Recreation Inclusion Directory

A resource for Inclusive Recreation in your community
A Project of Recreation Newfoundland and Labrador

Compiled By:
Recreation Newfoundland and Labrador

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1296A Kenmount Road
Paradise, NL
A1L 1N3

Tel: 729-3892
Fax: 729-3814
Website: www.recreationnl.com

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Gary Milley - Executive Director
Email: garymilley@recreationnl.com

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Email: michellehunt@recreationnl.com

Pam Mills - Program/Marketing Officer
Email: pammills@recreationnl.com

Ashley Mercer – Recreation Coordinator
Email: ashleymercer@recreationnl.com

Kayla Ball – Promotions / Communications Coordinator
Email: kaylaball@recreationnl.com

Printing:
Recreation Newfoundland and Labrador has made every effort to ensure that all the information contained in this directory for Inclusive Recreation is accurate and current, to the best of our knowledge, at the time of printing. If Recreation Newfoundland and Labrador fails to mention your organization or if you have any further updates, please refer to the last page of this publication.

Acknowledgements:
Ashley Feaver, Memorial University of Newfoundland, Bachelor of Kinesiology Co-op Student
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Physical Disabilities
Arthritis Society – Newfoundland and Labrador Division

The Arthritis Society has been active in Newfoundland and Labrador since the late 1970s, with volunteers coordinating various fundraising and educational activities throughout the province. The first official division office in St. John’s was set up in 1995 with two part-time staff members and it has grown to a size of three full time staff.

78 O’Leary Avenue
St. John’s, NL
A1B 2C7
Tel: 579-8190
Fax: 579-8191
Toll Free: 1-800-321-1433
Email: info@nl.arthritis.ca
Website: www.arthritis.ca/nl

Avalon Sledge Hockey Association

The Avalon Sledge Hockey Association (ASHA) will promote and develop full inclusion of persons with disabilities in the sport of Sledge Hockey on the Avalon Peninsula. ASHA will provide the opportunity for individuals with a physical disability to participate on an equal basis and will offer a wide range of opportunities to play sledge hockey on a recreational and competitive basis.

Avalon Sledge Hockey Association
Inc.
PO Box 39034
St. John’s, NL
A1E 5Y7
Tel: 368-1942
Fax: 737-0372
Email: info@avalonsledgehockey.ca
Physical Disabilities

Canadian Association for Disabled Skiing and Cross Country – Newfoundland and Labrador

The Canadian Association for Disabled Skiing and Cross Country – Newfoundland and Labrador (CADS) provides support to enable persons with a disability to experience downhill and / or cross country skiing. CADS uses cross-country ski facilities and downhill ski areas around the province. Memberships in CADS are $25.00 and other costs vary, but they do their best to make the opportunities affordable for everyone to participate. Instructors and equipment are also available for use.

Margaret Tibbo
Recreation Specialist
6 Albany Place
St. John’s, NL
A1E 1Y2
Tel: 777-4872
Email: Margaret.tibbo@easternhealth.ca
Website: www.disabledskiing.ca

Canadian Council of the Blind

The Canadian Council of the Blind (CCB) is a national self-help consumer organization of person’s blind, deaf-blind and visually impaired. CCB is a Federally Chartered (registered non-profit charitable organization) founded in 1944 in London, Ontario. Over the years the CCB had grown and evolved to become recognized as Canada’s “voice of blind Canadians”. The CCB head office is located in Ottawa, Ontario. Starting out with but a handful of individuals, there are now some 85 plus affiliated Clubs across Canada.

National Office
20 James St, Suite 100
Ottawa, ON
K2P 0T6
Tel: 1-613-567-0311
Website: www.ccbnational.net
Physical Disabilities

Canadian Hard of Hearing Association

The Canadian Hard of Hearing Association wishes to improve the quality of life of hard of hearing people of all ages in Newfoundland and Labrador; to promote an understanding of the prevalence, causes, and prevention of hearing loss, and to advocate for accessibility in public places.

Bob Young
1081 Topsail Road
Mount Pearl, NL
A1N 5G1
Tel: 753-3224
Fax: 753-5640
Toll Free: 1-888-753-3224
Website: www.chha-nl.nl.ca
Email: info@chha-nl.ca

CNIB – Newfoundland and Labrador

CNIB is a nationwide, community-based, registered charity committed to research, public education and vision health for all Canadians. CNIB provides the services and support necessary for people to enjoy a good quality of life while living with vision loss. CNIB is a source of support, information, and most importantly, hope, for all Canadians affected by vision loss. Anyone can come to CNIB. CNIB is active in every region of the country, with staff and volunteers working in offices and often traveling to provide support to clients in their homes and in rural communities.

70 The Boulevard
St. John’s, NL
A1A 1K2
Tel: 654-1180
Fax: 754-2018
Toll Free: 1-800-563-2642
Website: www.cnib.ca/en/newfoundland/offices
The Canadian Paraplegic Association – Newfoundland and Labrador Division

The Canadian Paraplegic Association assists persons with spinal cord injuries and other physical disabilities to achieve independence, self reliance and full community participation

Donna Sheppard
396 Elizabeth Avenue, Suite 101
St. John’s NL
A1A 5G6
Tel: 753-5901 ext. 224
Fax: 753-4224
Email: dsheppard@canparaplegic.org
Website: www.canparaplegic.org

Canadian Paralympic Committee

The Canadian Paralympic Committee (CPC) is a non-profit, private organization with 46 member sports organizations. The CPC is responsible for creating an optimal environment for high-performance Canadian Paralympic athletes to compete and win in the Paralympic and Parapan American Games, and by promoting their success, inspire all Canadians with a disability to get involved in sport.

CPC National Office
225 Metcalfe Street, Suite 310
Ottawa, Ontario
K2P 1P9
Tel: 1-613-569-4333
Fax: 1-613-569-2777
Website: www.paralympic.ca
Physical Disabilities

Cerebral Palsy Association – Newfoundland Chapter

The Cerebral Palsy Association assists those affected with cerebral palsy to develop their full potential.

Andrea Crosbie, President
414 Southcott Hall
PO Box 23059
Churchill Park Postal Outlet
St. John’s, NL
A1B 4J9

Tel: 753-9922
Fax: 753-5235
Email: cerebralpalsy@nf.aibn.com
Website: www.cpnl.ca

Cystic Fibrosis Center

The Canadian Cystic Fibrosis Foundation (CCFF) supports CF researchers and clinics in their efforts to improve the lives of people with cystic fibrosis. Since 1961, when the Foundation first began its research and clinical care program, they have witnessed the median survival age of CF individuals rise nine-fold, from four years old during that period to the late-30s today. This remarkable progress is thanks in large part to the contributions of dedicated CF researchers and practitioners working in Canada, and a generosity of CCFF supporters.

Nurse Coordinator: Karen Doyle
Janeway Children’s Health and Rehabilitation Center
300 Prince Philip Drive
St. John’s NL
A1B 3V6

Tel: 777-4389
Email: karend.doyle@easternhealth.ca
Physical Disabilities

Disabled Athletes Foundation

The Disabled Athletes Foundation works to ensure that physically challenged athletes have access to athletics and recreational events, as well as, equal opportunity in pursuit of their goals. Individuals and groups can apply for funding to benefit disabled athletes and persons with physical disabilities.

280 Torbay Road
St. John’s, NL
A1A 5G6

Tel: 726-3234
Fax: 753-4224
Email: info@nl.snis.ca

Easter Seals Newfoundland and Labrador

Easter Seals Newfoundland and Labrador is a charitable organization which is dedicated to maximizing the abilities and enhancing the lives of children and youth with physical disabilities through recreational, social and other therapeutic programs, direct assistance, education and advocacy.

Eileen Bartlett
206 Mount Scio Road
St. John’s, NL
A1A 1E5

Tel: 754-1399
Fax: 754-1398
Email: ebartlett@eastersealsnl.ca
Website: www.eastersealsnl.ca
Physical Disabilities

Epilepsy Newfoundland and Labrador

Epilepsy Newfoundland and Labrador shares information, and educates the public on the subject of epilepsy. They also adopt any measures necessary to improve the health, strength, and well-being of those with epilepsy, wherever possible, in the province of Newfoundland and Labrador.

351 Kenmount Road
St. John’s, NL
A1B 3P9

Tel: 722-0502
Fax: 722-0999
Toll Free: 1-866-epilepsy
Email: info@epilepsynl.com
Website: www.epilepsynl.com

Muscular Dystrophy – Chapter of Newfoundland and Labrador

Muscular Dystrophy Canada is committed to improving the lives of people with neuromuscular disorders. If an individual is affected by muscular dystrophy, Muscular Dystrophy Canada is here to provide them with the tools they need to cope, to increase your independence, and to improve their quality of life.

Nancy Lear
55 Glenview Terrace
St. John’s, NL
A1E 3H8

Tel: 754-6315
Email: nlear@nl.rogers.com
### Physical Disabilities

<table>
<thead>
<tr>
<th>Organization</th>
<th>Description</th>
<th>Contact Information</th>
</tr>
</thead>
</table>
| **Newfoundland and Labrador Association for Spina Bifida and Hydrocephalus** | The Newfoundland and Labrador Association for Spina Bifida and Hydrocephalus promotes the care, treatment, education, employment and well-being of individuals and families affected by Spina Bifida and Hydrocephalus through research, education, awareness, and advocacy. Parental support groups dedicated to promoting the human rights and well-being of all persons with Spina Bifida and Hydrocephalus are available through the association. | Teresa Edney  
10 Bowering Place  
St. John’s, NL  
A1E 2V3  
Tel: 579-6581  
Fax: 579-7474  
Email: nlasbh@nl.rogers.com |
| **Multiple Sclerosis Society of Canada – Atlantic Division** | The division encompasses the province of New Brunswick, Nova Scotia, Prince Edward island, and Newfoundland and Labrador. The Multiple Sclerosis Society of Canada (Atlantic Division) works to ensure the people affected by MS have the opportunity to participate fully in all aspects of life. There are various chapters and self-help groups throughout each province that lead support to those who have been affected by the disease. | Lorraine Lush  
80 Mayor Avenue  
St. John’s, NL  
A1C 4P1  
Tel: 753-3617  
Email: info.atlantic@mssociety.ca  
Website: www.mssociety.ca/atlantic |
Physical Disabilities

Newfoundland and Labrador Association of the Deaf

The NL Association of the Deaf provides consultation and information to the public, businesses, media, health care, government, educators and others on the needs and interests of Deaf Newfoundlanders and Labradorians. They also conduct research, collect data, promote and protect the use of American Sign Language, administer the Deaf Literacy Program, and promote and provide workshops for the Deaf community on Mental health, Employment, and Financial Management.

21 Merrymeeting Road, 3rd Floor
St. John’s, NL
A1C 2V6
TTY: 726-6672
Fax: 726-6650
Email: nlad@nlad.org

Parkinson Society of Canada

Parkinson Society of Canada (PSC) is a national, not-for-profit, volunteer based charity with more than 100 chapters and many support groups working nationwide. As a national voice of Canadians living with Parkinson’s disease, PSC’s purpose is to ease the burden and find a cure through research, education, support, and advocacy.

136 Crosbie Road, Suite 105
St. John’s, NL
A1E 6E9
Tel: 754-4428
Fax: 567-5868
Toll Free: 1-800-567-7020
Email: parkinson@nf.aibn.com
Website: www.parkinsonnl.ca
Special Olympics Newfoundland and Labrador provides year-round sports training and athletic competition in a variety of sports for children and adults with intellectual disabilities in Newfoundland and Labrador, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in the sharing of skills and friendship with their communities, and other Special Olympics athletes and their families.

Provincial Office

50 Pippy Place, Suite 16B
St. John’s, NL
A1B 4H7

Tel: 738-1923
Fax: 738-0119
Toll Free: 1-877-738-1913
Email: sonl@sonl.ca
Website: www.sonl.ca
Developmental Disabilities
Developmental Disabilities

Alzheimer Society – Newfoundland Chapter

The Provincial Strategy for Alzheimer’s Disease was developed by a steering committee in January 2001. This joint committee is comprised of the Department of Health and Community Services, the Provincial Government of Newfoundland and Labrador and the Alzheimer Society of Newfoundland and Labrador. The goal of this strategy is to address the issues and respond to the needs of individuals affected by Alzheimer’s Disease and Related Dementia.

Shirley Lucas, Executive Director
687 Water Street
PO Box 37013
St. John’s, NL
A1E 5Y2
Tel: 576-0608
Fax: 576-0798
Website: www.alzheimernl.org
Email: alzheimersociety@nf.aibn.com

Canadian ADHD Resource Alliance

CADDRA is a Canadian non-industry, not-for-profit, independent association. We are an alliance of healthcare professionals supporting patients with Attention Deficit Hyperactivity Disorder (ADHD) and their families.

3950 14th Avenue, Suite 604
Markham, ON
L3R 0A9
Tel: 1-416-637-8583
Fax: 1-905-475-3232
Website: www.caddra.ca
Developmental Disabilities

Down Syndrome Society

The Down Syndrome Society (DSS) is a volunteer, non-profit organization of family and friends dedicated to ensuring a fulfilling quality of life for children, youth, and adults with Down Syndrome. DSS believes in and are committed to integration and inclusion in all aspects of society. The DSS’s goal is a strategy to be an effective advocate for individuals with Down Syndrome, to be a source of support and information for parents and families and to help raise awareness.

Jeff Hutchings
21 Pippy Place, Suite 106
P.O. Box 21054
St. John’s, NL
A1A 5B2
Tel: 738-3336
Fax: 738-4440
Toll Free: 1-877-738-3336
Email: nldss@nl.rogers.com
Website: www.nldss.com

Canadian Mental Health Association – Newfoundland and Labrador Division

The Newfoundland and Labrador Division of the Canadian mental Health Association is a voluntary, non-profit charitable organization established in 1964 to promote a better understanding of mental health and mental illness in the province. As a division of the national Canadian Mental health Association, our mission is to promote the mental health of all our citizens and to support the resilience and recovery of people and families living with the realities of mental illness.

70 The Boulevard, 1st Floor
St. John’s, NL
A1A 1K2
Tel: 753-8550
Fax: 753-8537
Email: office@cmhanl.ca
Website: www.cmhanl.ca
Autism Society of Newfoundland and Labrador

The Autism Society of Newfoundland and Labrador is a non-profit, charitable organization dedicated to fostering the development of individualized, lifelong, community-based supports and services for persons with autism spectrum disorder. ASNL is committed to the promotion of acceptance, independence, productivity and opportunities for inclusion in all facets of life for persons with autism spectrum disorders and their families.

70 Clinch Crescent
P.O. Box 14078
St. John’s, NL
A1B 4G8
Tel: 722-2803
Fax: 722-4926
Toll Free: 1-866-722-2803
Email: info@autism.nf.net
Website: www.autism.nf.net

People First – Newfoundland and Labrador

This organization began in 1996 and is one of ten People First groups across Canada. People First was started by people who had moved from institutions. They wanted people to know that labels hurt and wanted to be known as “people first”.

Gail St. Croix, President
5A Limerick Place
St. John’s, NL
A1B 2H2
Tel: 738-2866
Email: peoplefirst@nl.rogers.com
Developmental Disabilities

Vera Perlin Society

The Vera Perlin Society offers a number of programs as a part of its mandate to encourage personal growth, to foster financial independence and to promote community integration of individuals with developmental disabilities.

6 Logy Bay Road PO Box 7114 St. John’s, NL A1E 3Y3
Tel: 739-6017 / 738-1500 Fax: 739-5532
Email: veraperlinsociety@nfld.net

Tourette Syndrome Foundation of Canada – Newfoundland and Labrador

Established in 1976, the Tourette Syndrome Foundation of Canada (TSFC) is the only national voluntary non-profit organization assisting individuals affected by Tourette Syndrome (TS) and its associated disorders. We are dedicated to improving the quality of life for those with, or affected by, TS through programs of education, advocacy, self-help and the promotion of research.

St. John’s, NL PO Box 722 A1C 5L4
Tel: 745-8732 Fax: 745-5993
Email: tourette.nl@gmail.com Website: www.tourette.ca
Healthcare Corporations

The vision of Central Health is for healthy people and healthy communities. Central Health's core values include accountability,
collaboration, excellence, fairness, privacy, and respect.

Doug Keough  
Regional Manager  
Therapeutic Recreation / Volunteer Services  
PO Box 130  
Springdale, NL  
A0J 1T0  
Tel: 673-8205  
Fax: 673-2832  
Email: doug.keough@centralhealth.nl.ca  
Website: www.cwhc.nl.ca

Community Supports Program is rooted in the recognition that as an organization we must focus upon both individual and community approaches to health. Healthy communities enhance our prospect for individual health, and when individuals are healthy, communities are healthy. Eastern Health is committed to working with their partners towards their vision of “Health People, Healthy Communities

Stephanie Fleming  
Intake Coordinator  
760 Topsail Road, Mount Pearl Square  
Mount Pearl, NL  
A1N 3J5  
Tel: 752-4717  
Fax: 752-4740
Healthcare Corporations

Eastern Health Community Supports

Jan Young Guerra  
Eastern Health Program Manager  
Cordage Place  
PO Box 13122  
St. John’s, NL  
A1B 4A4  
Tel: 752-4794  
Fax: 752-4172  
Email: jan.youngguerra@easternhealth.ca

Kathy Parsons  
Addictions  
532 Pleasantville  
PO Box 13122  
St. John’s, NL  
A1B 4A4  
Tel: 752-4493  
Fax: 752-4920

Deanna Knight  
Community Connections  
22 Church Hill  
St. John’s, NL  
A1C 3Z9  
Tel: 777-3639

Miller Center – Inclusion Program  
100 Forest Road  
St. John’s, NL  
A1A 1E5  
Tel: 752-4717
Healthcare Corporations

Labrador Grenfell Health Care Corporation

Labrador-Grenfell Health provides quality health and community services to a population just under 37,000 and covers the communities north of Bartlett’s Harbour on the Northern Peninsula and all of Labrador. Corporate headquarters is located in Happy Valley – Goose Bay

Administration Building
Box 7000 Station C
Happy Valley – Goose Bay, NL
A0P 1C0

Tel: 897-2267
Fax: 896-4032
Website: www.lghealth.ca

The Meeting Place – Therapeutic Recreation

The Meeting Place is a facility where you are able to participate in fun programs, learn new skills and improve your health in a relaxing setting. Many people who use this facility are from the mental health and addictions program. It is open Monday through Friday 8:00am to 4:00 pm.

There are a number of services that are offered including one-on-one leisure counseling sessions to plan your leisure/spare time, educational sessions, programs which enable you to learn about community based programs and learning new leisure skills.

Gloria Brown
Recreation Specialist
Mental Health and Addictions
300 Waterford Bridge Road
St. John’s, NL
A1E 4J8

Tel: 777-3425
Fax: 777-3446
Email: Gloria.brown@easternhealth.ca
Western Health

Western Health’s geographical boundaries are from Port aux Basques southeast to Francois, northwest to Bartlett’s Harbour, and on the eastern boundary north to Jackson’s Arm. Within this geographical region, Western Health serves a population of approximately 79,460 residents.

Dr. Charles L. Legrow Health Centre
1 Grand Bay Road
Port aux Basques, NL
A0M 1C0

Website: www.westernhealth.nl.ca

Sir Thomas Roddick Hospital
142 Minnesota Drive
Stephenville, NL
A2H 2V6

Tel: 643-5111

Western Memorial Regional Hospital
PO Box 2005
Corner Brook, NL
A2H 6J7

Tel: 637-5000
The Bachelor of Recreation is an interdisciplinary degree which prepares students to enter the fields of administration, leadership and management in commercial, public and not-for-profit recreation and leisure services, health promotion, community development, outdoor recreation, and therapeutic recreation (TR). Graduates of this program have the skills and knowledge necessary to plan, deliver, evaluate, and administer programs and services aimed towards enhancing the quality of life and well-being of individuals, communities, and environments. With the current focus in this society on health prevention and rehabilitation, community development and well-being, and environmental stewardship there is a need for recreation and leisure professionals who are trained and have a passion for making positive changes among individuals and communities. Recently, a specialty in Therapeutic Recreation has been added to the degree and upon completion of the degree requirements; students may be eligible for certification through National Council of Therapeutic Recreation Certification (NCTRC). Memorial University currently offers 5 courses in the area of TR and there are additional courses under development focusing on specific segments of the population. Furthermore, currently the introductory TR course is available through distance education and we anticipate having additional courses offered by distance in the near future.

Dr. Anne-Marie Sullivan  
School of Human Kinetics and Recreation  
Memorial University of Newfoundland  
St. John’s, NL  
A1C 5S7

Tel: 864-4453  
Fax: 864-3979  
Email: am.sullivan@mun.ca  
Website: www.mun.ca/hkr/about
Educational Institutions

College of the North Atlantic – Community Recreation Leadership Program

The two-year program, Community Recreation Leadership, has been developed in response to an increasing awareness of the technological and societal changes in modern society that influence people’s leisure time, pursuits, and retirement. The program also recognizes the opportunities and challenges inherent in providing recreation services to people. The purpose of the program is to train personnel who may contribute to the development and extension of individual and group interests and endeavors as they relate to the leisure time of people in urban and rural communities of the province, encompassing all ages and abilities.

Paul Lahey, Instructor
College of the North Atlantic
PO Box 1693
1 Prince Phillip Drive
St. John’s, NL
A1C 5P7
Tel: 758-7472
Fax: 758-7509
Email: paul.lahey@cna.nl.ca
Website: www.cna.nl.ca

Academy Canada Therapeutic Recreation Program

The Therapeutic Recreation program prepares graduates to plan, implement and evaluate a wide range of leisure services for children, adolescents and adults who experience a barrier to a healthy leisure lifestyle. Students learn how to work with individuals and groups to assess their needs and interests in order to facilitate meaningful recreation and leisure experiences with and for them. These services facilitate positive changes in clients to aid in achieving independent and personally fulfilling leisure lifestyles and practice. This program has the support of the Newfoundland and Labrador Therapeutic Recreation Association.

Joanne Bennett
167-169 Kenmount Road
St. John’s, NL A1B 3P9
Tel: 739-6767
Fax: 739-6797
Email: jbennett@academycanada.com
Educational Institutions

Keyin College – Therapeutic Recreation

This 88-week program will focus on leisure and recreation as essential components of an individual’s overall health and wellness. As Recreation Therapy workers, graduates will assist clients with leisure and recreational opportunities in ways that contribute to clients’ health, independence, and well-being. Graduates of this program will be prepared with the skills necessary to develop approved recreation and leisure activities. The training will emphasize various program designs for the clinical/hospital, geriatric, psychiatric, long-term care, and general recreation and community settings. Graduates will be diverse in their potential employment opportunities and will be equipped to work in many different settings. These include clinical, community, and entrepreneurial settings as well as private agencies and non-profit organizations.

Head Office

303 Thorburn Road
St. John’s, NL
A1B 4G3

Website: www.keyin.ca
Tel: 579-1061
Community Recreation Groups
**Community Recreation Groups**

**City of St. John’s Department of Recreation**

The City of St. John’s Department of Recreation offers quality inclusive recreation programs and services for the citizens of St. John’s in a caring and safe environment that embraces the diversity, uniqueness, strengths, needs and abilities of all participants.

The Department of Recreation encourages persons with a disability to participate in the programs and services of their choice. Services offered include Financial Subsidy for Department Programs, Attendant Passes, Training – Disability Awareness, Resources, Support Staff, Adapted Equipment, and Partnerships with Other Agencies.

Trisha Rose  
Lead Staff of Inclusion Services  
PO Box 908  
St. John’s, NL  
A1C 5M2  
Tel: 576-4450  
Fax: 576-8469  
Email: tdrose@stjohns.ca  
Website: www.stjohns.ca

**Mount Pearl Department of Parks and Community Services**

The Mount Pearl Parks and Community Services Department is committed to delivering engaging programs and services that strengthen families and create a nurturing environment where everyone can achieve their maximum potential. Our facilities and programs are designed to meet the needs of a diverse and changing population. Thanks to the support and dedication of numerous community sport and service organizations and hundreds of dedicated volunteers, residents and visitors can enjoy the unlimited benefits that Parks and Community Services has to offer.

Sean McKenna  
Health and Wellness Coordinator  
3 Centennial Street  
Mount Pearl, NL  
A1N 1G4  
Tel: 748-1046  
Fax: 748-1150  
Email: smckenna@mountpearl.ca  
Website: www.mountpearl.ca
Other Contacts
### ACCESS House

ACCESS House is a transitional housing service for people who face challenges in maintaining an independent lifestyle, due to the effects of mental illness. The program is located in St. John’s and accepts referrals from across Newfoundland and Labrador.

133 Empire Avenue  
St. John’s, NL  
A1C 3G1  
Tel: 752-4146  
Fax: 579-1939

### Active Living Alliance for Canadians with a Disability

The Active Living Alliance for Canadians with a Disability (ALACD) promotes, supports, and enables Canadians with disabilities to lead active, healthy lives. They provide nationally coordinated leadership, support, encouragement, promotion and information that facilitates healthy, active living opportunities for Canadians of all abilities across all settings and environments.

720 Belfast Road, Suite 104  
Ottawa, Ontario  
K1G 0Z5  
Tel: 1-800-771-0663  
Fax: (613) 244-4857  
Email: ala@ala.ca  
Website: [www.ala.ca](http://www.ala.ca)
### Other Contacts

#### AIDS Committee of Newfoundland and Labrador

AIDS Committee of Newfoundland and Labrador (ACNL) is a consumer-focused, non-profit organization that provides supportive programs and services aimed at preventing HIV/AIDS and supporting persons living with and affected by HIV/AIDS. We work on a collaborative basis with our partners, interested groups and stakeholders to achieve our goals. We demonstrate accountability by ensuring a competent, effective and transparent organization.

47 Janeway place  
St. John’s, NL  
A1A 1R7  
Tel: 579-8656  
Toll Free: 1-800-563-1575  
Fax: 579-0559  
Email: info@acnl.net

#### Association of New Canadians

The Association for New Canadians is a non-profit, community-based organization dedicated to the provision of settlement and integration services for immigrants and refugees. For over 30 years, the Association has delivered programs and services designed to support all aspects of newcomer integration, ranging from settlement information and orientation, to language learning, skills development and employment.

Bridget Foster  
144 Military Road  
St. John’s, NL  
A1C 5R6  
Tel: 722-9680  
Fax: 754-4407  
Email: bfoster@nfld.net
Big Brothers / Big Sisters of Eastern Newfoundland

Big Brother Big Sisters of Eastern Newfoundland has been creating friendships since 1975. They started out matching Big Brothers with Little Brothers and have grown to include a variety of different programs that serve both boys and girls. We are proud of our achievements and continue to strive to be on the leading edge of the Big Brother Big Sisters movement in Canada. Their mission is to provide quality mentoring programs to children and youth of single parent families in Eastern Newfoundland. This is accomplished through quality professional support services delivered in accordance with national service delivery standards.

Kelly Leach, Executive Director
The Village Shopping Center
PO Box 10
430 Topsail Road
St. John’s, NL
A1E 4N1
Tel: 368-5437
Fax: 368-5477
Email: info@helpingkids.ca
Website: www.helpingkids.ca

Canadian Cancer Society – Newfoundland and Labrador

The Canadian Cancer Society is a national, community-based organization of volunteers whose mission is the eradication of cancer and the enhancement of the quality of life of people living with cancer.

Matthew Piercey
Eastern Regional Office
PO Box 8921
Crosbie Road
St. John’s, NL
A1B 3R9
Tel: 753-6520
Fax: 753-9314
Email: ccs@nl.cancer.ca
Other Contacts

Canadian Diabetes Association – Newfoundland and Labrador Division

The Canadian Diabetes Association includes the Regional Leadership Center in St. John’s as well as two branches located in Bay St. George and Trinity-Placentia. Working through the leadership of Association volunteers and employees, these branches promote the health of people in Newfoundland and Labrador through diabetes research, education, service and advocacy.

Carol Ann Smith
29-31 Pippy Place, Suite 2007
St. John’s, NL
A1B 3X2
Tel: 754-0953. Ext. 24
Fax: 754-0734
Email: carolann.smith@diabetes.ca
Website: www.diabetes.ca

Coalition of Persons with Disabilities and Consumer Organization of Disabled People of Newfoundland and Labrador

Operating at the provincial and local levels, the Coalition of Persons with Disabilities and Consumer Organization of Disabled People of Newfoundland and Labrador (COD) is an advocacy organization concerned with all persons with disabilities, promoting their rights and raising public awareness of their needs. COD is proactive, working to improve legislation and services at all government levels and networking with national and regional groups to support independence and foster positive self-concept of its members, to whom it is accountable and from whom it takes its overall direction.

Unit 48, 15 Hamlyn Road Plaza
St. John’s, NL
A1E 6E2
Tel: 722-7011
Fax: 722-4424
Email: info@codnl.ca
Website: www.codnl.ca
Other Contacts

Independent Living Resource Center

The Independent Living Resource Center is a consumer controlled organization committed to providing supports, resources and opportunities for empowerment, which enables persons with disabilities to make informed choices about their lives. Services include individual advocacy, peer support, volunteer program, information and networking, career development, adaptive technology, and independent living internship program.

Wayne Penney
4 Escasoni Place
St. John’s, NL
A1A 3R6
Tel: 722-4031 / 722-7998
Fax: 722-0147
Email: waynepenney@ilrc-nl.ca

Stella Burry Community Services

Stella Burry Community Services provides support and opportunities for healing and self-discovery through programs that affirm every individual’s strengths and abilities, restoring their sense of self-worth and capacity for contributing to society.

In addition to their residential counseling and treatment programs which provide the foundation for their work, the organization focuses on two broad, dynamic themes: providing real homes and real work and the creation of affordable housing and development of programs that assist people to make connections with the workforce that are sustainable. Every day their program participants demonstrate that when safe, affordable housing, effective employment programs and appropriate supports are available to them, they can transform their lives in extraordinary ways.

Jocelyn Greene
Executive Director
142 Military Road
St. John’s, NL A1C 6H6
Tel: 738-5909
Email: j.greene@stellaburry.ca

Inclusion Directory 36
Other Contacts

Seniors Resource Center

The Seniors Resource Centre of Newfoundland and Labrador (SRC NL) is a non-profit, charitable, voluntary organization administered by a Board of Directors. They are dedicated to promoting the independence and well being of older adults in Newfoundland and Labrador through the provision of information as well as various programs and services.

The SRC NL provides invaluable services to communities around the province. The Centre relies heavily on both the devotion of volunteers and the financial generosity of individuals and corporations and funding from various levels of government. Without this partnership, the programs would not survive.

Kelly Heisz
370 Torbay Road, Suite W100
St. John’s, NL
A1A 3W8
Tel: 737-2333
Fax: 737-3717
Toll Free: 1-800-563-5599
Email: info@seniorsresource.ca
Website: www.seniorsresource.ca

Disability Policy Office

The main purpose of the Disability Policy Office is to promote the inclusion of people with disabilities in all aspects of society, engage people with disabilities and advocate in ways to identify and remove barriers. They also help government departments make sure their policies and programs do not exclude people with disabilities, they promote positive attitudes, and raise awareness of disability issues.

3rd Floor Confederation Building
St. John’s, NL
A1B 4J6
Tel: 729-6279
Toll Free: 1-888-729-6279
TTY: 1-888-729-5440
Email: disability.policy.office@gov.nl.ca
Other Contacts

Council of Canadians with Disabilities (CCD)

CCD is a national human rights organization of people with disabilities working for an inclusive and accessible Canada. CCD’s priorities include disability-related supports, poverty alleviation, increased employment for persons with disabilities, promotion of human rights, ratification and implementation of the UN Convention on the Rights of Persons with Disabilities (CRPD), technology developed according to the principles of universal design, and air, rail, bus, and marine transport that is accessible to persons with all types of disabilities.

926-294 Portage Avenue Winnipeg, MB R3C 0B9
Tel: 1-204-947-0303
TDD: 1-204-943-4757
Fax: 1-204-942-4625
Email: ccd@ccdonline.ca

Rainbow Riders Inc.

Since 1990, Rainbow Riders has operated a therapeutic riding program to help countless Newfoundland and Labrador children grow and develop despite physical, cognitive, and emotional disabilities – all through horseback riding. By uniting these children with an equine partner and a team of volunteers, Rainbow Riders provides the rider with one of the more progressive forms of therapy, improving the rider’s strength, circulation, muscle tone and sensory integration.

103 Mount Scio Road St. John’s, NL A1B 4E8
Tel: 738-1055
Email: rainbowriders1990@gmail.com
Other Contacts

Fetal Alcohol Spectrum Disorder – Newfoundland and Labrador (FASDNL)

A group of individuals who have come together due to a shared interest in Fetal Alcohol Spectrum Disorder (FASD) have formed a Provincial FASD Committee. Some of them have done work in their respective fields with individuals and/or families affected by FASD; others are caring for children affected by FASD. They all share a common interest in this topic and in supporting people throughout the area in which they serve. By promoting accurate and credible information, the NL FASD Committee is focused on increasing the awareness of FASD and related issues among individuals, families and communities. The Committee believes that such awareness efforts will assist in the prevention of FASD as well as to increase support and functioning for those affected by FASD.

Toll Free: 1-855-579-9073
Email: contactl@fasdnl.ca

Active Living Coalition for Older Adults (ALCOA)

ALCOA strives to promote a society where all older Canadians are leading active lifestyles that contribute to their overall well-being. ALCOA, in partnership with its member organizations, encourages older Canadians to maintain and enhance their well-being and independence through a lifestyle that embraces physical activity and active living.

P.O. Box 143
Shelburne, ON
L0N 1S0
E-mail: alcoa@uniserve.com

Tel: 519-925-1676
Fax: 905-925-3955
Toll Free Number: 1-800-549-9799
**Other Contacts**

<table>
<thead>
<tr>
<th>The Pottle Centre</th>
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<tbody>
<tr>
<td>The Pottle Centre provides a social and recreational environment for adult consumers of Mental Health Services. Their mission is to provide a social and recreational environment for adults who have identified mental health issues. They hope to reduce stigma associated with mental illness. They are located in St. John’s, NL. They have existed in different locations and under different names, though their cause has always remained the same.</td>
</tr>
<tr>
<td>323 Hamilton Avenue</td>
</tr>
<tr>
<td>St. John’s, NL</td>
</tr>
<tr>
<td>A1E 1K1</td>
</tr>
<tr>
<td>Tel: 753-2143</td>
</tr>
<tr>
<td>Email: <a href="mailto:pottlecentre@nf.aibn.com">pottlecentre@nf.aibn.com</a></td>
</tr>
<tr>
<td>Website: <a href="http://www.thepottlecentre.com">www.thepottlecentre.com</a></td>
</tr>
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<thead>
<tr>
<th>St. John’s Native Friendship Centre</th>
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<tr>
<td>From its humble beginnings in a small office donated on the MUN (Memorial University of Newfoundland) campus, the St. John’s Native Friendship Centre has certainly expanded and conquered many obstacles. Starting as a group of volunteers in the late 70’s they came to understand the burden’s of transient native people of our province whether travelling into St. John’s for school or medical reasons. Offering just a handful of basic programs such as an employment assistance program, arts programs (which saw the creation of the first book, a collaboration of the provinces Aboriginal artists work and bios), as well as a program similar to their more developed APN program, helping Aboriginal patients navigate around the healthcare system.</td>
</tr>
<tr>
<td>716 Water Street</td>
</tr>
<tr>
<td>St. John’s, NL</td>
</tr>
<tr>
<td>A1E 1C1</td>
</tr>
<tr>
<td>Tel: 726-5902</td>
</tr>
<tr>
<td>Fax: 722-0874</td>
</tr>
<tr>
<td>Shelter: 726-5970</td>
</tr>
<tr>
<td>Website: <a href="http://www.sjnfc.com">www.sjnfc.com</a></td>
</tr>
</tbody>
</table>
Did We Miss Your Organization?

What is the name of your group or organization?
____________________________________________________________________

Which disability group(s) do you represent?
____________________________________________________________________

Contact Person(s):
____________________________________________________________________

Mailing Address(s):
____________________________________________________________________

Telephone Number(s):
____________________________________________________________________

Email Address(s):
____________________________________________________________________

Website:
____________________________________________________________________

Please indicate below the purpose of your organization or group. For example, suitable to what age group, disabilities, location, time of activities, associated cost, transportation, or enclose an informational brochure
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
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____________________________________________________________________