leisure programs. The municipality is committed to providing safe and accessible programs for everyone to enjoy. We recognize that some of our citizens will require assistance to participate via adapted equipment, program modification, and/or through the provision of one-to-one inclusion support.

If you require more information on Inclusion, please contact your local Community Recreation Centre or the Inclusion and Access Specialists at Inclusion@halifax.ca or 902-490-4410.

HRM recreation staff encourage everyone to get active:

- Meet family and individuals prior to the start of the program to identify appropriate program options and the supports required to assist the participant
- Will make every effort to accommodate support requirements based on HRM resources and service demands
- Encourage parents/guardians and individuals to visit the programs
- Provide program orientation and training to staff

You can help make the Inclusion experience a success by:

- Contacting HRM a minimum of 2 weeks prior to the program start date
- Assisting staff in identifying the recreational interests of you or the participant
- Sharing relevant information that will promote a successful experience
- Completing the participant information forms and reviewing the medical and behavioural policies
- Connecting with program staff at least two weeks prior to start of programs
- Assisting in the training of staff to meet the participant's need/requirements, when applicable and appropriate within HRM policies and procedures
- Committing to open communication and problem solving with staff

We see inclusion as a partnership between HRM staff and families. We believe inclusive and accessible leisure services are essential to everyone's quality of life.

www.halifax.ca/RECinclusion

Halifax Regional Municipality Field Bookings

Chad Oliver – East and Central
Email: oliverc@halifax.ca
Phone: 902-483-8936

Michael Greenlaw – West
Email: greenlm@halifax.ca
Phone: 902-225-7393

In Person:

Applications can be dropped off at the Customer Service Centre, located at 40 Alderney Dr, Dartmouth.

Office Hours are Monday to Friday 8:30 a.m. to 4:30 p.m.

Halifax Regional Municipality Community Centres

Acadia School - 636 Sackville Drive	Phone 902-869-4200
Adventure Earth Centre - Fleming Park - 68 Parkhill Road	Phone 902-490-4539
Bedford Hammonds Plains Community Center - 202 Innovation Dr, Bedford	Phone 902-490-4238
Capt. William Spry Centre – 16 Sussex Street	Phone 902-477-7665
Chocolate Lake - 1014 Purcell's Cove Road	Phone 902-490-4607
Citadel High Community Centre - 1955 Trollope Street	Phone 902-490-3895
Cole Harbour Recreation Centre - 1216 Cole Harbour Road	Phone 902-490-4711
Dartmouth North Community Centre – 105 Highfield Park Dr	Phone 902-490-5900
Gordon R. Snow - Fall River Recreation Centre -1359 Fall River Road	Phone 902-860-4570
Findlay Community Centre - 26 Elliot Street	Phone 902-490-4728
George Dixon Community Centre - 2501 Gottingen Street	Phone 902-490-4550
Horizon Recreation Centre - 168 Redoubt Way	Phone 902-465-5267
Lakeside Community Centre - 1492 St. Margaret's Bay Rd.	Phone 902-876-8812
LeBrun Centre - 36 Holland Avenue, Bedford	Phone 902-490-4665
Musquodoboit Harbour Community Centre - #7900 #7 Highway, Musq.	Phone 902-889-4050
Musquodoboit Valley Office - 12014 Highway 224	Phone 902-384-3008
Needham Centre/Pool - 3372 Devonshire Ave	Phone 902-490-4633
North Preston Community Centre - 44 Simmonds Road	Phone 902-462-4161
Sackville Sports Stadium - 409 Glendale Dr, Lower Sackville	Phone 902-869-4141
St. Andrew's Community Centre – 3380 Barnstead Lane	Phone 902-490-4693
St. Mary's Boat Club - (April - Dec) - 1641 Fairfield Road	Phone 902-490-4688
Sheet Harbour Recreation Office - Blue Water Building 22756 Highway #7	Phone 902-885-2988

Adapted Equipment Loan Programs

Annapolis Valley Regional Library – Hippocampe Loan

Contact Information:
https://valleylibrary.ca/services/accessibility/hippocampe/
902-538-2665
administration@valleylibrary.ca

Description:
In partnership with Municipality of the County of Kings, Town of Berwick, Sport NS, Nova Scotia Community, Culture, Tourism, and Heritage: Sport and Recreation Division: Valley Region, Mud Creek Rotary, and Active Kids, Healthy Kids, Annapolis Valley Regional Library is offering loans of adaptive equipment so you can get on the beach, trails, and parks.

Equipment:

- Hippocampe
- Tomato Seat
- Balloon Tired
- Ski Attachment
- Autism Tools (Sensory Bag, Fidget Bag, Visual Bag)

Antigonish County Recreation: Equipment Loan Program

Contact Information:
recreation@antigonishcounty.ca
902-863-1141
https://recreation.antigonishcounty.ca/equipment-loan-accessibility-loan-program/

Description:
Antigonish County Recreation (ACR) offers an extensive equipment loan program that incorporates a variety of adapted recreational equipment. This program will allow all of ACR's equipment to be loaned out without any financial or logistical barriers.

Equipment:

- Sledges
- Hippocampe
- Snow Coach
- Mobi Chair
- Tricycles
- Terrawheel
- Life Jackets
- Adapted Life Vests
- Adapted Bike
- Adaptive Canoe Equipment
- Nordic Walking Poles
- Bikes, Scooters & Helmets
- Outdoor Lawn Games
- Snowshoes

The Municipality of Barrington: Equipment Loan Program

Contact Information:
mjames@barringtonmunicipality.com
https://www.facebook.com/BarringtonRecreation/
902-637-2015 Ext. 237
https://s3.amazonaws.com/southshoreconnect.cioc/BAR/Equipment+Loan+Program+(7).pdf

Equipment:

- Hippocampe
- Various Lawn Games

Cape Breton Regional Library: Adaptive Kits & Equipment – Sydney

Contact Information:
https://cbrl.ca/category/library-of-things/adaptive/
902-562-3161

Equipment:

- Hippocampe
- Text-to-Speech C-Pen Reader Pen
- Autism Tools (Sensory Bag, Fidget Bag, Visual Bag)

Cumberland County Adapted Equipment Loan Program

Contact Information:
902-664-9143
cbollwerk@cumberlandcounty.ns.ca
https://www.cumberlandcounty.ns.ca/equipment-loan-program.html

Description:
This Loan program is a new initiative for individuals with disabilities and their families. Families, schools, and community groups have the opportunity to try a variety of equipment to experience new leisure pursuits.

Equipment:

- Adapted Live Jackets
- Pool HippoCampe
- The Odyssey Semi-Recumbent Bike
- Terrier Trike
- Ice Hockey Sledges

District of Lunenburg: Adaptive Equipment Loan Program

Contact Information:
https://modl.ca/equipment-loan.html
902-541-1343
recreation@modl.ca

Equipment:

- Hippocampe
- Aqua Flotation Belts
- Sensory/Slow Motion Soccer Balls
- Ringing Volleyballs
- Shooter Assistant Basketballs
- Bowling Ball Ramp
- Swing Overcomer
- Giant Inflatable Lawn Games

Easter Seals Nova Scotia: Assistive Devices - Halifax

Contact Information:
https://www.easterseals.ns.ca/assistive-devices/
assistivedevices@easterseals.ns.ca
902.453.6000 ext. 229

Description:
Easter Seals Nova Scotia's Assistive Devices program helps Nova Scotians with physical disabilities in financial need to acquire medical devices based on an Occupational Therapist or Physiotherapist's mobility assessment.

Halifax Public Libraries: Autism Tool Kits for Borrowing and Exploring – HRM

Contact Information:
info@autismns.ca
asklib@halifax.ca
902-490-5744

Description:
Autism Nova Scotia and Halifax Public Libraries have created a new set of tool kits for individuals and families living with autism. The kits are called Autism Tools and will provide community members with the opportunity to test many of the support products and tools available before buying or creating their own. Autism Tools Kit Bags can be checked out by any Halifax Public Libraries member the same as books, DVDs, and other special library items. Borrow and place holds through our website or talk to staff at your local branch.

IWK Recreation Therapy: Adapted Equipment Loan Program

Contact Information:
https://iwkhealth.ca/clinics-programs-services/recreation-therapy
902-470-3840
https://iwkhealth.ca/sites/default/files/2022-06/Recreation%20Therapy%20Equipment%20Loan%20Booklet.pdf

Description:
The IWK Pediatric Rehabilitation Service Equipment Loan Program was established through the ongoing support of the IWK Auxiliary to give families of children and youth with a physical or developmental disability the opportunity to borrow a variety of resources.

Equipment:

- Hippocampe & Accessories
- Adapted Tricycles
- Adapted Bicycles
- Hand Cycles
- Supportive Training Wheels
- Duet Cycle
- Wike
- Semi-Recumbent Trikes
- Sports Chairs
- Adaptive Hockey Equipment
- Swim Devices
- Adaptive Snow Sled
- Grips
- Nordic Walking Poles
- And More!

Lunenburg County Lifestyle Centre: Sledge Loan Program – Lunenburg

Contact Information:
Dave.Waters@modl.ca

Equipment:
12 x Sledge

Municipality of Kings Recreation Services: Adaptive Winter Equipment Loan

Contact Information:
www.countyofkings.ca/recreation
https://www.countyofkings.ca/upload/All_Uploads/Living/recreation/documents/2024%20Equipment%20Loan%20Program%20Winter%20.pdf
902-690-2130
recreation@countyofkings.ca

Equipment:

- Adaptive Sled
- Kick Sleds
- Stroller Skis
- Skate Aids

Municipality Pictou County: Free Equipment Loan Program

Contact Information:
https://munpict.ca/departments-and-services/recreation/
902-485-2247
clare.steele@munpict.ca
https://wintergoplay-pictoucounty.hub.arcgis.com/

Description:
Our recreation department supports local community groups with their initiatives and programs through grant funding, offers summer programming in rural areas as well as working with other municipal and provincial units to meet the recreational needs of all Pictou County residents.
It also has a free equipment loan program available by contacting Clare Steele.

Equipment:

- Bocce
- Polar Strollers 4x4
- Polar Stroller 4-Wheel
- Nordic Walking Poles
- Kick sleds
- Sport Wheelchairs
- Audible Tennis Sets
- Adapted Life Vests
- E-Trike
- Low-Step E-Bike

Prescott Group: Adaptive Equipment Loan - Halifax

Contact Information:
https://prescottgroup.ca/
902-454-7387
hannahfarrell@prescottgroup.ca

Equipment:
- Mobo Triton 3-Wheeled Cruiser
- Mobi-Chair Floating Beach Wheelchair
- Badminton Set
- Helmets

Town of Truro: Adaptive Recreation Equipment Loan Program

Contact Information:
https://www.truro.ca/equipment-loan-program.html
recdept@truro.ca
902-893-6078

Description:
The Adaptive Recreation Equipment Loan Program is for those who experience physical challenges or for any individuals who would benefit from using the equipment.
This program provides opportunities to borrow a variety of equipment. If you are interested in borrowing a piece of equipment for the first time, we recommend that you contact Recreation Therapy – Pediatric Rehabilitation at the IWK Health Centre for an initial assessment at (902) 470-3840.

Equipment:
- Hippocampe (Adult & Child)
- Duet-Cycle
- Sledges
- Snowcoaches
- Tomato Seats
- Skate Helper Skate Aids (Colchester Legion Stadium