

The Playbook

2022 edition

A guide to sport and recreation opportunities for individuals with disabilities



halifax.ca/REInclusion



The Playbook is a resource for community members and service providers seeking recreation opportunities across the region. The Playbook has been compiled by the Halifax Regional Municipality's Parks & Recreation department, community partners, and residents.



The 2022 Edition was updated by:

- **Marla Ryan**, *Inclusion and Accessibility Intern, Therapeutic Recreation, Dalhousie University*
- **Emma Reid**, *Inclusion and Accessibility Intern, Therapeutic Recreation, Dalhousie University*

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.



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Central Nova Scotia Sport & Recreation



Abenaki Aquatic Club PaddleALL

Contact information:

www.abenakiaquaticclub.com/

902-434-6111 (Summer)

abenakiheadcoach@gmail.com

What is Paddle-All at Abenaki?

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.

General Information: 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. During the day, we offer practices to different age groups of paddlers, and it can be pretty busy with hundreds of kids on the lake and on the beach. With that in mind, we will host the PaddleALL practices in the evenings and possibly weekend mornings when we can have the property pretty much to ourselves.

Abenaki has a clubhouse and boathouse with partially accessible washrooms and some change rooms. We have an onsite basketball court, sandy beach and multiple docks. Although we have a parking area with designated spots, there is still a gravel hill to navigate, so that is something to keep in mind.

Age Groups: Participants aged 5+ will be welcome to register. Depending on registration numbers, we can't guarantee that your child will be paddling with someone the same age, but we will do our best to have groups of paddlers with similar ages whenever possible.



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.



The Alexander Society (Wolfville)

Contact Information:

www.alexandersociety.org

902-582-3888

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 or Interactive Storytelling programs are available for Children, Teens and Adults.
- Individualized Educational and Developmental Support
- Jam Dance
- Workshop/In-services



Amherst Community and Economic Development

Contact Information:

www.amherst.ca

Description:

Amherst Community and Economic Development offers a variety of recreation programs throughout the year to all members of the public. Suggestions for improving and providing appropriate services for individuals with special needs are encouraged. Wheelchair accessible.

Services:

Advocacy, financial assistance, library, literature/information, recreation/social programs, cultural performing arts, day camps, senior and youth bus tours, education/workshops, coaches sport clinics, and training based on need.



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

autimpictoucounty.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

Blind Sports Nova Scotia - Halifax

Contact Information:

www.blindsportnovascotia.ca
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 Ball Hockey
- Blind Hockey
- Running





Brain Injury Association of Nova Scotia

Contact Information:

www.braininjuryns.com

902-422-5000

Toll Free: [1-833-452-7246](tel: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
- Caregiver Support Series
- Music Therapy
- HEAD-on Support Group
- Brain Matters Support Group
- Nourish Program



CLUB INCLUSION

The Club Inclusion

Contact Information:

www.theclubinclusion.com

General Manager: Jaclyn Rivers
902-401-5938
jackie@theclubinclusion.com

Program Director: Justin McGarragh
justin.clubinclusion@gmail.com

Description:

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



Recreation Therapy At Work

EveryWon

Contact Information:

<https://www.everywon.ca/>

902-579-0989

ctrs.jess@gmail.com

Description:

EveryWon provides recreation therapy services to improve the quality of life and overall health and wellbeing of individuals with chronic illnesses, disabilities and/or individuals who experience barriers to recreation and leisure participation. Our Certified Therapeutic Recreation Specialists (CTRS) come from a variety of backgrounds, with expertise and experience in a variety of populations and settings, all with a passion for person-centered care. Our main priority is to make sure everyone can grow, learn, and play through meaningful participation in recreation and leisure activities - at every stage of life!



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

Board of Directors:

902-463-4752

boardhacl@gmail.com

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.

Services:

- Advocacy
- Person-Centred Planning
- Transition Support
- Workshops
- Service Navigation
- Resource Referrals
- One on One Support
- Caregiver Support Groups
- Sibling Support Groups
- Self-Advocate Peer Support

Programs:

- Halifax Developmental Centre for Early Learning
- Transition Support Program
- Circle of Support: Peer Support Program

HNSDSS

HALIFAX NS DOWN SYNDROME SOCIETY

Halifax NS Down Syndrome Society (HNSDSS)

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 group)
- Friday Night Socials
- Playgroup
- Family Camp
- Kindermusik

Other Areas:

Pictou Area

Sheri Scott, 902-752-1755 (days), 902-485-6559 (evenings)

Cape Breton Down Syndrome Society

Willie Seymour, 902-849-2498

wdseymour@seascape.ns.ca

Down Syndrome Families of Antigonish

Vanessa Carr, 902-318-0297

downsyndromefamiliesofantigonish@hotmail.com

Saint John Down Syndrome Society

Sharon Gerrits, 506-693-6489

saintjohndss@hotmail.com

PEI Down Syndrome Support Group

Martha MacLean, 902-838-2694

mmaclean@pei.aibn.com



Life Rolls On

Contact Information:

www.liferollson.org/

Jesse Billauer, Founder & Executive Director/CEO

jesse@liferollson.org

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. Life Rolls On began as a splash into the unknown on September 11, 2001; achieved 501c3 non-profit status in 2002; and now touches the lives of hundreds of thousands.



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:

- Para-Canoe
- Paddle All

The Para-Canoe program is an introduction to the sport of para-canoe, an adaptation of sprint paddling to accommodate paddlers with physical disabilities. Maskwa's accessible facilities and enthusiastic coaches offer a safe and fun introduction to the sport with twice weekly sessions starting in June and running through the end of August

The Paddle All program introduces athletes with intellectual disabilities to the sport of canoe kayak who are interested in learning more about the sport. Maskwa has fully accessible facilities and offers the chance to paddle in either a dragon boat or a stable kayak. Maskwa's Paddle All allows individuals to try something new and have the ability to feel safe while on the water!



Nova Scotia Community College (NSCC)

Contact Information:

www.nsc.ca

Accessibility Services:

We work collaboratively with students, faculty and staff to ensure that the learning environment at NSCC is accessible.

If you experience barriers, and have a diagnosed physical, mental health, chronic health or learning challenge, you may receive academic accommodations to remove or reduce your barriers. To begin, you will need to fill out a Student Intake Form and provide documentation from a regulated health care professional. This information will be used in planning for appropriate accommodations and supports to meet your needs. Many supports take time to plan and arrange, so the sooner you contact us, the better.

NSCC can help:

- Identify any barriers you may be facing and find ways to address them
- Request academic accommodations
- Use assistive technology to help read textbooks, write papers and study
- Access tutoring or note-taking
- Obtain electronic textbooks
- Apply for funding for disability-related equipment or services
- Arrange physical access to our buildings, classrooms, learning spaces and equipment
- Explore additional resources on campus and in the community
- Learn and practice self-advocacy skills



Nova Scotia Wheelchair Curling

Contact Information:

<http://conwayworkshop.com/>

902-245-5391

info@conwayworkshop.com

Description:

A recreational wheelchair curling program is run weekly at Lakeshore Curling Club in Lower Sackville (Sackville Sports Stadium). Clubs in Chester, Windsor and both Halifax Curling Club and Mayflower Curling Club are accessible.

Contact Information:

<https://www.facebook.com/trycurling>

curlingwheelchair@gmail.com



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

Southshore 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):

- Yoga with Chloe
- Trivia Tuesday
- Bingo
- Stretching/Exercise
- Peer Social Support



Playing and Learning Together

Contact Information:

<https://playingandlearningtogether.org/>
pltnonprofitsociety@gmail.com

Description:

Playing and Learning Together (PLT) is a program that has been specifically designed to help children and youth with Autism (and others who need additional supports) develop communication skills, social/emotional regulation skills and recreation and leisure skills. Our participants come to our program held throughout the Halifax Regional Municipality (HRM) and have the opportunity to play, practice fundamental movement skills, build relationships with friends, develop academic skills and be out in their own community.



Take PART

Contact Information:

www.easterseals.ns.ca/take-part
902-453-6000 ext. 220 (Kristen)
takepart@easterseals.ns.ca

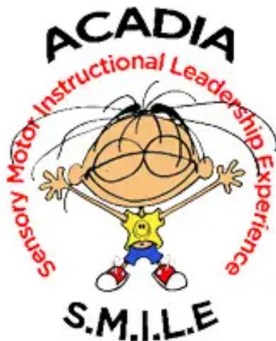
Description:

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

Southern Nova Scotia Sport & 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 Coordinator: Andrew Roach
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 in order 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.



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



HOPE Centre and Dial-a-Ride – Yarmouth

Contact Information:

<https://gohope.ruralrides.ca/>

902-742-6579

hopecentre@eastlink.ca

Description:

HOPE, founded in 1980, is a cross-disability advocacy group. We address the needs and concerns of the disabled in Tri County Area with particular focus on accessible transportation. In 1981, during the national year of the disabled, with a grant from community services and money raised ourselves, we opened a drop-in information centre in the rear of the Kinsmen Hall on Hawthorne St. Since 2018 we have been located at 18 Bond St in our modern, accessible building built to serve the comfort and convenience of our clients with disabilities. We are governed by an elected board of directors. HOPE is a registered charitable organization, incorporated under provisions of the Society Act of Nova Scotia.



Mersey River Chalets and Nature Retreat

Contact Information:

<https://www.merseyriverchalets.ns.ca/>

1-877-667-2583 (North America)

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.



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

Community Living Alternatives Society (CLAS) - Kentville

Contact Information:

<http://clasnovascotia.com/>

902-681-8920

clas@ns.sympatico.ca

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

Aims of CLAS:

To promote dignity, respect and individual worth.

To facilitate the emotional, social physical and economic support necessary for personal growth and community involvement.

To facilitate the development of individual support networks.

To facilitate opportunities for individuals to exercise the fullest control over their environment.

Our Community:

CLAS presently supports 61 people

CLAS has approximately 125-130 staff consisting of union, contract, casual, and non union (management/administrative) employees

Services:

Lifestyle Options Unlimited- This program is dedicated to ensuring that each person has a choice of the most appropriate living option

Kentville Group Home – Is home for people who have attained some degree of independence in their daily living. Each person participates in a variety of work and recreational activities within the community. Staff support and encourage each person in making choices to further increase opportunities for success and independence. This program currently supports eight people plus one respite.



Evergreen Home for Special Care – Kentville

Contact Information:

<https://www.evergreenhome.ns.ca/>
902-678-7355
evergreen@evergreenhome.ns.ca

Description:

Evergreen Home for Special Care, since 1969, has been a privately owned continuous care provider, licenced by the Department of Health and Wellness, serving clients regardless of age, sex, race, creed, and social status. The facility, which is licensed to provide 24-hour nursing coverage, is comprised of a Children's Centre for 19 children plus two respite beds and a Seniors' Centre consisting of 97 residents plus one respite bed. All residents receive multi-disciplinary care based on a holistic resident centred approach to ensure physical, mental and spiritual well-being while recognizing the right to individuality, respect and dignity.



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.

Lunenburg/Queens Action Council for People with Disabilities:

Contact Information:

902-543-1537

902-543-2479

Description:

The Lunenburg / Queens Action Council for People with Disabilities is a non-profit organization funded by Service Canada. Our mission is to enhance the employability of people with disabilities in Queens and Lunenburg counties by promoting access to training programs, increasing access to job supports, enhancing employer awareness of people with disabilities and promoting work and volunteer opportunities for people with disabilities.

Services:

The programs and services of the Lunenburg/Queens Action Council for People with Disabilities are available to any unemployed or under employed person with a disability who resides in Lunenburg or Queens County, and who is legally entitled to work in Canada. We provide financial assistance to individuals with disabilities through wage subsidy, skill enhancement, entrepreneur income supplement. We also provide employment assistance services. These services including job readiness workshops, job referrals, career exploration, and assistance with resumes, cover letters, job search and interviews

Penny Lane Woodworking & Enterprises (Queen's County)

Contact Information:

<http://www.qasl.ca>

902-354-2723

info@qasl.ca

Description:

An Adult Training Centre which offers day program options for learning and work for individuals with a variety of challenges, some with few issues while others are profoundly challenged.

Services/Programs:

Penny Lane Enterprises offers a life-skills and social development program under a 'person-centered' philosophy. We offer a pre-vocational training component and a vocational training area with various cottage industries offering opportunity to learn on the job skills. Following along the line of support for people, PLE will pair up individuals with employers in the community to secure job training, as well as support a person in a competitively paid position.

Shelburne Association Supporting Inclusion (SASI)

Contact Information:

<http://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. Our mission statement that we strive to live each and every day is “working with persons with disabilities to improve the quality of their lives”. This may seem straightforward, and one would think that we are not the only ones doing this and that is the case to a point. The thing that makes us different is that we actively involve the individuals in our programs in everything that we do. We support them to advocate for themselves and we support and encourage families of the individuals in our programs to be actively involved in the lives of their family member and to participate in all activities of our association. We believe that we are first and foremost, are accountable to the individuals and their families who have entrusted us with the opportunity to support them in learning skills so that they can become more independent and live full, quality lives.

Services:

Our programs are as diverse as the individuals for whom we provide support. Individuals' challenges vary and may include an intellectual disability along with physical limitations, dual diagnosis of an intellectual disability and mental illness and/ or individuals with a single diagnosis of long-term mental illness. In order to capture the unique skills of each of these individuals and to support them in acquiring new skills and increased self-worth we aim to make each of our programs as individual and unique as the person. We constantly seek out new ways of building on existing resources, building new relationships, and finding alternative funding sources to further develop and enhance our programs.

We strongly encourage anyone who has an interest in finding out more about our programs to give us a call and/or visit any of our locations. Speak to those who live and work in our programs, ask questions and see what a difference programs such as SASI make in the community!

Toni Campagnoni & Associates Inc- For Children & Adults - Milton

Contact Information:

<https://www.tcpsychologicalservices.ca/>
902-354-4660

Description:

Toni Campagnoni & Associates is a psychological association that offers a list of services to people with disabilities. The organization specializes in children's counseling and psychological assessments. The organization also offers services for developmental disabilities, and children/adults with learning disabilities.

Services:

- Psycho educational assessments for children and adults
- Psychological assessments for children and youth
- Therapy services for children, youth and families
- Consultation for parents and agencies

Northern Nova Scotia Sport & Recreation



Antigonish Therapeutic Riding Association

Contact Information:

<https://www.facebook.com/Antigonish-Therapeutic-Riding-Association-399942843470547/>
902-863-4853

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.

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, research, support group, training/workshops



Haley Street Adult Services Centre - North Sydney

Contact Information:

www.haleystreet.org

902-792-3517

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

ROC Society - Port Hawkesbury

Contact Information:

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.

Services:

They offer opportunities through their ROC society store which include baking, crafting, and selling of clothing.



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.

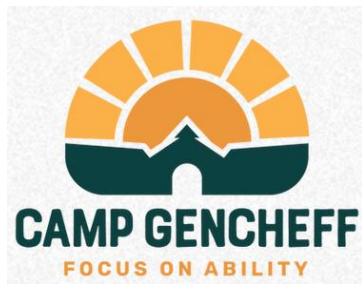
We offer day programs that assist people with basic life skills and personal development.

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:

- Vocational Services
- Pre-Vocational Services
- Community Based Services
- Wellness Services

Prince Edward Island & New Brunswick Organizations



Camp Gencheff Inc

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:

Camp Gencheff's purpose is to provide quality programs for adults and children with intellectual and physical disabilities. Camp Gencheff has expanded its programs to better support islanders with disabilities and their families. Camp Gencheff offers weekend overnight respites, adult day program, after-school program, children's summer day program, and PD Day program. For our clients, being around other individuals with different abilities provides an experience like no other. Clients are able to learn from each other and be a part of an environment that allows for all clients to feel respected and welcomed. Our purpose is to offer programming to help enrich the quality of life for all of our clients.



Joyriders Therapeutic Riding Association

Contact Information:

www.thejoyriders.ca

902-368-4540

joyridersinfo2020@gmail.com

Description:

Joyriders Therapeutic Riding Association provides and encourages therapeutic riding for physical therapy and recreation for people of all ages. The association is a member of CanTRA and serves the region of PEI.

Services:

The association offers recreation/social programs and riding lessons. There is a certified therapeutic riding instructor and five assistant instructors; 35-40 volunteers; physiotherapist; riding equipment to accommodate a range of disabilities; literature; video lending library; speakers. Medical form has to be completed.



S.M.I.L.E - Mount Allison

Contact Information:

www.cumberlandeip.ca/programs/smile

902-667-8244

Description:

SMILE is a recreational and developmental program for children with special needs between the ages of 3 -21 years. Each Saturday morning 45 Mount Allison students travel to the YMCA in Amherst. There the children participate on a one-to-one basis with their volunteer in numerous recreational activities.

Provincial and Federal Sport & Recreation Organizations



Alpine Skiing CADS - NS

Contact Information:

www.parasportns.com/sports/alpine-skiing-cads
902-425-5450
parasport@sportnovascotia.ca

Description:

Alpine Ski Nova Scotia's mission is to promote, encourage, support, and assist in the development of Alpine Skiing, for the able bodied and the disabled, in the Province of Nova Scotia.

The Canadian Association for Disabled Skiing is a volunteer-based organization having as its main objective, assisting individuals with a disability to lead richer and fuller lives through active participation in recreational and competitive snow skiing and snowboarding. We are a national organization with 1130 disabled members and 1900 abled-bodied volunteers from all regions of Canada, committed to the idea that "Skiing is fun for everyone". The CADS organization has touched thousands of individuals, both on and off the slopes in its over 30-year history. CADS also supports the Convention on the Rights of the Child (CRC) which states that parties recognize that a mentally or physically disabled child should enjoy a full and decent life, in conditions which ensure dignity, promote self-reliance, and facilitate the child's active participation in the community.

Athletics Nova Scotia

Contact Information:

www.athelticsnovascotia.ca
Anitra Stevens, Executive Director, 902-377-2951
athletics@sportnovascotia.com

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, Halifax 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



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

Solo Creek Farm

Contact Information:

<https://jlmcnutt.tripod.com/>
Jessica McNutt, 902-899-8595
jlmcnutt@dal.ca

Description:

Solo Creek Farm is a privately owned stable located in Bible Hill, just minutes away from Truro, Nova Scotia. Some of the services provided include leasing of horses, riding lessons, training, and Equine Assisted Therapy

Canadian Council of the Blind

Contact Information:

www.ccbnational.net
613-567-0311

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.



Para Hockey, Hockey Nova Scotia

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.



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



Multiple Sclerosis Society of Canada, Atlantic

Contact Information:

<https://mssociety.ca>

1-800-361-2985

info@mssociety.ca

Description:

The mission of the Multiple Sclerosis Society of Canada is to be a leader in finding a cure for multiple sclerosis and enabling people affected by MS to enhance their quality of life. Our two major programs provide hope for the future through the support of MS research into the cause, treatment and cure of the disease and hope for today through our many services that assist people with MS and their families.

Services:

- Information and referral
- Supportive counselling
- Support and self-help groups
- Recreation and social programs
- Financial assistance
- Education
- Advocating for yourself

Our goal in Client Services is:

“To provide programs and services to those affected by multiple sclerosis to achieve the highest possible quality of life while living with the daily challenges that MS presents.”



Nova Scotia Trails Federation

Contact Information:

<https://www.nstrails.com>

info@nstrails.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.



PaddleAll

Contact Information:

<https://canoekayak.ca/paddle-all/>
admin@canoekayak.ca

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.

Partnership for Access Awareness/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

The Provincial Autism Centre

Contact Information:

<https://provincialautismcentre.ca>

902-446-4995

Description:

The Provincial Autism Centre is a non-profit association located in Halifax, Nova Scotia. We are a professionally run Centre that provides programs and services to the autism community while helping families and professionals across the province access resources and quality information about autism spectrum disorders (autism). We provide respectful, understanding and confidential services to individuals and families as needed.

Services:

- Summer camp
- Autism arts
- Autism works
- Autistic self-advocacy council - Nova Scotia (asac-ns)
- Autistics aloud
- Information programs
- Teen and adult social programs
- Volunteer application form
- Program brochure and application form



Rugby Nova Scotia

Contact Information:

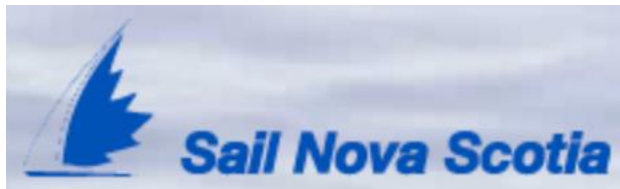
<http://rugbyns.ns.ca/>

902-425-5450 Ext. 341

Description:

Rugby Nova Scotia is dedicated to the advancement, encouragement, promotion, administration, development, and coordination of the sport of rugby in Nova Scotia through progressive leadership in cooperation with its membership and in liaison with Rugby Canada.

Rugby NS has had people with physical disabilities participate. Wheelchair rugby is a separate organization.



Sail Able Association of Nova Scotia

Contact Information:

<https://www.sailnovascotia.ca/sail/sail-able.html>

sailablens@gmail.com

902-830-5290

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/contact-sons/>
902-429-2266

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 of the information you need and can put you in touch with resource people in your community.



Sport Nova Scotia

Contact Information:

<https://sportnovascotia.ca>

Description:

At Sport Nova Scotia, we believe sporting opportunities should be available to all Nova Scotians regardless of age, gender, race, or ability level. Many of Nova Scotia's Provincial Sport Organizations offer programs specifically aimed at getting athletes with disabilities involved in sport.

Services:

Working with Provincial Sport Organizations to provide Parasport opportunities



Canadian Paraplegic Association of Nova Scotia

Contact Information:

<https://www.thespine.ca>

Description:

Mission: To assist persons with spinal cord injuries and other physical disabilities to achieve independence, self-reliance and full community participation.

Services:

- Peer Support
- Rehabilitation Counseling
- Vocational/Employment Services
- Community Advocacy
- Case Management/Service Coordination
- 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/contact-us/>
902-429-2633

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.

EANS is a self-supporting registered charity. All money is raised through various fundraising events, individual and corporate donations and grants, memberships, and memorial contributions.

Services:

EANS offers short term counseling and referral for individuals and families. The office maintains a wide range of up-to-date material about epilepsy, including a small resource library of books and videos. Approximately 1000 requests for information, mail outs, and counseling are received annually. A newsletter is produced three times a year. Advocacy work on behalf of members and non-members is undertaken. Social events include a Christmas dinner, a "Volunteer Recognition" evening and member participation in various fundraising events. Offers the services of an Outreach Support Coordinator

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.



Recreation Nova Scotia

Contact Information:

1600 Bedford Hwy, Suite 201

Bedford, NS B4A 1E8

902-425-1128

info@recreationns.ns.ca

<https://www.recreationns.ns.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.

Programs:

- [HIGH FIVE® Training](#)
- [Recreation for Mental Health \(R4MH\) Training and Tools](#)
- [Anti-Racism Charter in Recreation](#)
- [Annual Conference and Awards Ceremony](#)
- [Nova Scotia Connect](#)
- [Nova Scotia Outdoor Network](#)
- [Student Internships](#)

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.](#)

Spina Bifida and Hydrocephalus Association of Nova Scotia (SBHANS)

Contact Information:

<https://sbhac.ca/regional/>

902-465-6798

Description:

SBHANS was established in 1984. It is a non-profit, registered charitable organization affiliated with the Spina Bifida and Hydrocephalus Association of Canada, and currently has one chapter in Cape Breton. SBHANS is made up of individuals with an interest in Spina Bifida including people with Spina Bifida and/or Hydrocephalus and their families.

Mission Statement:

To eliminate spina bifida and hydrocephalus in newborns by promoting preventative measures. To help individuals with spina bifida and/or hydrocephalus reach their full potential by promoting independence and improved quality of life.

Services:

- Computer fund
- Library service
- Special needs fund
- Adapted recreational equipment fund
- Camp Tidnish
- Education award
- Sbhans newsletter
- Workshops/conferences
- Resource kits
- Social activities

Recreation Nova Scotia List of 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/programs-and-events>

Berwick Recreation

<http://www.town.berwick.ns.ca/recreation.html>

Village of Bible Hill Recreation

<http://www.biblehill.ca/recreation/recreation%20index.html>

Bridgewater Parks Recreation and Culture

<https://www.bridgewater.ca/23-town-services/parks-recreation-and-culture>

Cape Breton Regional Recreation

<http://www.cbrm.ns.ca/recreation.html>

Town of Chester - Things To Do

<http://www.chesterareans.ca/>

District of Clare Recreation

<https://www.clarenovascotia.com/en/>

Cumberland County Recreation

<http://www.recreationns.ns.ca/connect2cumberland>

Colchester County Recreation

<https://www.colchester.ca/recreation>

Digby Area Recreation

<http://www.digbyarearecreation.ca/>

Town of Digby Recreation

<http://www.townofdigby.ns.ca/recreation.html>

East Hants County Recreation

<https://www.easthants.ca/government/municipal-departments/parks-recreation-culture/>

Guysborough County Recreation

<https://www.visitguysborough.ca/tag/recreation/>

Town of Kentville Recreation

<http://www.kentville.ca/parks-and-recreation>

Kings County Parks and Recreation Services

<https://www.countyofkings.ca/residents/pars/programs.aspx>

Halifax Regional Municipality Recreation

<https://www.halifax.ca/parks-recreation>

Hantsport Recreation

<https://hantsport.ca/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

<http://www.townofmulgrave.ca/Recreation/tabid/520/Default.aspx>

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://town.oxford.ns.ca/recreation.html>

Town of Pictou Recreation

<https://www.townofpictou.ca/town-hall/departments/recreation/>

Queens Recreation

<http://www.regionofqueens.com/index.asp?id=7>

Reflections Richmond

[http://www.richmondcounty.ca/services/recreation-leisure-and-community-relations/reflections-of-richmond-newsletter.html?category\[0\]=114&category_children=1&own=0](http://www.richmondcounty.ca/services/recreation-leisure-and-community-relations/reflections-of-richmond-newsletter.html?category[0]=114&category_children=1&own=0)

Municipality of Shelburne Department of Recreation and Parks

<https://www.municipalityofshelburne.ca/recreation.html>

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 & Culture

<https://www.truro.ca/parks-recreation-and-culture.html>

Victoria County Recreation

<https://victoriacounty.com/residents/recreation/>

Windsor Recreation

<https://www.westhants.ca/recreatoin.html>

Town of Wolfville Recreation

<https://www.wolfville.ca/recreation-programs.html>

Yarmouth Leisure Services

<http://yarmouthrecreation.ca>

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 Aquatics Department

Spryfield Wave Pool 16 Sussex Street (902) 477-7665

- 15 meter diameter graduated beach area
- 4 lane, 25 metre lap area
- Waves, waves, waves ½-1 ½ metres
- Five in pool therapeutic water jets
- 2 yard Ape pool slides
- Deskside patio
- Free parking
- Group discounts and passes
- Birthday parties
- Wheelchair accessible
- Inclusion swimming lessons offered
- Adapted lifejackets that are geared to specific disabilities, also located at the Wavepool is an adaptive change table which can lower to one foot in height and raise to 4 feet.

Needham Community Pool 3372 Devonshire Ave (902) 490-4633

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

Sackville Sports Stadium 409 Glendale Dr, Lower Sackville (902) 869-4141

- 2 swimming pools
- Inclusion swimming lessons offered
- Aquatic leadership programs
- Fitness and speciality programs
- Public open swims
- Birthday Parties

Halifax Regional Municipality Sport Field Bookings

Chad Oliver

Email: oliverc@halifax.ca

Phone: 902-483-8936

Halifax Regional Municipality Community Centres

Acadia School - 636 Sackville Drive	Phone 902-869-4200	Fax 902-869-4219
Adventure Earth Centre - Fleming Park - 68 Parkhill Road	Phone 902-490-4539	Fax 902-490-4509
Bedford Hammonds Plains Community Center - 202 Innovation Dr, Bedford	Phone 902-490-4238	Fax 902-490-7482
Capt. William Spry Centre – 16 Sussex Street	Phone 902-477-7665	Fax 902-479-1177
Chocolate Lake - 1014 Purcell's Cove Road	Phone 902-490-4607	Fax 902-490-4504
Citadel High Community Centre - 1955 Trollope Street	Phone 902-490-3895	Fax 902-490-3896
Cole Harbour Recreation Centre - 1216 Cole Harbour Road	Phone 902-490-4711	Fax 902-490-4299
Dartmouth North Community Centre – 105 Highfield Park Dr	Phone 902-490-5900	Fax 902-490-1750
Gordon R. Snow - Fall River Recreation Centre -1359 Fall River Road	Phone 902-860-4570	Fax 902-860-4576
Findlay Community Centre - 26 Elliot Street	Phone 902-490-4728	Fax 902-490-4742
George Dixon Community Centre - 2501 Gottingen Street	Phone 902-490-4550	Fax 902-490-4570
Horizon Recreation Centre - 168 Redoubt Way	Phone 902-465-5267	Fax 902-465-8730
Lakeside Community Centre - 1492 St. Margaret's Bay Rd.	Phone 902-876-8812	Fax 902-876-0818
LeBrun Centre - 36 Holland Avenue, Bedford	Phone 902-490-4665	Fax 902-490-4680
Musquodoboit Harbour Community Centre - #7900 #7 Highway, Musq.	Phone 902-889-4050	Fax 902-889-4054
Musquodoboit Valley Office - 12014 Highway 224	Phone 902-384-3008	Fax 902-384-2047
Needham Centre/Pool - 3372 Devonshire Ave	Phone 902-490-4633	Fax 902-490-4579
North Preston Community Centre - 44 Simmonds Road	Phone 902-462-4161	Fax 902-462-4370
Sackville Sports Stadium - 409 Glendale Dr, Lower Sackville	Phone 902-869-4141	
St. Andrew's Community Centre – 3380 Barnstead Lane	Phone 902-490-4693	Fax 902-490-4641
St. Mary's Boat Club - (April - Dec) - 1641 Fairfield Road	Phone 902-490-4688	Fax 902-490-6935
Sheet Harbour Recreation Office - Blue Water Building 22756 Highway #7	Phone 902-885-2988	Fax 902-885-3554

Regional Physical Activity Coordinators:

Cape Breton Region

850 Grand Lake Road, Suite 15, Sydney, NS B1P 5T9

902-578-4813

Regional Manager Larry.Maxwell@novascotia.ca

Regional Program Coordinator Natalie.MacPherson@novascotia.ca

Central Region

Halifax Regional Municipality

1741 Brunswick Street, PO Box 456, Halifax, NS B3J 2R5

902-456-5908

Regional Manager Andrea.Redmond@novascotia.ca

Regional Program Coordinator Deborah.Fram@novascotia.ca

Fundy Region

Cumberland, Colchester & Municipality of East Hants

80 Walker Street, Suite 1, Truro, NS B2N 4A7

902-324-8392

Regional Manager Natasha.Gray@novascotia.ca

Regional Program Coordinator Teresa.McNutt@novascotia.ca

Highland Region

Guysborough, Antigonish & Pictou

149 Church Street, Suite 4, Antigonish, NS B2G 2E2

902-338-0659

Consultant Eric.Lumsden@novascotia.ca

Regional Program Coordinator Chantel.Mahar@novascotia.ca

South Shore Region

Yarmouth, Shelburne, Queens, Lunenburg & District of Argyle

312 Green Street, PO Box 9000, Lunenburg, NS B0J 2C0

902-930-2872

Regional Manager Anna.Haanstra@novascotia.ca

Regional Program Coordinator Denise.Scott@novascotia.ca

Valley Region

Annapolis, Kings, Digby & Municipalities of West Hants and Clare

10 Webster Street, Suite 200, Kentville, NS B4N 1H7

902-698-9407

Acting, Regional Manager Anna.Sherwood@novascotia.ca

Regional Program Coordinator Tracy.Roberts@novascotia.ca