

How do I ensure that I am, or my child with Autism Spectrum Disorder (ASD) is, engaged in meaningful activity after high school?

Participation and inclusion in social communities and meaningful activity is key to the growth and independence of people with ASD. There are many day programs in the Alberta region for people with ASD who may not be able to attend mainstream post-secondary education or obtain gainful employment. Day programs provide essential learning for those with ASD who benefit from enhanced participant-facilitator ratios, individualized curriculum, and ASD specific teaching techniques. Day programs serve to maximize the potential of each individual with ASD by facilitating lifelong learning and community inclusion.

RESOURCES

The Resource Centre (a Sinneave Family Foundation initiative) does not endorse or guarantee the exhaustive, complete, accurate or up-to-date nature of information provided and does not assume any risk for the outcome of information or referrals provided.

Autism Aspergers Friendship Society of Calgary (AAFS)

AAFS provides respite care in a social and recreational environment for children, youth and adults with ASD.

Phone: 403.246.7383
Address: 7220 D Fairmont Drive SE, Calgary, AB T2H 0X7
Email: info@aafscalgary.com
Website: aafscalgary.wildapricot.org/

Calgary Alternative Support Services (CASS)

Offers a variety of programming, including the Calgary Alternative Day Options serving adults with developmental disabilities who also may have a secondary diagnosis of mental illness.

Phone: 403.283.0611, ext. 228
Address: 2335 - 30th Avenue NE, Calgary, AB T2E 7C7
Website: c-a-s-s.org

Calgary Community Day Service (CCDS)

Offers day programming for seniors and mature adults with a developmental disability, with a focus on recreation, leisure and community inclusion.

Phone: 403.729.1958
Address: 540 Riverbend Drive SE, Calgary, AB T2C 3X9
Email: ccds.inc@shaw.ca
Website: calgarycommunitydayservices.com

Calgary Progressive Lifestyles Foundation

Provides community access, day programming, employment supports, residential supports and respite services. PDD funded.

Phone: 403.276.1016
Address: 140, 1935 – 32nd Avenue NE, Calgary, AB T2E 7C8
Email: info@cplf.ca
Website: cplf.ca

Chrysalis

An Alberta Society for Citizens with Disabilities that has services and programs developed to meet the needs, abilities, and interests of each individual. They do offer vocational skill development, volunteer placements in the community, supported employment, and social and recreational opportunities. They also have an Active Leisure Centre offering adapted equipment and basic training in health and wellness. Requires PDD funding.

Phone: 403.258.1501 or 780.454.9656
Address: #7, 6020 - 1A Street SW, Calgary, AB T2H 0G3 or 13325 St. Albert Trail, Edmonton, AB T5L 4R3
Website: chrysalis.ca

DDRC Developmental Disabilities Resource Centre of Calgary

Programs and resources for children and adults with disabilities, their friends and family, and other people in the community.

Phone: 403.240.7331
Address: 4631 Richardson Way SW, Calgary, AB T3E 7B7
Email: info@ddrc.ca
Website: ddrc.ca

Eric's House

Eric's House is a safe and positive space for adults with a wide range of disabilities. They provide clients with a structured environment in which they can grow and learn adult life skills while socializing and developing new relationships.

Phone: 403.457.3742
Address: #150, 6712 Fisher St SE, Calgary, AB T2H 2A7
Email: ericshouse@shaw.ca
Website: ericshouse.ca

Janus Academy

Janus Academy offers educational services to children and youth, as well as an adult day program.

Phone: 403.262.3333
Address: 2223 Spiller Road SE, Calgary, AB T2G 4G9
Email: contact@janusacademy.org
Website: janusacademy.org

Prospect

Prospect offers a wide variety of programming, including adult day programs, with a vocational focus. They have various programs running throughout the day including art groups like Studio C, and employment programs. They offer the **Worx** job searching service and the **Target: Supported Employment Program** which assists in obtaining and maintaining paid employment. Target develops partnerships with employers by getting to know them and works with employers and employees to match abilities with needs.

Phone: 403.273.2822
Address: 915 - 33 Street NE, Calgary, AB T2A 6T2
Email: info@prospectnow.ca
wouldlovehelp@breakingbarriers.ca
info@theworx.org
Website: prospectnow.ca

Supported Lifestyles Alberta

Offers many types of service that include residential services, career services, adult relief services, and complex needs residential services.

Phone: 403.207.5115
Address: 210, 495 - 36th Street NE, Calgary, AB T2A 6K3
Email: info@supportedlifestyles.com
Website: supportedlifestyles.com

Vecova Calgary

Vecova offers employment and education services with a wide range of supports for individuals with developmental disabilities and diverse needs. They operate an individualized day program-type services. They provide staffed overnight residence, supported roommates, peer-living, employment, educational services, and transition planning. PDD funded.

Clients must be a member or day program member.

Phone: 403.284.2231 or 403.284.1121
Address: 3304 - 33 Street NW, Calgary, AB T2L 2A6
Website: vecova.ca

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