

Supports and Services for Neurodivergent Students

UTM Accessibility Services

<https://www.utm.utoronto.ca/accessibility/>

Accessibility Services is a confidential service that provides support for students with disabilities and medical conditions, including academic accommodations. It is located in room DV2240 in the Student Services Hub. The Hub is located on the main floor of the Davis Building opposite the food court. Accessibility Advisors hold drop-in hours each week for registered students.

Hours of Operation

Monday to Friday from 10:00 am to 4:00 pm

General Inquiries

Phone: 905-569-4699

Fax: 905-569-4366

Email: access.utm@utoronto.ca

ADHD Skills Group

<https://studentlife.utoronto.ca/program/adhd-group/>

The ADHD Skills Group is a facilitated learning community for students at the University of Toronto with Attention Deficit Hyperactivity Disorder (ADHD) who are registered with Accessibility Services. In this group, students develop strategies to manage challenges and harness their strength

Contact:

Reginald Oey, *Accessible and Inclusive Learning Strategies Team Lead*

416-978-1902

reginald.oey@utoronto.ca

Autism Ontario

www.autismontario.com

Autism Ontario offers unique, local autism programs and services designed to support individuals with autism and their families in reaching their full potential.

Our regions are actively running programming for autistic children, youth and adults, as well as parent and caregiver support groups.

Contact: info@autismontario.com

Applewood Centre for Adult Learning

3566 South Common Court

Mississauga, ON, L5L2B1

www.applewoodcentre.com

Applewood Centre for Adult Learning is a non-profit organization dedicated to supporting adults with a wide range of developmental disabilities. Our tailored program focuses on various aspects, such as social development, fitness, life skills, and recreation. Through meaningful activities, we support clients in building independence, fostering personal growth, and strengthening social skills—helping them to lead enriching and fulfilling lives.

Hours of Operation

Applewood is open Monday through Friday, from 9 AM to 4 PM. We offer flexible enrollment options, including both full-day and half-day programs. Full-day hours run from 9 AM to 4 PM, while half-day options are available for the morning (9 am to 12:30 pm) or the afternoon (12:30 pm to 4 pm).

Contact

info@applewoodcentre.com
(905) 826-6260

Jake's House

www.jakeshouse.ca
5750 Explorer Dr., Suite #102
Mississauga, ON, L4W 0A9

Jake's is a community that understands and cares, providing practical help and lasting hope to families living with autism.

We support individuals on the spectrum throughout their lifespans through four core initiatives:

1. Jake's House Annual Holiday Parties, a 15-year tradition of bringing families together for a welcoming, fun and festive celebration;
2. Legends Mentoring Program, themed group mentoring workshops that provide youth with opportunities to learn skills, socialize and make friends;
3. Jake's House Employment Mentoring, a program that supports the integration of young adults into the workforce; and
4. 4. inclusive housing solutions, designed to address the growing housing gap in the autism community, giving more aging adults a place to call home.

Contact: charityliaison@jakeshouse.ca

Project Autism

www.projectautismcanada.com

Project Autism is a grassroots, community-driven organization that is dedicated to increasing public awareness, building positive acceptance and inclusion while working together. Activities include online inspirational programs and workshops; Super Ability Crew outings, Halton Youth Disability Advisory Council (HYDAC); art, music and garden clubs; social groups; and awareness and advocacy initiatives.

Contact: info@projectautism.ca

SOS Sides of the Spectrum

A Podcast by Aiden Lee

Sides Of the Spectrum addresses what it's like living with autism, ADHD and anxiety for an exuberant teen and a self-diagnosed adult. Challenging new topics and insights from many Ontario-based perspectives. Lee writes: "My focus is to demonstrate how unique we each are. To talk about everything and with everyone in this great big neurodiverse world we live in."

Available wherever podcasts are downloaded.