

*Xahnawà:ke*

# Special Needs Resource Guide 2021



Painting by Jamie Peterson



# HOTLINES

## **KSCS AFTER HOURS RESPONSE WORKER**

**450-632-6505**

If you are in a crisis after hours, on weekends or holidays, call and ask for the After Hours Response Worker.

## **CAREGIVER SUPPORT**

**1-855-852-7784**

**[info-aidant@lappui.org](mailto:info-aidant@lappui.org)**

Caregiver Support is a free and confidential phone consultation, information and referral service for caregivers, as well as friends and family, practioners and health care professionals.

## **TEL-AIDE**

**514-935-1101**

Our 24/7 service is accessible to everyone who suffers from loneliness or stress, who are emotionally distressed or angry, or who simply need to confide in someone who will listen without judgement.

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## **2021 Published by Front Porch Publishing**

Contents of this publication is provided by Assisted Living Services (ALS) of Kahnawake Shakotia'takehnhas Community Services (KSCS).

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KSCS groups and coordinates the various regional health and social services institutions, which remain the service providers for the population and the gateway to general health and social services. These institutions include:

- Local community service centers (CLSCs)
- Health and social services centers (CSSSs)
- Rehabilitation centers for physical disabilities (CRDPs)
- Rehabilitation centers for intellectual disabilities and pervasive developmental disorders (CRDITEDs)
- Residential and long-term care centers (CHSLDs) and hospital centers (CHs)



## *foreword*

KSCS-Assisted Living Services is pleased to present this first edition of the **Kahnawake Special Needs Resource Guide**. In our effort to support families and ease the stress of navigating an often complex system of services and information for individuals living with special needs, we have created this directory. In its pages you will find information on services available both locally and in the surrounding areas.

As with any worthwhile project it usually requires the collaboration and support of an array of individuals. With this in mind, Assisted Living Services would like to thank members of Connecting Horizons, parents and the community for their contributions and feedback during the process of developing this Resource Guide.

We hope you find the contents within helpful and informative.

**Victoria Coury-Jocks**

Manager, KSCS-Assisted Living Services

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# COMMUNITY RESOURCES

The following pages contain detailed information from community entities that are primary service providers for our special needs population. As community members, we know that organizations such as KMHC, MCK and KSCS have large roles to play in a variety of ways. Lesser known, are the services these organizations have available to families and individuals that may need extra assistance.

Starting on page 37 are go-to resources that community leaders believe could be helpful to you at any time. We hope that in this section, you learn something new about what Kahnawà:ke can do to support this unique population.



450-638-5464

# Desjardins

Caisse populaire Kahnawake  
Tsi-iehwistaientahkwa

## Services offered by Caisse Populaire Kahnawake

- Parent for child Tutorship accounts without the necessity of legal documentation
- Registered Disability Savings Plan accounts
- Insurance: life, disability, critical illness
- A wide range of Savings Products tailored to meet individual needs

Give your savings a boost with government grants and tax advantages

### **Registered education savings plan (RESP)**

RESPs are designed to help you save for your children's post-secondary education and also give you access to government grants and bonds. The Canada education savings grant, for example, will match 20% of the contributions you make each year, up to a lifetime maximum of \$7,200.

### **Registered disability savings plan (RDSP)**

RDSPs are designed to help you save for long-term financial security of a child with a disability.

The beneficiary of an RDSP is eligible for the Canada disability savings grant, which can be as much as \$3,500 a year, up to a lifetime maximum of \$70,000.

In addition to providing access to grants and bonds, both types of plan let you grow your savings tax-free until the beneficiary is ready to make a withdrawal.



# Registered disability savings plan (RDSP)

## Building the future for someone with a disability

- Maximum contribution: \$200,000 lifetime
- Limit may qualify beneficiaries for:
  - o Canada Disability Savings Grant (CDSG)
  - o Canada Disability Savings Bond (CDSB)
- Income is tax-free as long as it stays in the plan

RDSP is a government program that lets you enhance long-term financial security for someone with a severe disability who is eligible for the Disability Tax Credit.

## Features of an RDSP

- Contributions are enhanced by the Canada Disability Savings Grant (CDSG) based on the beneficiary's net family income and the amount of each RDSP deposit.
- Contributions may not be required to access the Canada Disability Savings Bond (CDSB)
- Lump sum withdrawals in the form of disability assistance payments (DAP) may be made under certain conditions.
- Lifetime disability assistance payments may begin at any time, but no later than the end of the year the beneficiary turns 60, under certain conditions.
- There can only be 1 beneficiary per RDSP, and 1 RDSP per beneficiary.
- Proceeds from the RRSPs, RRIFs or RPPs (registered pension plan) of deceased parents or grandparents at the time of their death may be rolled over into the RDSP of a financially dependent child or grandchild.
- Unused grant and bond entitlements for a given year can be carried forward for the next 10 years.
- In addition, if the RDSP beneficiary is also a beneficiary of an RESP and has severe and prolonged mental impairment that will prevent him or her from pursuing a post-secondary education, under certain conditions the accumulated RESP income can be rolled over to the RDSP without a tax penalty.

## RDSP eligibility

To be eligible for the Disability Tax Credit based on the Canada Revenue Agency criteria:

- have a Social Insurance Number (SIN)
- be under 60 years of age
- be a resident of Canada when the plan is opened



## Investment options

- Guaranteed fixed-rate investments
- Market-linked guaranteed investment
- Specified-rate RDSP Regular Savings Account
- Who can open an RDSP?
- An RDSP beneficiary over the age of majority who is competent to sign a contract is generally the holder.
- If the RDSP beneficiary is over the age of majority but is not competent to sign a contract, the holder is generally an individual or public department legally authorized to act in the beneficiary's name.
- If the RDSP beneficiary is under the age of majority, the holder can be a legal parent, legal representative or public department legally authorized to act in the beneficiary's name.

## Plan contributions

The following may contribute to the plan:

- The holder
- Anyone with written permission from the holder
- There is no annual contribution limit, but the lifetime limit is \$200,000.
- The contribution period is January 1 to December 31.
- Contributions to an RDSP cannot be deducted from taxable income.
- You can pay regular instalments of a minimum of \$100. Payment of the minimum must be made monthly.
- Contributions may be made to the plan until the end of the year the beneficiary turns 59.
- To receive the Canada Disability Savings Grant, you must make your contributions to the plan before the end of the year the beneficiary turns 49.

## Information about grants and bonds

- Your contributions may qualify for the Canada Disability Savings Grant (CDSG) (up to \$3,500 per year and \$70,000 lifetime limit).
- Low-income families may qualify for the Canada Disability Savings Bond (CDSB) (up to \$1,000 per year and \$20,000 lifetime limit, without having to make contributions).
- The Canada Disability Savings Bond and Grant can be paid into the beneficiary's RDSP until December 31 of the year the beneficiary turns 49.



## Withdrawals

- Lifetime disability assistance payments (LDAPs)
- Lifetime disability assistance payments are recurring withdrawals, subject to a maximum, and once they start, they must continue to be paid at least annually until the beneficiary dies or the plan is closed.
- LDAPs may begin at any age. The first withdrawal must be made at the latest at the end of the calendar year the beneficiary turns 60.

## Disability assistance payments (DAPs)

- Disability assistance payments are lump-sum withdrawals that may be paid to the beneficiary at any time under certain conditions.
- Each withdrawal contains taxable and non-taxable amounts. Grants, bonds and investment income accumulated in the plan are included in the beneficiary's income for income tax purposes in the year they are paid.
- Withdrawals paid do not reduce the beneficiary's eligibility for federal income-based benefits.
- Payments from primarily government-assisted RDSPs are subject to a maximum annual withdrawal amount.
- If you receive grants or bonds from the government and you wait 10 years after the last contribution before withdrawing money from your RDSP, you will not have to pay any money back. However, if you withdraw money within that 10-year period, you will have to pay back \$3 in grants and bonds for each dollar you withdraw from the RDSP, up to the total amount of grants and bonds received during the 10 years prior to the withdrawal.
- The assistance holdback amount is the total amount of bonds and grants paid into an RDSP within the last 10 years. When one of the following occurs, the assistance holdback amount must be repaid to the Government of Canada:
- The plan is closed voluntarily
  - o a disability assistance payment is withdrawn[ 1 ]note
  - o the beneficiary loses eligibility for the Disability Tax Credit
  - o the beneficiary passes away

\*Note 1 :Certain exceptions apply.

## At the beneficiary's death

- The assistance holdback amount (grants and bonds) must be repaid to the Government, if applicable.
- After repayment has been made to the Government, the balance of the RDSP will be paid to the beneficiary's estate, as a disability assistance payment made up of a taxable and a non-taxable portion.



# CONNECTING HORIZONS

P.O. Box 2079, Kahnawake Mohawk Territory J0L1B0

**514-704-1176**

[connectinghorizons.org](http://connectinghorizons.org)



**Like us on Facebook: Connecting Horizons Kahnawake**

## INCLUSION AWARENESS ADVOCACY

Connecting Horizons is a community-based group working to identify, and respond to, needs of individuals with special needs, and their families living in Kahnawake. The group is comprised of concerned community members; individuals with special needs, parents/caregivers of individuals with special needs, and representatives from community organizations, including the Mohawk Council of Kahnawake (MCK), Step by Step Child & Family Center (SBSCFC), and Kahnawake Shakotia'takehnhas Community Services (KSCS).

Thanks to generous funding from the Community Initiatives Fund (CIF) and KSCS, after many years of functioning in an informal grassroots manner, Connecting Horizons is now poised to increase its advocacy and partnership capacity. We have recently hired an Advocacy Coordinator who will work under the supervision of a volunteer Oversight Committee over the next year, to continue to bring community members together in meaningful and generative dialogue regarding gaps in services and special projects, launch a community-wide Awareness Campaign, and eventually ensure the development of a strategic plan.

### Special Needs Services in the Community

#### **Assisted Living**

Young Adults Program, Teen Social Club,  
Family Support and Resources, Independent  
Living Center (ILC)

#### **Medical Services**

Kateri Memorial Hospital Center (Physiotherapy,  
Occupational Therapy, Paediatrician Dr. Saylor)

#### **Prevention & Support Services**

KSCS psychological services and support  
counselling

#### **Emergency Services/Medical Transportation**

Kahnawake Fire Brigade (KFB) Ambulance  
Service and Medical Transport

#### **Education & Child Care Centers**

Step by Step Child & Family Center (Speech  
therapy, Physiotherapy, Occupational Therapy,)  
Kateri School  
Karonhianonhnha Tsi lonterihwaienstahkhwa  
Kahnawake Survival School.

#### **Paratransit system coming soon!**

## **CONNECTING HORIZONS focuses primarily in the following areas:**

### **OCCUPATION**

(Education and Economic Development) Assisting parents and individuals to find the best educational facility to match their children's needs and assist if specialized transport is needed. These schools include institutions in and around Kahnawake.

Helping individuals with special needs integrate into a suitable workplace and assist employers to understand the employee's abilities and draw from their strengths. Through education and training the individual will not only gain a higher sense of self worth but can also ease their monthly living expenses. Each person has something valuable to offer and we want to see the right person in the right position.

### **FUTURE PLANNING**

(Housing, Life Plan, Long Term Care Needs) Support of the individual and their caregivers providing options to live independently, assisted or semi-assisted in their residence or long-term care facility. Should their current living situation change, they can have the peace of mind of how they will be taken care of if their caregiver becomes ill. Decisions to also consider would be, financial responsibility and possible contribution to a Registered Disability Saving Plan (RDSP), increase of palliative needs, etc.

### **FAMILY LIFE**

(Caregiver support, Respite, Liaison with Parent Support Groups) Parents/caregivers of children with special needs will often feel overwhelmed with level of care needs. Many support groups are offered in and around the community that tailor to the issues at hand. In addition, respite care provides caregivers an opportunity to step away and take a break, which can help alleviate stress and improve the well-being of both the caregiver and the individual being cared for. There are many factors to consider, such as length of time, location and possible costs.

**If you are a self-advocate, a family member, or work with community members who have special needs, we welcome you to reach out to join the conversation and be part of planning for a healthy and fulfilling future for all!**

### **COMMUNITY INTEGRATION**

(Accessibility/Mobility for all Kahnawa'kehró:non, Recreation) Integration and acceptance is the biggest challenge for those with special needs and their caregivers. Educating special needs starts within the school system and overflows into the general public. Many businesses and organizations should be involved in making their locations accessible and welcoming to those with mobility and neurological difficulties. With good weather, there are various activities and day programs for those with special needs to enjoy. Also, the newly revamped Sesame Street Park offers safe and interactively stimulating playground equipment geared to those with motor or sensory difficulties.

**The Jordan's Principle initiative is for all First Nations Children in Canada and is available to all children in Kahnawake, ages 0-18.**



Since July 2019, Onkwata'karitáhtshera, "Kahnawake's One Health and Social Services Agency," has a full-time coordinator for the Jordan's Principle initiative. This initiative works to ensure there are no gaps in publicly funded health, social and education programs, services and support. Jordan's Principle is an ongoing legal obligation to support First Nations children and is available to all First Nations children living in Canada, including non-status Indigenous children ordinarily residing on reserve.

Between July 2016 and  
August 31, 2020

more than

**717,000**

products, services and supports  
were approved under



speech  
therapy



educational  
supports

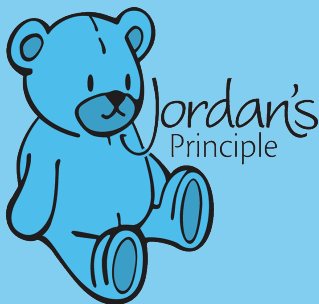


medical  
equipment



mental health  
services  
**and more**

For additional information: <https://www.canada.ca/en/indigenous-services-canada/services/jordans-principle.html>



**Andrea Brisebois**

Health Programs Liaison for Jordan's Principle  
& Non-Insured Health Benefits (NIHB)

**450-632-6880, ext. 30216**

[andreab@kscskahnawake.ca](mailto:andreab@kscskahnawake.ca)

Jordan's Principle covers all public services such as mental health, special education, dental, medical equipment, and more. Some examples of products and services that have been funded by Jordan's Principle include:

- Psycho-educational assessments and screenings
- Mobility aids
- Assistive technology and electronics
- Tutoring services
- Orthodontics (must first apply through NIHB program)

If you want to access Jordan's Principle for your child, these are the steps to follow:

- Obtain supporting documentation (referral from health professional, school personnel, etc.)
- Treatment plan with cost estimate from provider (speech therapist, psychologist, orthodontist, etc.)

If your child was denied services dating back to 2007, you may be eligible for a reimbursement. By providing the following documentation, an application can be submitted to determine whether your child/family meets the eligibility criteria:

- Diagnosis and recommended treatment plan from health professional
- Official receipts \*

When you have the documentation, contact Andrea Brisebois at 450-632-6880, ext. 30216 or at [andreab@kscskahnawake.ca](mailto:andreab@kscskahnawake.ca)

\* Receipts dated before July 5, 2016 will be sent to the national level for review by the Minister.



## **Kahnawà:ke Education Center**

**450-632-8770**

**[www.kecedu.ca](http://www.kecedu.ca)**

P.O. Box 1000, Kahnawake QC J0L1B0

Fax: 450-632-8042

Tsi Niionkwarihò:ten (Our ways) drives educational curriculum for our three schools. Its principles embody our philosophy when it comes to teaching our students. We base our teachings on culturally relevant essential learning outcomes framed by our strategic plan. Our KEC vision supports this process, keeping us mindful of our focus and greatest strength: our children. The KEC implements an Inclusive and Holistic approach to student learning that occurs in many forms: in the classroom, through outdoor hands on activities, project based learning, and individual one to one resource support. All facets of learning address the individual student strengths and needs.

### **Special Education Philosophy**

Children are unique and learn differently. Our children's diverse strengths and differences are not only recognized but are valued. Developing and nurturing our children's individual strengths contribute to the strength of our community. Education is fundamental in cultivating the moral, emotional, physical, psychological, spiritual, and traditional dimensions of all children.

The Kahnawà:ke Education Responsibility Act (KERA) and Kahnawà:ke Combined School Committee Constitution By-laws guide the KEC as per our responsibilities to students and parents who are registered within our community schools. The KERA stipulates that every student is entitled to the student and special needs services provided by the Kahnawà:ke Education Center (KEC) and Students with special needs will have equal access to community school programs.

The Kahnawà:ke Education Center Special Education Policy states that All Kahnawake children have the right to be educated in their community school and to be included with their peers in a regular classroom whenever possible. Inclusive Education refers to the practice of educating students that addresses both their individual differences and needs, and includes them in a community of learners.

The Kahnawà:ke Education Center Special Education Policy provides guidelines and direction for assessment, development and delivery of inclusive educational services within the context of the Kanien'kehá:ka culture and tradition. In addition, it ensures transparency and accountability of those responsible for administering the programs within the schools.

Students with learning, communication, social, emotional, physical, developmental, or spiritual needs will benefit from student services and special education programs.

## Guiding Principles

- Kahnawà:ke children have the inherent right to a quality education that enables them to reach their full potential and are entitled to the educational and special needs services provided by the KEC.
- Educational services in the schools of KEC are student-centered and are developed to support students to work to their full social and academic potential.
- Kahnawà:ke children with special needs have the right to receive quality inclusive educational services provided by qualified personnel who address their unique needs and challenges, as long as the services are financially within the means of the school system.
- All Kahnawà:ke students have the right to receive educational services in their community insofar as it is not detrimental to their safety, the safety of the other students, or the safety of staff and it is not detrimental to their personal development.
- All education services will be based on the student's needs with the expectation of measurable success.

### Parental Collaboration

Parents and guardians play an integral part in their child's education, particularly in the development of the Individualized Education Plan (IEP) and the inclusive education services that are provided by the school. Parents and guardians are strongly encouraged to contribute to the IEP process and any other matters relating to their child.

### Identification and Intervention

Parent communication and contribution are essential components that lead to student success. If a student is demonstrating difficulty, the teacher will reach out to the parents to convey the concerns and to discuss possible solutions. If the challenges continue despite the provision of in-class support, a referral to the student services team is made and the appropriate assessments are conducted by the respective professional(s).

The results and recommendations from the assessment are communicated to the school team and the parents and become the foundation of the Individualized Education Plan (IEP). Parents are not obliged to wait for the teacher to identify concerns and are encouraged to bring their personal concerns to the attention of the school which can also start the IEP process.

### What Is An Individualized Education Plan (IEP)?

An IEP is a legal and confidential document that outlines the adaptations or modifications and services provided for a student with identified special needs. It specifies the goals, strategies, assessment process for the student, and services. The Student Services Team in conjunction with the teachers and parents/guardians use the information provided by the teacher and the recommendations of the professional assessment to develop the IEP.

The teachers involved play a key role in the overall success of the student. They are typically responsible for planning and implementing the IEP and assessing the student progress in relation to the goals and objectives established in the IEP.



### **IEP Follow-up**

The Associate Principal and the Student Services Team working with the student must ensure that the IEP is monitored and evaluated on a regular basis. Parents, and the student, when appropriate, are invited to participate in the IEP meetings and are required to be advised of any changes or modifications in the IEP. The Associate Principal and the Student Services Team, in collaboration with the parents and the student, will determine if the objectives and support services are appropriate or should be modified.

### **IEP Access**

The IEP is developed to foster student success and must be made available to all of the student's teachers and any other staff member involved in the development and implementation of the plan. The individuals working with the student must have access to consult the plan to ensure that the support measures remain effective and relevant to the objectives. The individual staff members accessing the IEP are bound by confidentiality.

### **Transition Meetings**

Transition meetings occur when students are transferring into nursery school or Kindergarten or from elementary to high school. These meetings take place to ensure a smooth transition to the receiving school. On both occasions, representation from the sending and receiving schools meet to discuss individual students and the specific strengths and challenges that they may have in their new setting. At this time, a plan may be developed to assist in the transition.

## **Special Education Services**

### **Resource/Special Education Teachers**

Resource Teachers and Special Education Teachers are specialized educators that focus on helping students with academic needs with the goal to develop their reading, writing, and math skills. Behavioral challenges that interfere with learning are also addressed by the Resource and Special Education Teachers with the development of a plan with strategies to improve behavior and increase learning. Teachers may work with students individually or in a small group setting within the classroom or outside of the classroom when deemed necessary.

### **Speech and Language Services**

Speech and language services are provided by a Speech and Language Pathologist. The focus of these services is the prevention, identification, and intervention of communication difficulties. Speech disorders include difficulty with production of speech sounds, stuttering and voice/resonance disorders. Language disorders can affect the ability to understand others and/or express thoughts, ideas and feelings at a level consistent with developmental expectations. Children who struggle with speech and language difficulties may also have trouble with the acquisition of literacy skills. Articulation deficits may impact a child's phonemic awareness (the ability to recognize and analyze the sounds in words), which is a vital component of learning to read. Children who have difficulty recognizing different syllables and sounds may have trouble sounding out words as they read. Delayed language development may also contribute to a limited vocabulary which can cause difficulty with reading comprehension.

## **Psychological Services**

School Psychologists serve students, their families and teaching staff through the application of psychological knowledge about human behaviour, learning theory and development. School Psychology services contribute to an understanding of the social, emotional and learning needs of students in order to develop optimal learning environments for student success and positive mental health. Psychological Services are provided in a variety of ways and include consultation with parents and teacher, program planning, individual assessment, and individual intervention.

## **Occupational Therapy**

Occupational therapy is a service that helps to solve the problems that interfere with a person's ability to do the everyday things like: self-care (getting dressed, eating, moving around the house), being productive (going to school, participating in the community) and leisure activities (sports, social activities). The approach that is used in our schools is based on recent neuroscience that focuses on all developmental spheres: regulation, sensory, emotional, relational, and motor. A child needs to feel safe and secure to be able to be calm and alert, to have adequate sensory perception, good self-esteem, trust in others, and to manage and express emotions. It will also support the child's stability, strength, endurance and coordination to maximize gross, fine and oral motor skills. All of the which support the child's attention span, thinking, motor planning, language, and even empathy.

## **Social and School Counselling Services**

Social and school counselling services provide a continuum of preventative, developmental, remedial, and intervention services and programs through a school-based consultation framework with a focus on effective behavioral change.

## **Art Therapy**

Art therapy combines the creative process and psychotherapy, facilitating self-exploration and understanding. Using imagery, colour and shape as part of this creative therapeutic process, thoughts and feelings can be expressed that would otherwise be difficult to articulate. This service can be individual or in small groups.

## **Home-School Liaison**

The role of the Home School Liaison is to manage preventative and participatory programs and activities to families, students, and staff that will develop and enhance the partnership between home and school while supporting the children's development and learning.

## **Student Support Room**

The Student Support Room is a place where the students and staff can explore issues, express feelings, reflect on their behavior and the behaviour of others using our teachings and ways of Onkwehón:we. Tsi Niionhkwarihó:ten (Our ways) is incorporated to support students in developing self-respect and self-discipline of mind and body.



Should you require more information,  
you can contact the Coordinator of  
Student Services & Family Engagement  
at the Kahnawà:ke Education Center:  
**(450) 632-8770**



**Tehsakotitsén:tha  
Kateri Memorial  
Hospital Centre**

**450-638-3930**

**Fax: 450-638-4634**

**[www.kmhc.ca](http://www.kmhc.ca)**

## **Social Services, KMHC**

**Cyndy Boyer**

**450-638-3930, ext. 2267**

KMHC Social Services has two social workers who offer support services, counselling and who advocate for users of the inpatient department; short term, long term, respite clients and their families. The social workers can assist users with forms for Medicare and pensions, and work in collaboration with the Elder's counsellor at KSCS with mandates in case of incapacity, last wills and testaments and powers of attorney.

The social workers act as a liaison between the users and the multi-disciplinary team for services such as the Elders Lodge, Meals on Wheels and the Adult Day Center. If services required by the user cannot be provided, the social worker can make a referral to a specialist such as a psychologist, psychiatrist, and traditional healer. KMHC has recently re-opened a bed for respite care. Respite care is available for caregivers who provide care for adults with disabilities. A doctor's referral is required. The individual's needs will also be assessed to determine if KMHC can accommodate their needs safely. KMHC does not have the manpower to accommodate a client that requires constant one to one care. Wheelchair accessible to building and washrooms.

## **Community Health Unit, KMHC**

**Dawn Montour, Manager**

**450-638-3930, ext. 2213**

The Community Health Unit provides a variety of services for primary health care to include public education, consultations, clinics and awareness programs. This unit's emphasis is on the well-being of babies and school aged children offering services in pre-conceptual health, pre-natal consultations, newborn home visits, well-baby clinics, school visits and school health.

## **Community Health Unit - Pre-Conceptual Health, KMHC**

**Caireen Cross, Nurse**

**450-638-3930, ext. 2343**

To speak with those women who want to get pregnant to improve pregnancy outcomes and women's health by ensuring all vaccines are in order and determine if testing is needed for possible risks.

## **Community Health Unit - Pre-natal Consultations, KMHC**

450-638-3930, Caireen Cross, Nurse, ext. 2343

To meet with mothers to be on a regular basis to prevent potential health problems throughout the course of the pregnancy and to promote healthy lifestyles that benefit both mother and child. Followed by visit with the doctor.

## **Community Health Unit - Newborn Visits, KMHC**

450-638-3930

Caireen Cross, Nurse | Jodie Gilbert, Nurse, ext. 2343, 2323

To visit all mothers during their first week home and continue to meet till the baby re-gains their birth weight. Nurses will discuss any concerns mothers may have about the baby or themselves.

## **Community Health Unit - Well-Baby Clinics, KMHC**

Caireen Cross, Nurse | Jodie Gilbert, Nurse | Juanita Belanger, Nurse

450-638-3930, for appointments contact the secretary at ext. 2344

Babies are followed on a regular schedule to provide all immunizations to protect against preventable diseases and to determine how the baby is growing, using a screening process that monitors vision, hearing, mobility, eating, sleeping, understanding, vocabulary and expression. If any problems are detected, referrals are made to specialists at the Montreal Children's Hospital or to Dr. Kent Saylor, pediatrician at KMHC. The nurses are experienced in discussing sensitive issues and mothers are encouraged to address any concerns they have with their child's growth progress.

## **Community Health Unit - Schools, KMHC**

Dawn Lazare, Nurse, ext. 2295 | Juanita Belanger, Nurse, 450-638-3930 ext. 2322

Nurses visit Kateri, Karonhianónhnha, Step by Step, Indian way and Karihwanoron schools on a regular basis for health issues and to offer support for the students and the teachers.

## **Outpatient Care (Clinic), KMHC**

Receptionist, 450-638-3930 ext. 2220

Team of care professionals provides medical and auxiliary services to meet the needs of cliental. The clinic is open Monday- Friday from 9am-5pm and offers evening and Saturday clinics by appointment only.

Outpatient Care is mindful to assist all clientele, including those with special needs. Should you need assistance to sit in a separate room, away from the general waiting area, please notify the clinic receptionist. Should you have difficulty entering the outpatient department, please call outpatient security ext. 2208 to arrange for assistance. Drop-off area and van accessible handicapped spots in the east parking lot as well as handicapped parking directly across from the main entrance.



## **Home Care, KMHC**

Tracy Johnson-McComber, Nurse Manager  
450-632-5499 ext. 31136

Home Care Nursing aims to keep Kahnawa'kehró:non at home providing nursing services for the elderly, chronically ill, disabled, terminally ill, and those convalescing from major hospitalizations necessitating nursing care. Ongoing nursing visits provide support and supervision needed to maintain an independent lifestyle and safely meet the demands of daily living. In collaboration with Home and Community Care, in-home care is provided by Home Health Aides, i.e. domestic, personal, medication disbursement, assist in shopping, transport to medical appointment when needed, equipment on loan.

Referrals can be made to the Kahnawake Homecare Team by physicians, other agencies, family members, neighbors and patients themselves.

## **Turtle Bay Elders' Lodge-Activity Department, KMHC**

Tracy Johnson-McComber, Manager KMHC Home Care  
Janice Patton, KMHC Activity Program Nurse  
Sonny Dudek, Team Leader  
450-638-3930 ext. 31136

The Activity Program at Turtle Bay Elders' Lodge (TBEL) is a combination of the Adult Day Center of KMHC and the Activity Program at the TBEL. While there is no age specification to participate, the activity department can accommodate each individual based on their specific needs. This program conducts a day program where participants can join in a variety of activities. The program focuses on providing stimulation of mind, body and spirit and providing social interaction. It also provides respite to families, who need assistance and support to care for their loved ones at home. It runs from 8am to 4pm, Monday to Friday, as well as weekends and evenings for special activities.

Participants include the residents of the TBEL, Homecare Patients & clients of Home and Community Care. It is open to any client who requires increased social interaction or daytime respite.

Referrals can come from a variety of sources, and initial assessments are completed by the recreational therapist, in collaboration with the participant's case manager as well as other members of the activity team.



## **Dental Services, KMHC**

Dr. Ronald Borshan, Dental Surgeon  
450-638-3930 ext. 2225

Provides Professional Examination and diagnosis services. Restorative dentistry, emergency, prosthetic dentistry. Pediatric dentistry including special needs children. Wheelchair accessibility. Referral for oral surgery, orthodontics and endodontic services.

## **Child Oral Health Initiative (COHI), KMHC**

Susan Montour, Dental Hygienist | Elise Mathieu,  
450-638-3930 ext. 2225

The Child Oral Health Initiative objective is to reduce dental caries (cavities in children through proper brushing and flossing, providing fluoride treatments and providing sealants to adult teeth. The dental hygienists also screen children for any problems or potential problems i.e. and refer them to the dentist. Dental Hygienists make visits to children at schools and daycares.

## **Nutrition Services, KMHC**

Chantal Haddad ext. 2350 or Joëlle Emond ext. 2349  
450-638-3930

As part of KMHC's Outpatient Care Team our dietitians/nutritionists support individuals and families living with special needs in any matters pertaining to food and nutrition. Participants in the different groups hosted by Kahnawake's Assisted Living Services take part in several hands-on nutrition workshops each year, provided by Community Nutritionist Chantal Haddad.

Local and traditional foods are highlighted, giving individuals the opportunity to practice basic food preparation skills while learning to enjoy healthy foods. Nutrition presentations to ALS staff are available to assist in healthy menu planning and meal and snack ideas for any group activities. Individuals and families experiencing any nutrition concerns can arrange to see the Outpatient Nutritionist Joëlle Emond for personal nutrition counselling. She can help you manage issues such as healthy weight, picky eating, diabetes, high blood pressure, or any other issue for which you are referred. With personal counselling the nutritionist will work together with you to adapt nutrition advice to suit your own special situation.



## **Speech Language Therapy, KMHC**

Eva-Maria Botos, Speech Language Pathologist

450-638-3930 ext. 2244

Provides quality care to the clients of KMHC through the identification, diagnosis and treatment of communication disorders and Dysphagia. Speech Language Pathologist will provide evaluation, treatment and education for clients and parents to reduce the risk of choking and aspirating food.

Wheelchair accessible to buildings and washrooms. Once a week. Dysphagia for inpatients, some outpatients, strokes, adults. Voice, follow up for strokes.

## **Occupational Therapy - KMHC**

Bessie Pelletier, Out Patient Care Rehabilitation Secretary

450-638-3930, ext. 2261

Jessica Oesterreich, OT (STC) ext. 2149

Rebecca Bassili, OT, (LTC) ext. 2334

Chantal Belanger, OT (Out and Home Patients)

- Provides a wide range of services to assist adults and elders who are injured, ill or disabled and have challenges with everyday living including rehabilitation, preventative care and education.
- Evaluation of clients' ability to perform daily activities, taking into account physical and/or mental factors, as well as their living environment
- Screening for cognitive or perceptual difficulties
- Identifying obstacles in the environment and proposing appropriate solutions for greater independence and safety (e.g. adaptive equipment and training in its use, house modifications).
- Exercises to reduce pain, or to maintain/improve range of motion, strength, coordination, balance and endurance
- Training in daily activities
- Interventions to improve comfort (while sitting or in bed) and prevent or treat pressure sores
- Education about illness and ways to adjust it
- Recommendations of splints for upper limbs
- Assisting with applications for Medicare wheelchair and 4-wheeled scooters (if eligible)

Note: Rehabilitation (e.g. assessing work capacities/requirements, ergonomics) for return to work is not provided. Children with disabilities are served only for house accessibility assessment and for requests for technical aids. Referral is needed by patient, family, or professional.



## **Physiotherapy - Out Patient Care, KMHC**

Marla Rapoport, PT

Bessie Pelletier, Out Patient Care Rehabilitation Secretary

450-638-3930, ext. 2261

The physiotherapist is a client-centered interdisciplinary team member who conducts physiotherapy assessment, treatment, education and management of outpatient clients and provides education on self-management and prevention. The physiotherapist is involved in the promotion of health and the profession. Doctor's referral required.

**Other Services:** Foot orthotic clinic and the evaluation and ordering of specific medical devices.

**Clientele Served:** Orthopedic, all ages. Adults with neurological conditions. By doctor's referral.

Please take note that KMHC does not provide physiotherapy services to children with development delay related issues. Clients who have had a recent cerebral vascular accident are encouraged to receive therapy at centers that specialize in strokes. Clients who have sustained a work-related injury are also directed elsewhere.

## **Home and Community Care, KMHC**

Janice Patton, Kateri Adult Day Centre Nurse ext. 142

Sonny Dudek ext. 126 or 104

450-632-5499 ext. 2264 or ext. 31104

The Kateri Activity Department enables their clients to maintain a leisurely lifestyle through therapeutic programs designed to enhance their physical, mental, emotional and social pursuits. Activities include arts and crafts, bingo and other games, discussions, exercises, movies, outings, parties, religious services and socialization. The Kateri Centre Adult Care Nurse provides on-going nursing care to all Kateri Adult Day Center clients. Wheelchair accessible to buildings and washrooms.

## **KMHC Transportation**

Michael Delisle, 514-894-7879

KMHC Transportation to ensure the transportation needs of the organization's clients and services are met. The vehicle driver is responsible for transporting clients to KMHC's weekly activities which include Turtle Bay Elders' Lodge; appointments at assigned institutions; provides emergency transportation relevant to KMHC operations.



## **Long Term Care, KMHC**

Robin Guyer, Manager  
450-638-3930 ext. 2274

The Inpatient Care is composed of 2 services; Long-Term Care and Short-Term Care. Both provide the highest level of nursing care using a collaborative multidisciplinary approach. Individuals who are admitted to Long Term Care are referred to as residents as KMHC is now their home. Residents are cared for with dignity and attention to their individual needs. Care plans are created for every resident with their input as well as input from their family and friends.

The services that are available to Long Term Care residents include: physiotherapy, occupational therapy, nutrition, speech language pathology, traditional counselling, activities and social workers. Respite care is available for caregivers who provide care for adults with disabilities and is an opportunity for caregivers at home to take some time for themselves for a week while their loved one is admitted to KMHC. Newly referred respite clients will be assessed to determine if KMHC could accommodate their needs safely and if needed, visits to inpatient can be arranged to familiarize the potential respite client with the environment. Respite helps with self-care for the caregivers but also helps the client to become familiar with the environment at KMHC as most will eventually become long term care residents. Long Term Care is composed of 58 beds, 1 of those being the Respite bed. Long Term Care is wheelchair accessible and has wheelchair adapted bathrooms.

## **Short Term Care, KMHC**

Gail Costigan, Manager  
450-638-3930 ext. 2298

The Inpatient Care is composed of 2 services; Long-Term Care and Short-Term Care. Both provide the highest level of nursing care using a collaborative multidisciplinary approach. Individuals who are admitted to Short Term Care are referred to as clients of KMHC. The clients are cared for with dignity and attention to their individual needs. Care plans are created for every client with their input as well as input from their family.

Services that are available to Short Term Care clients are: physiotherapy, occupational therapy, nutrition, speech language pathology, traditional services, and social workers.

Reasons for admission to Short Term Care are: rehabilitation post-surgery, palliative care, loss of autonomy, pain management and stabilizing medical conditions. The goal of Short Term Care is to have clients return to their home.

Short Term Care is composed of 15 private rooms.

Wheelchair accessible to building and washrooms.



**450-632-6880**

P. O. Box 1440

Kahnawake Mohawk Territory J0L1B0

Fax. 450-632-5116

**[www.kscs.ca](http://www.kscs.ca)**

**VISION** KSCS strives for a strong collective future for Kahnawà:ke by promoting and supporting a healthy family unit.

**MISSION** To encourage and support a healthy lifestyle by engaging with community through activities that strengthen our KSCS values of peace, respect, and responsibility with the collaboration of all organizations on Kahnawà:ke.

### **TO ACCESS SERVICES**

A call to 450-632-6880 will put you in contact with the appropriate person.

**In the event of an emergency** situation during evenings, weekends and holidays, call: **Kahnawake Peacekeepers at 450-632-6505** and ask to speak with the on-call/after-hours response worker.

## **ASSISTED LIVING SERVICES**

■ **FAMILY SUPPORT & RESOURCE SERVICES** All families and individuals living with special needs Services provide individuals who are living with special needs and their families with access to information and support that empowers people with disabilities and increases their self-advocacy abilities. Individuals are assisted to develop life management skills and competencies each to their own abilities.

■ **TEEN SOCIAL CLUB (TSC)** Special needs Kahnawa'kehró:non ages 13+ Afternoon/evening program that provides life skills and social supports with a focus on social integration for special needs individuals. Monday to Friday, after school to 7:30, and school PED days. In summer, the TSC operates as a day program.

■ **YOUNG ADULTS PROGRAM (YAP)** Special need individuals aged 21 + A day program operating Monday to Friday with some evenings/weekends. YAP offers the individual and their caregiver life skills and social supports that focus on social integration in Kahnawake and the surrounding communities.

■ **INDEPENDENT LIVING CENTER (ILC)** Individuals living with severe and persistent mental health diagnosis ILC is a 12 bed residential resource providing a safe, structured and supportive living environment that facilitates the individuals' stability and overall health. Residents have access to an interdisciplinary mental health team that includes Case Workers, Life Skills Workers and where needed a mental health nurse, physician, pharmacist and psychiatrist.



## HOME & COMMUNITY CARE SERVICES (HCCS)

### ■ HOME CARE Individuals aged 25 +

Provides active clients of HCCS with the following services:

- Homecare Nursing
- Income Security Assistance
- Estate Planning & Management
- Enkwa'nonska Program
- Meals on Wheels

### ■ TURTLE BAY ELDERS LODGE

- Residential living/emergency care for elderly
- A'nowaráhne apartment facility

## PREVENTION SERVICES

### ■ PARENTING SERVICES, Noreen Montour

KSCS can provide a parenting worker who can offer support finding appropriate assistance to meet your needs. Psychosocial counseling and clinical care is not provided by KSCS parenting workers, but they can create a service plan to help support and guide the family to getting services and accessing credible information about raising a child with special needs.

The parenting service plan will be customized to meet the individual needs of the parent and family.

### ■ INTAKE SERVICES/AFTER HOURS RESPONSE SERVICES Available to all Kahnawa'kehró:non

Is the primary point of entry for all Kahnawa'kehró:non seeking KSCS services. Intake reports to a clinical supervisor to decide which services are appropriate to meet the needs of a caller. After hours, the primary contact for Kahnawa'kehró:non in crisis after hours, on weekends and on holidays. Accessing this service is made by calling the Kahnawake Peacekeepers and asking for the After-Hours Response Worker.



## SUPPORT SERVICES

The following services are available to all eligible community members (individual must have a band number or have a familial connection with the community).

### PSYCHOLOGICAL SERVICES

Psychological Services provides specialized assessments, support counselling and psychotherapy to children, adolescents, adults, elders, couples, families and groups presenting with a wide spectrum of mental health challenges that cause significant distress and/or impaired functioning. Our services are accessible and tailored to meet the community's specific needs and delivered in a timely manner.

Our approaches are culturally sensitive, respectful of gender identities/sexual diversities, evidence-based, and eclectic to ensure clients receive high quality services. We aim to build on individual strengths and resilience with integrity, empathy, accountability, and mutual respect. Intervention objectives are tailored to the client's needs.

### ADDICTIONS RESPONSE SERVICES

Continue to aid and support clients in overcoming substance abuse and addictive behavior by assisting clients in breaking the normalization pattern of addiction practices and behaviors in our families, with special focus on children, youth and their families.

INTENDED FOR	AGE	GENDER
PDA Recovery group	18 years & over	Male & Female
Cross Fit (alternative wellness activity)	18 years & over	Male & Female
Women at Risk Recovery Group	18 years & over	Female
Section # 84 (Corrections Canada)	18 years & over	Male & Female
Addiction Youth Work	12 to 18 years	Male & Female

## SECONDARY PREVENTION

The Secondary Prevention Team is committed to providing quality counselling services in a confidential and safe setting to individuals, couples and families and make appropriate referrals to external resources when needed.

We are also responsible to organize and provide support/psychoeducational groups based on client/community needs. There is also an expectation to participate and organize prevention activities with the goal of educating the community on clinical trends.

The goals of the individuals, couples and families accessing services will vary depending on their presenting issues and needs.

Health impacts include:

- Improved mental health
- Reduce isolation
- Reduce reliance on unhealthy ways of coping (i.e. alcohol or other substances)
- Improve physical health/reduce obesity as there is a direct link between mental health and physical symptoms (lack of sleep, poor nutrition, lack of exercise)





**MCK**

**450-638-0500**

P.O. Box 720, Kahnawake Mohawk Territory J0L1B0

The **Home Repair Loan Program** and **RRAP** are the primary resources currently offered by MCK Housing to clientele with special needs. MCK can assist in adapting our Social Housing Units to clients' physical needs as best we can, and we also are focusing on building new housing developments with flexible designs that can be easily adapted based on clients' needs. These would include more units with walk-in showers, sufficiently wide doorways, spaces for grab bars, as well as minimal step-ups to enter the unit.

## **HOME REPAIR LOAN PROGRAM**

This is a maximum \$25K/10year Home Repair Loan Program that allows community members to borrow funds to repair/refurbish/adapt their homes. It's not intended for aesthetic upgrades and is focused on necessary home repairs but is often accessed by community members looking to adapt their homes as their physical needs change.

## **RRAP**

The Residential Rehabilitation Adaptation Program is a program administered by the Canada Mortgage and Housing Corporation (CMHC). The RRAP available for clients requiring necessary home repairs to maintain the integrity of the home, but who don't have the financial means to carry them out. There are also different versions of the RRAP focused on adapting the home based on adapting the home to accommodate people's changing physical needs. MCK Housing administers the program, but RRAP loans are inspected and approved directly by CMHC.



## SPORTS & RECREATION UNIT

[www.kahnawake.com](http://www.kahnawake.com)

**MISSION:** We exist to improve the physical and mental health of our community members. We help high-caliber athletes excel. We support coaches and help minor sports organizations thrive. We support arts programs and Kanien'kehá:ka cultural art. We create recreational programming that strengthens social bonds and reduces the isolation of vulnerable people. We create spaces for exercise and leisure for all ages and abilities. We develop parks, playgrounds and sports fields our current and future generations will enjoy.

**UNIVERSAL DESIGN:** Going forward, the Sports & Recreation Unit is committed to creating more recreational spaces that can benefit all community members regardless of age or level of mobility. All public facilities will be built using Universal Design principles where mobility issues are factored into the design phase from the beginning and planned with a spectrum of mobility and accessibility needs in mind. In addition, continued work on upgrading our current facilities is underway to make them all accessible.

**SESAME PARK & MINI PUTT:** In the fall of 2020, Sesame Park, a sensory playground, was built using special principles to be a therapeutic play area for children on the spectrum or with other developmental delays. In addition, the playground was designed to create zones of interaction where individuals of all abilities could play and socialize. The 18-hole miniature golf course currently under construction will feature an asphalt walkway to ensure that at least 50% of the course is accessible to those in wheelchairs or with other mobility challenges.

**SPECIAL NEEDS RECREATION FUND:** In 2020, through the Kahnawake Youth Recreation Fund, the Mohawk Council of Kahnawake approved a \$10,000 budget to go towards Special Needs Recreation for creation of special programming, adaptations to current programming and supporting youth who wish to take part in recreation not offered in the community.

**For more information about these initiatives or anything else regarding Special Needs and Recreation, please contact MacKenzie Whyte at the Kahnawake Sports Complex at (450) 638-3311.**

# **Tsi ionterohwaienhstakwa ne Kahwatsiranó:ron**

## **Step By Step Child & Family Center**



Melissa Lasante- Pedagogy and Resource Services Coordinator

Colleen Jacobs- Family Support Worker

**(450) 632-7603**

Melissa.lasante@stepxstep.ca

Colleen.jacobs@stepxstep.ca

[www.stepxstep.ca](http://www.stepxstep.ca)

### **Each Belongs**

Step By Step Child & Family Center (SBSCFC) is an inclusive early intervention program for children between the ages of 18 months and 6 years and their families. At SBS, every child belongs and we celebrate the gifts and respect the challenges that are unique to every child and their family.



## Philosophy

Step By Step Child & Family Center (SBSCFC) was founded on the principles of the Kanien'kehá:ka value of interrelatedness and provides an accepting nurturing environment for all young children and their families. The responsibility of SBSCFC is to support all families in their child's physical, cognitive, and social-emotional development based on our culture and traditions. By carrying the family fire (Kahwatsiré) forward, SBSCFC continues to provide culturally relevant childcare critical for the preservation of our language, traditions, and identity. As parents and caregivers, this is our responsibility to all children.

SBSCFC believes that every child has the right to be a part of the mainstream, to be a contributing member of the community. At SBSCFC, inclusion is a value that is demonstrated through carefully preplanned inclusive learning experiences among parents, children, and the community that foster not only societal acceptance and stigma reduction but also promote learning of important social and academic skills.

SBSCFC uses developmental screens, assessments, parent questionnaires as well as in class observations to assure knowledge of each child's development level and to deliver individualized programs to develop each child to his/her full potential. Teacher-child ratios are used to ensure that each child's needs are met. Children who are "differently abled" are not excluded or segregated in special rooms. Over generations of time, elders have spoken of the traditions and values of a society which respects and dignifies each of its members equally, a basic philosophy of inclusion. That is who we are. Today, we must work together to find ways to return to our true teachings.

## Building Capacity

SBSCFC believes in capacity building. Children and families have varied strengths, assets, talents and interests. Our family-centered assessment and intervention practices place a major emphasis on supporting and strengthening family functioning through the identification of needs and the child and family strengths and capabilities relating to meeting those needs. SBS takes a positive approach to assessment and service delivery. We take the time to develop an authentic picture of the child and his/her family and then build on a foundation of strengths.

## **Using a Wholistic Framework**

SBSCFC utilizes a wholistic framework to that understand human learning and development both in the child and adult as being very interconnected with people, their histories and their environments. The child is not separate from their parents and family and the family is not separate from the resources and supports – such as services, family, friends and neighbors - within the community.

Although theory and research in child development guides and informs our practices, our knowledge of the community, its people and culture and the real life relationships we form with everyone who passes through our doors, also contribute profoundly to our understanding of the unique developmental pathways of children and families.

Our efforts to support children to develop a solid foundation for the future must also include supporting the family to build their capacity and to access and build networks of support, which will enrich the quality of family life.

## **Collaborating with Parents**

Parent involvement in a child's education is a well-established essential for growth and development. We work towards a genuine collaboration with families by acknowledging and seeking out their expertise about their own children and by engaging them in our curriculum in ways that also highlight their gifts to the community. We know that successful outcomes for individual children, families and for the center as a community service will depend on an authentic collaboration and partnership with families.

## **Services and Supports**

SBSCFC provides a comprehensive array of services and supports to children and their families which are culturally guided, evidence-based and associated with optimal child outcomes. The SBS model to providing service and support is a responsive, flexible and fluid process delivered by a collaborative professional team. It is highly individualized and is shaped by each respective child and family, their strengths, needs, desires and unique situation.

There is no one way or best way to deliver service and any obstacle is merely a challenge we will find a solution for.

In addition to the quality early childhood education program delivered within each classroom, all children and families are able to benefit from services which include:

- **The Individualized Education/Family Support Plan (IEP/FSP)** is a document which identifies the strengths, challenges and needs of a particular child and his/her family and some priority objectives and strategies which will support the child to develop and learn. The IEP/FSP is a true collaboration between the Resource Team, Specialists, Classroom Team and the family and it is regularly updated to meet the needs of the child and family
- **The Family Support Worker** provides meaningful and practical supports and learning opportunities to parents/families and supports teachers and families to bridge learning for children between school and home.
- **The Speech and Language Pathologist (SLP)** is a professional whose expertise includes prevention, identification, evaluation and treatment of communication difficulties. The SLP at SBSCFC will work in a team to help support children in using their speech, language, and social skills in the childcare center and with their peers.
- **The Psychologist** supports and strengthens the capacity of parent/families so as to enable families to develop a good quality of life with their children and to help themselves throughout their lives

**Occupational Therapy Support** and **Physiotherapy Support** are professionals who work with SBSCFC on a consultation basis. These consultations are set up in a way which allows the professionals to observe, assess and provide recommendations to further support children in achieving their potential. These recommendations are then discussed with the family and also carried out by our collaborative resource team using a model which is both responsive and flexible.

**Resource Team** includes Resource Consultant, Resource Teachers and Inclusion Support Workers:

- Work with the classroom teachers and the Resource Team to maximize children's learning opportunities and to support their inclusion
- Observe children to determine their strengths and needs
- Develop and review Individualized Education Plans (IEPs) for children based on strengths, interests and areas of challenge needing support
- Meet regularly with teachers and assistants to support their understanding of the needs of individual children and the strategies to be used to support their learning and participation
- Work directly one on one or in small groups with children who have IEPs, both within and outside of the classroom
- Create visual support materials for classrooms and individual children to assist with the children's comprehension, communication and participation





## **A Natural Learning Focus**

It is generally recognized that interventions are more likely to be successful if they are implemented in the context of children's everyday activity. Therefore, an integral part of our professional practice is related to bridging the therapeutic, home and school environment. Our specialist practitioners coach our personnel, family members, and caregivers in techniques for teaching, parenting, understanding and managing difficult behavior, language stimulation, etc., that can be carried out in natural learning contexts within the classroom, at home and within community settings.

## **Transition to Elementary Schools**

SBSCFC plays an active role in supporting children and families as they make the transition into elementary schools. Before leaving the Center, parents are asked to complete a transition booklet which identifies each child's story; i.e. their personal qualities, temperament, abilities and challenges.

The information gathered to build this portrait will help the incoming school to:

- Better assess your child's needs
- Recognize the efforts that your child puts forth
- Provide opportunity to ensure the continuity of services

Additionally, when a child has an IEP/FSP in place, parents are invited to attend a transition meeting between members of the administration teams and resource teams of SBSCFC and the school their child will be attending. This process has been set up in order to ensure that teachers are provided with the tools they need to welcome your child and guide him or her throughout the year.

# DIRECTORY OF SERVICES

The following Directory of Services is a collection of both local and non-local resources that were put together with our community's special needs families in mind.

This information was gathered in an effort to provide a wide range of services to Kahnawa'kéhro:non who need inclusive care, programming, and assistance. We hope that whatever your needs may be, these pages will be helpful to you for years to come.



Tissue paper art by Maegan Meloche

## ■ ADULT & ELDER'S SERVICES, KSCS

**450-632-5499**

Patricia Zachary, Counsellor  
patriciaz@kscskahnawake.ca  
www.kscs.ca

Counsellor offers information and liaison services for income security programs, disabilities, marriage, birth certificates, estate planning, wills, and provides Commissioner of Oaths and other services.

*See Section 1 **Community Resources** for more information.*

 Accessible to building and washrooms.

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## ■ CENTRE D'ACTION BÉNÉVOLE DU GRAND CHATEAUGUAY

**450-699-6289**

10, rue Gilmour Chateauguay J6J 1K4  
www.cabchateauguay.org  
benevolat@cabgc.org

Offers a variety of services to support clients with unique needs

- Phone support for vulnerable people aged 50+
- Daily morning calls
- Psychological phone support or caregivers
- Transport service for medical appointments
- Tax services

Services are available in English.

## ■ CONNECTING HORIZONS

**450-638-0976**

**450-638-9030**

Cathy Rice, Alana Atwin or Iris Phillips, Coordinator  
cathyrice@yahoo.ca  
alana.atwin@sympatico.ca  
iris.phillips@connectinghorizons.org

A community-based group of individuals including those with special needs, caregivers, interested community members and service providers. The group is committed to working to promote inclusion and quality of life for all Kahnawa'kehró:non.

*See Section 1 **Community Resources** for more information.*

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## ■ ESSENTIAL SNOW REMOVAL, MCK

**450-638-0500**

Caroline McComber or Lacey-Jo Canadian  
caroline.mccomber@mck.ca  
www.mck.ca under Social Development

A snow removal service for elders 65+ and the disabled. Snow will be removed from entrances, ramps, stairs and driveways to allow emergency vehicles access. One must live alone with a limited income, with little or no extended family, have a medical problem, or have no family to help them. Decisions are made on a case by case basis.

 Accessible to building and washrooms.

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## ■ HOME & COMMUNITY CARE SERVICES, KSCS

**450-632-5499**

Tawnie Miller-Bush, Elders' Case Worker  
tawniemb@kscskahnawake.ca  
www.kscs.ca

The case worker will assess elders' needs and coordinate services required to include home care aids, home care nurse, meals on wheels, applications for housing, outings, housework and in-home respite care.

*See Section 1 Community Resources for more information.*

 Accessible to building and washrooms.

## ■ JORDAN'S PRINCIPLE

**450-632-6880**

Andrea Brisebois, ext. 30216  
andreab@kscskahnawake.ca  
www.kscs.ca

Jordan's Principle is a child-first principle whose goal is to ensure all First Nations children, 0-18 years, receive the services they require in the fields of health, social and education. It covers services such as mental health, special education, physical therapy, medical equipment, physiotherapy and more.


*See Section 1 Community Resources for more information.*

## ■ KAHNAWAKE FIRE BRIGADE & AMBULANCE SERVICE (KFB)

**450-632-2010**

David Scott, Fire Chief  
david.scott@kfb.ca  
www.mck.ca

KFB is a well-equipped, superbly trained volunteer team of firefighter/emergency personnel. KFB is dedicated to protecting the lives and property of Kahnawa'kehró:non and neighbours in and around Mohawk territory. Firefighters are trained to assist those with autism in emergency situations, i.e. fire, (firefighters will know where to look for individuals). KFB is available to service fire extinguishers, conduct fire inspections and design fire evacuation plans for special needs families.

 Accessible to building through garage bay.

## ■ PUBLIC WORKS, MCK

**450-632-5825**

Brendan Montour  
brendan.montour@mck.ca  
www.mck.ca

Assists in providing special street signs to indicate an individual's disability.

*See Section 1 Community Resources for more information.*

 Accessible to building.

■ **NON-INSURED HEALTH BENEFIT SERVICES**

**450-632-6880**

Andrea Brisebois, ext. 30216  
andreab@kscskahnawake.ca  
www.kscs.ca

The NIHB program provides coverage for medically necessary products and services not covered by other plans and programs such as private insurance and Quebec health insurance plan (Medicare).

*See Section 1 **Community Resources** for more information.*

■ **SOCIAL SERVICES, KMHC**

**450-638-3930**

Cyndy Boyer, ext. 2267  
cyndy.boyer.kahnawake@ssss.gouv.qc.ca  
www.kmhc.ca

KMHC Social Services has two social workers who offer support services and counselling and who advocate for users of the inpatient department, which includes short-term, long-term, and respite clients, and their families.

*See Section 1 **Community Resources** for more information.*



## ■ MARTHA MONTOUR

**514-894-6035**

Martha Montour, Lawyer & Accredited Mediator  
marthamontour@gmail.com

Provides legal services for fees, aware of Wills, Mandates, Tutorships, Power of Attorney etc. Experience with mediation, family child custody, and public curatorship for family member with special needs.

 Accessible to building.

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## ■ ÉDUCALOI

**514-954-3408**

Richard Goldman, Lawyer, ext. 3661  
www.educaloi.qc.ca

Éducaloi has three main areas of focus: legal information, legal education, and the development of expertise in clear legal communication. Activities in these areas help Québec residents better understand the law, their rights, and their responsibilities. The team at Éducaloi devises and creates reliable and accessible legal information and educational tools while raises public awareness of the legal aspects of everyday life. They offer service in english and french, to help families and individual's find solutions to their unique needs.

## ■ INDIGENOUS SERVICES CANADA (SERVICES TO INDIVIDUALS)

**450-638-1372**

Bryan Diabo, Individual Affairs Officer  
bryan.diabo@canada.ca  
www.canada.ca/en/indigenous-services-canada

It is important to have proper documents when caring for an individual or family member who may lack capacity. Indigenous Services Canada provides services including, but not limited to, Indian Registration, Issuance of Indian Status Cards, Estates, Guardianship and Trusteeship.

 Accessible to building.

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## ■ LEGAL AID

**450-691-4325**

147 Saint-Jean-Baptiste  
Chateauguay, QC, J6K 3B1  
chateauguay@ccjrs.com

Provides free legal services and assistance to eligible parties, i.e. POA, Mandates, Wills, public/private Curatorship. Call services in English.

 Accessible to building.

■ **SKAWENNIIO TSI  
IEWENNAHNOTAHKHW  
KAHNAWAKE LIBRARY**

**450-633-1016**

Shelly Diabo-Delaronde, Library Clerk  
kahnawakelibrary@paulcomm.ca  
www.klibrary.ca

The Library provides audiobooks and plenty of space for mobility and wheelchair access.

 Accessible to building and washrooms. ■

■ **FDTM (FAVORISER LE DÉVELOPPEMENT MAXIMAL DE TOUS)**

**450-321-5500  
1-866-465-0559**

Fax: 450-321-5503  
2211, de la Métropole  
Longueuil, Quebec J4G 1S5  
www.fdm.ca/catalogue

Specializes in sensory-motor, oral-motor and tools to support development, adapted equipment and products (Visual Timers, Pencil Grips) used to promote sensory integration and facilitate learning of children with special needs such as Autism, PDD, Asperger's Syndrome, ADHD and ADD, Dyspraxia, Dysphagia, etc.

■ **THE NEXT CHAPTER BOOK CLUB**

**514-345-8330**

Nina Chepurniy, ext. 203  
The Gold Centre  
5331 Ferrier  
Montreal, Québec H4P 1M1  
info@goldlearningcentre.com  
www.goldlearningcentre.com

Montreal branch of The Next Chapter Book Club reads popular novels based on the interests of participants and spends weekly meetings reading and discussing the various novels. The group meets weekly in a coffee shop. Travel to and from the coffee shop to be organized by home or case managers, or by the participant themselves, if possible.



## ■ AFTER SCHOOL PROGRAM, KAHNAWAKE YOUTH CENTER

**450-632-6601**

Wahsontiio Montour, Program Manager  
wahsontiio.montour@kahnawakeyouthcenter.ca  
kahnawakeyouthcenter.ca

Offers daily animated activities and healthy snacks for children 6-12 (grades 1-6), Monday to Friday, 3pm to 5pm. Children with special needs are welcome. Coordinator will meet with parents to determine if needs can be accommodated and will develop a plan. Safe bus drop-off from Karonhianónnhna and Karihwanoron, safe street crossing from Kateri School; bus service home from November to March. Membership required.

 Accessible to 1st floor and washrooms

## ■ EMERGO RESPITE SERVICES FOR AUTISM & OTHER PERVERSIVE DEVELOPMENTAL DISORDERS

**514-931-2882**

2300 Blvd René-Lévesque West  
Montreal, Quebec H3H 2R5  
info@repitemergo.com  
servicesderepitemergo.com/e\_accueil.html

Offers respite services for parents of autistic children, including summer programs and programs for weekends and Christmas holidays. Safe and stimulating outdoor environment adapted to individual needs, encouraging participants to maintain and develop their capabilities.

## ■ GLEE CLUB

**514-345-8330**

Nina Chepurniy, ext. 203  
The Gold Centre  
5331 Ferrier  
Montreal, Québec H4P 1M1  
info@goldlearningcentre.com  
www.goldlearningcentre.com

A group of men and women who love to sing and perform. Most days consist of a combination of singing old favourites and learning new music to sing together as a choir. Must be 18 years or older.

## ■ MOUVEMENT ACTION-DÉCOUVERTE

**450-698-3361**

Béatrice Pinot, Executive Director  
25-B Boul. St-Francis Chateauguay, QC J6J 1Y2  
actiondecouverte.org/en/  
actiondecouverte@videotron.ca

The mission of Mouvement Action-Découverte is to increase the individual and collective autonomy of people of all ages with an intellectual disability. Programming includes 'Action Program' for Special civic involvement activities, 'Discovery Program' for individual, paired, or group projects, and 'Movement Program' for learning and development activities and educational workshops. Services are available in English.

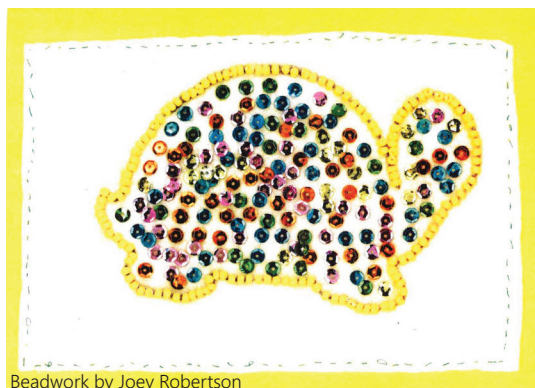
## ■ SKÁTNE IONKWATEHIAHRÓNTIE CREATIVE ARTS THERAPIES

Megan Kanerahtenha:wi Whyte, Art Therapist  
MA, ATPQ

[mkwarttherapy@gmail.com](mailto:mkwarttherapy@gmail.com)

[megankaneratenhawiiwhyte.com](http://megankaneratenhawiiwhyte.com)

Art Therapy is a form of expressive therapy that uses visual media to improve mental, emotional, physical and spiritual health. This service takes a trauma-informed, humanistic and studio art therapy approach which aims to increase resiliency, self-exploration, secure attachment and emotional regulation for First Nations families. Guided art-making can support families with special needs in particular by focusing on non-verbal expression, boundaries in materials and the exploration of physical space. Art Therapy is accessible as closed individual and group options through Kateri School and privately as well as through the travelling community Art Hive (mural making, workshops). Art therapy and the Art Hive can be covered by Jordan's Principle.



Beadwork by Joey Robertson

Artwork: Joey Robertson

## ■ SKAWENNIIO TSI IEWENNAHNOTAHKHW KAHNAWAKE LIBRARY BOOK CLUB

**450-633-1016**

Melanie Phillips-Kirby, Children's Library Co-ordinator

[kahnawakelibrary@paulcomm.ca](mailto:kahnawakelibrary@paulcomm.ca)

[www.klibrary.com](http://www.klibrary.com)

The library welcomes elementary age children with special needs to participate in book club programs and camps.

♿ Accessible to building and washrooms.

## ■ YOUNG ADULTS PROGRAM, ALS

**450-632-7730**

Cynthia McGregor, ext. 32101

[cynthiam@kscskahnawake.ca](mailto:cynthiam@kscskahnawake.ca)

[www.kscs.ca](http://www.kscs.ca)

Day program for individuals, 19 years and over, with physical and developmental disabilities.

See Section 1 **Community Resources** for more information.

♿ Accessible to building and washrooms.



## ■ CENTRE MULTIFONCTIONNEL HORIZON

**450-692-6000**

Marie-josée Michaud, Director, ext. 101  
78 Chemin du Lac-St-Louis  
Léry, QC J6N 1A1  
[info@centrehorizon.org](mailto:info@centrehorizon.org)

Community organization for people of all disabilities, whether it is a physical, intellectual or autism spectrum disorder. Organization offers daytime activities during the week, intended for adults over 18 years of age to help reconcile work and family. Respite service is also available. Attentive to the care of the physical needs, but also the social and emotional needs of people with disabilities and their families.

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## ■ STEP BY STEP CHILD & FAMILY CENTER

**450-632-7603**

Nancy Rother, Coordinator of Inclusive Programming  
[nancyr@stepbystep.ca](mailto:nancyr@stepbystep.ca)  
[www.stepxstep.ca](http://www.stepxstep.ca)

Provides a comprehensive array of services and supports to children and their families which are culturally guided, evidence-based and associated with optimal child outcomes.

*See Section 1 **Community Resources** for more information.*

Accessible to building and washrooms.  
Handicapped parking.

## ■ CHIC CHEZ VOUS

**514-668-7980**

**450-923-5933**

Mrs. Manon Prévost, Sales Counselor

4220 de Rouen #400

Montréal QC H1V 3T2

[www.chicchezvous.com/en/contact-us.aspx](http://www.chicchezvous.com/en/contact-us.aspx)

Offers a line of adaptive clothing with a modern look that stands out by its quality. Offers an empathic customer service that takes into account the reality of the persons experiencing loss of autonomy, their family members and their caregivers.

## ■ CRÉATION CONFORT

**514-728-6889**

**1-800-394-1513**

3565, Jarry Est, Bureau 304

Montreal, QC H1Z 2G1

[info@creationconfort.com](mailto:info@creationconfort.com)

Création Confort's mission is to facilitate the lives of elderly care, special needs, and people with disabilities such as Alzheimers, arthritis, as well as their caregivers. Création Confort is developing, manufacturing, and marketing comfortable clothing for the disabled/handicapped that is designed specifically to meet the needs of the in content or wheelchair-dependent person.



## ■ MODE ÉZÉ PLUS

**514-303-6535**

6490 Beaubien Est

Montreal, QC H1M1A9

[www.ezeplus.com](http://www.ezeplus.com)

Designs, manufactures and markets fashionable clothing adapted to facilitate the clothing of people with loss of autonomy or reduced mobility. These garments facilitate the work of caregivers and medical staff, thanks to an opening system at the back of the garment, allowing to don pain-free clothes to those people who have motor problems, suffering from Alzheimer's, Paralysis, Parkinson's, the elderly and disabled children.

The Community Health Unit's emphasis is on the well-being of babies and school aged children, offering services in pre-conceptual health, pre-natal consultations, newborn home visits, well-baby clinics, school visits and school health.

*See Section 1 Community Resources  
for more information.*



## ■ COMMUNITY HEALTH UNIT, KMHC

### 450-638-3930

Dawn Montour, Manager, ext. 2213  
dawn.montour.kahnawake@ssss.gouv.qc.ca  
www.kmhc.ca

## PRE-CONCEPTUAL HEALTH PRE-NATAL CONSULTATIONS

Caireen Cross, Nurse, ext. 2343  
caireen.cross.kahnawake@ssss.gouv.qc.ca

## NEWBORN VISITS

Caireen Cross, Nurse, ext. 2343  
Jodie Gilbert, Nurse, ext. 2323  
caireen.cross.kahnawake@ssss.gouv.qc.ca  
jodie.gilbert.kahnawake@ssss.gouv.qc.ca

## WELL-BABY CLINICS

Caireen Cross, Nurse, ext. 2343  
Jodie Gilbert  
Appointments, ext. 2344  
caireen.cross.kahnawake@ssss.gouv.qc.ca  
jodie.gilbert.kahnawake@ssss.gouv.qc.ca  
juanita.belanger.kahnawake@ssss.gouv.qc.ca

## SCHOOLS

Dawn Lazare, Nurse, ext. 2295  
Juanita Belanger, ext. 2322  
dawn.lazare.kahnawake@ssss.gouv.qc.ca  
juanita.belanger.kahnawake@ssss.gouv.qc.ca



■ **AUTISM SPECTRUM DISORDERS  
CLINIC, DOUGLAS HOSPITAL**

**514-761-6131**  
6875 LaSalle Blvd.  
Verdun, QC H4H 1R3  
[www.douglas.qc.ca](http://www.douglas.qc.ca)

Include diagnosis by a multidisciplinary team; referral to appropriate resources for further interventions; prescription of medication and follow-up with prescribing physicians.

■ **HOME & COMMUNITY CARE, KMHc**

**450-632-5499**  
Tracy Johnson-McComber, Home Care  
Manager, ext. 31136  
[tracyj@kscskahnawake.ca](mailto:tracyj@kscskahnawake.ca)  
[www.kmhc.ca](http://www.kmhc.ca)

Aims to keep Kahnawa'kehró:non at home, providing services for the elderly, chronically ill, disabled, terminally ill, and those convalescing from major hospitalizations necessitating nursing care.

*See Section 1 **Community Resources** for more information.*

■ **OUTPATIENT CARE (CLINIC), KMHc**

**450-638-3930**  
Receptionist, ext. 2220  
[www.kmhc.ca](http://www.kmhc.ca)

Team of care professionals provides medical and auxiliary services to meet the needs of cliental. The clinic is open Monday- Friday from 9am-5pm and offers evening and Saturday clinics by appointment only.

*See Section 1 **Community Resources** for more information.*

## ■ SOCIAL INTEGRATION LITERACY & LIFE SKILLS PROGRAM, FNRAEC MOHAWK TRAIL CAMPUS

**450-635-6352**

Petal McComber

pmccomber@fnraec.com

www.fnraec.com

A hands-on, culturally based learning program to teach life skills, basic adult education and work placement that targets those with special needs. Transportation is provided; unfortunately not equipped for a wheelchair.

## ■ STEP BY STEP CHILD & FAMILY CENTER

**450-632-7603**

Nancy Rother, Coordinator of Inclusive Programming

nancyr@stepbystep.ca

www.stepxstep.ca

Provides services and supports to children and families which are culturally guided, evidence-based and associated with optimal child outcomes.

See Section 1 *Community Resources* for more information.

♿ Accessible to building and washrooms. Handicapped parking.



Painting by Guy Montour

## ■ DENTAL HYGIENIST, COHI, KMHC

**450-638-3930**

Susan Montour and Elise Mathieu  
susan.montour.kahnawake@ssss.gouv.qc.ca  
elise.mathieu.kahnawake@ssss.gouv.qc.ca  
www.kmhc.ca

The Child Oral Health Initiative objective is to reduce dental cavities in children through proper brushing and flossing, providing fluoride treatments and providing sealants to adult teeth. Dental hygienists screen children for problems or potential problems and refer them to the dentist. Dental Hygienists make visits to children at schools and daycares.

♿ Accessible to building and washrooms.

## ■ SOS DENTISTE

**514-990-0911 (home service)**  
**514-721-6006 (clinical service)**

Carrefour Dentaire de Montréal  
1101 Bélanger Est, Montreal H2S 1H6  
www.sos-dentiste.ca/home

Provides list of emergency dental clinics in the greater Montreal area. If your child cannot be treated by a regular dentist, accessible, specialized dental care is available from select locations. Some clinics offer evening appointments and 24-hour emergency services. Please call the Montreal clinical service number for more information.

## ■ CHILD ORAL HEALTH INITIATIVE, (COHI) KMHC

**450-638-3930**

Dr. Ronald Borshan, Dental Surgeon, ext. 2225  
www.kmhc.ca

Examination and diagnosis. Restorative dentistry, emergency, prosthetic dentistry. Pediatric dentistry including special needs children. Referral for oral surgery, orthodontics and endodontic services.

♿ Wheelchair accessibility.

## ■ DEPARTMENT OF DENTISTRY, MCGILL UNIVERSITY

**(514) 412-4479**

1040 Atwater Ave  
Westmount, Quebec H3Z 1X3  
www.thechildren.com

The department of Dentistry provides a full range of dental services to children and adolescents who have complicated dental problems and/or medical problems requiring hospital-based dental treatments. Eleven general practitioners with between 8 and 34 years of experience are responsible for the daily care of children, particularly those with special needs. The team responds to emergencies 24 hours a day, all year around.



## ■ KANIEN'KEHAKA FUNDING ASSOCIATION

**450-635-6791**

Wendy Cross

[kfa-funding@hotmail.com](mailto:kfa-funding@hotmail.com)

KFA provides short term assistance for those experiencing difficulty meeting basic needs, such as food, clothing, heating. Applications are reviewed on a case by case basis.

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## ■ TSI IEHWISTAIENTAHKWA CAISSE POPULAIRE KAHNAWAKE

**450-638-5464**

Tricia Collier, Financial Advisor

[tricia.collier@desjardins.com](mailto:tricia.collier@desjardins.com)

[www.desjardin.com/ang](http://www.desjardin.com/ang)

Financial Planning for families and individuals with a variety of needs of all ages.

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## ■ KIDSHEALTH [kidshealth.org](http://kidshealth.org)

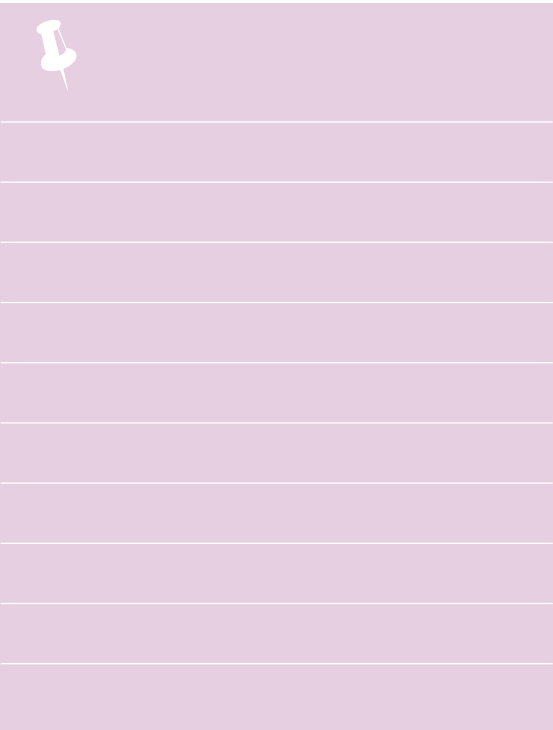
Financial planning for kids with special needs. Kidshealth aims to give families the tools and confidence to make the best choices. Advice on children's health, behavior, and growth from before birth through the teen years. This resource offers insight on the steps to take to financially prepare your loved ones for life.

■ ALL NIGHT PHARMACY

**(514) 738-8464**

Queen Mary Pharmaprix  
Nabil Chikh, Owner  
5122 Chemin De La Cote-Des-Neiges  
Montreal, QC H3T 1X8  
fphx066@pharmaprix.ca

24-hour pharmacy located next to St. Mary's Hospital in Montreal. The email provided is for general inquiries. Please do not send personal or confidential health information over email.



■ FADI CHAMOUN & SPIROS MARINIS PHARMACY (KMHC PHARMACY)

**450-638-5760**

Fadi Chamoun & Spiros Marinis  
kateri.pharmacy@hotmail.com  
facebook.com/Kateriphararmacy

Offers products and services for all Kahnawake'kehrón families and those families with special needs:

- Free delivery of medication
- Packaged medication – on request or if needed
- Private room to discuss medications
- Walking devices available on loan
- Other prescription products can be ordered
- Referrals to orthopedic stores

Staff are available to assist customers in a friendly helpful manner. They are sensitive to those with challenging needs and disabilities, especially children and will prioritize their requests. They also will check patients who may need monitoring with their medications. Located in the Kateri Memorial Hospital Center. Open 7 days/week.

♿ Accessible to building and washrooms. Handicapped parking.



## ■ OLD MALONE MEDICAL CENTER

**450-638-0690**

Reception - June Jacobs, Connie Phillips,  
Autumn Kirby

Facebook: Old Malone Medical Center

Optometrist - Dr. Spector

Podiatrist - Dr. Bevacqua

Chiropractor - Dr. Gehl

General Practitioner – Dr. Mercier

Sleep apnea doctors' availability varies. Meet by appointment or walk-in. Patients are treated with the outmost care and respect. We try to make sure our appointments are on schedule so there is minimal waiting time, especially for special needs clients or infants. Located on the 2nd floor of Proxim Pharmacy.

Accessible to building, elevator and wash-rooms. Handicapped parking.

## ■ OLD MALONE PHARMACY

**450-638-7777**

Kristapore Manoukian

kris@oldmalonepharmacy.com

Facebook: Old Malone Pharmacy

Offers products and services for Kahnawa'keh-ró:nnon and families with special needs, open 6 days/week:

- Free delivery of medication
- Packaged medication
- Private room available for explanation of medications
- In-store products for physically disabled, with/without prescriptions
- Other prescription products can be ordered with one-day wait.
- Referral to other stores for specialty products.

Staff are available to assist customers in a friendly helpful manner. They are sensitive to those with challenging needs and disabilities, especially children, and are experienced to treat them in a non-threatening, calming manner. Pharmacy entrance is ground level. Staff will assist you to open the door or carry your bags to the car.

Handicapped parking.

■ **EATING DISORDERS CLINIC**

**514-412-4481**

**514-544-2323**

2121 Crescent, Suite 200

Montreal, QC H3G 2C1

[info@cliniquebaca.com](mailto:info@cliniquebaca.com)

[www.cliniquebaca.com](http://www.cliniquebaca.com)

Provides assessment and treatment for pre-adolescents and adolescents with anorexia or bulimia by offering a multidisciplinary approach, including individual and family therapy, as well as clinical nutrition. Telehealth services are available on demand.

■ **NUTRITION SERVICES, KMHC**

**450-638-3930**

Chantal Haddad, ext. 2350

Joëlle Emond, ext. 2349

[www.kmhc.ca](http://www.kmhc.ca)

As part of KMHC’s Outpatient Care Team, dietitians/nutritionists support individuals and families living with special needs in any matters pertaining to food and nutrition.

*See Section 1 **Community Resources** for more information.*



■ **WESTMOUNT WELLNESS CENTRE**

**514-448-9777**

5165 Sherbrooke W, Suite 111

Montreal, QC H4A 1T5

[info@santewestmount.com](mailto:info@santewestmount.com)

[www.westmountwellnesscenter.com](http://www.westmountwellnesscenter.com)

Biomedical and nutritional approach for special needs including Autism, Asperger’s Syndrome and ADD/ADHD.

## ■ KIDDO ACTIVE PEDIATRIC THERAPY

**514-787-1866**

Stephanie Swinburne  
223 St-Jean Blvd.  
Pointe-Claire, Qc, H9R 3J1  
info@kiddoactive.com  
www.kiddoactive.com

A multi-disciplinary clinic offering occupational therapy, physiotherapy, speech therapy, art therapy and registered dietician services in a fun and interactive sensory-motor environment. Offers evaluations and individual treatment as well as specialized groups such as SOS feeding for picky eating, reading development, bike club and social skills groups. Services available for children 0-18 years of age with sensory-motor difficulties, speech and language delays, autism, ADD/ADHD, dyspraxia, learning disabilities, and more.

## ■ PHYSIOTHERAPY, KMHC

**450-638-3930**

Marla Rapoport, PT  
Bessie Pelletier, Admin. Assistant, ext. 2261  
bessie.pelletier.kahnawake@ssss.gouv.qc.ca

Physiotherapist conducts assessment, treatment, education and management of outpatient clients. Provides education on self-management and prevention. Involved in the promotion of health and the profession. Doctor's referral required.

*See Section 1 Community Resources for more information.*

## ■ OCCUPATIONAL THERAPY, KMHC

**450-638-3930**

Chantal Belanger, OT  
Bessie Pelletier, Admin. Assistant, ext. 2261  
bessie.pelletier.kahnawake@ssss.gouv.qc.ca  
www.kmhc.ca

Provides a wide range of services to assist adults and elders who are injured, ill or disabled and have challenges with everyday living including rehabilitation, preventative care and education.

*See Section 1 Community Resources for more information.*

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## ■ PROGRAMME SPÉCIALISÉ TROUBLE DU SPECTRE DE L'AUTISME

**450-698-0600**

Julie Pepin, Program Coordinator, ext. 4111  
1200, rue Ford, Châteauguay Qc J6J 4Z2

**450-455-6104**

Nathalie Proulx, ext. 2233  
www.santemonteregie.qc.ca

Offers socialization workshops, specialized programs for intellectual disabilities, autism spectrum disorders, school and community integration, workplace integration, behavioural disorders/severe behavioural disorders, as well as graduated supportive housing program. Call for list of accurate services and other English services.

■ SHORT TERM CARE, KMHC

450-638-3930

Gail Costigan, Manager, ext. 2298  
gail.costigan.kahnawake@ssss.gouv.qc.ca  
www.kmhc.ca

Provides the highest level of nursing care using a collaborative multidisciplinary approach. Individuals admitted to Short Term Care are referred to as clients of Kateri Memorial Hospital Centre.

See Section 1 *Community Resources* for more information.

 Accessible to building and washrooms.

■ SPEECH THERAPY, KMHC

450-638-3930

Eva-Maria Botos, ext. 2244  
evamariabotos@kmhc.ca  
www.kmhc.ca

Provides quality care to clients of KMHC through the identification, diagnosis and treatment of communication disorders and Dysphagia.

See Section 1 *Community Resources* for more information.

 Accessible to building and washrooms.



■ SPECIALIZED ADAPTATION & REHABILITATION SERVICES

450-635-4779

Intake, Analysis and Referral desk  
Toll-free: 1-833-364-0944  
Fax: 450-635-1865  
Guichet-acces.di-tsa-dp.ciassmo16@ssss.gouv.qc.ca  
www.santemonteregie.qc.ca

Doctor or professional will refer you to ID-ASD-PD access desk at CISSS de la Montérégie-Ouest, who will analyze needs and refer you to appropriate services, such as specialized programs for motor impairment, language impairment, hearing impairment, school and community integration, driving, or medical clinic specialized in degenerative diseases or chronic pain, and physical disability intensive functional rehabilitation unit (PD-IFRU). You may also have to contact the ID-ASP-PD access desk yourself.

## ■ MONTREAL THERAPY CENTRE – COUNSELING SERVICES

**514-244-1290**

Queen Elizabeth Health Complex, 2100 Marlowe  
Suite 539, Montreal, Quebec H4A 3L5  
[www.montrealtherapy.com](http://www.montrealtherapy.com)

Offers services for children, adolescents, individual, family therapy, art therapy. Learning disabilities, grief, trauma, anxiety, depression, eating disorders, ADHD, self-esteem, behavioral disorders. Counselors, therapists and psychologists available.

## ■ MORNEAU SHEPELL

**1-866-653-2397**

Pointe-Claire, Westmount, Montreal East,  
Sherbrooke, Terrebonne  
[childrensupportolutions@morneaushepell.com](mailto:childrensupportolutions@morneaushepell.com)  
[www.childrensupportolutions.com](http://www.childrensupportolutions.com)

For over 15 years, Morneau Shepell has worked with families, schools and childcare centres to identify children's needs and help them reach their potential. Works with infants to young adults of all abilities providing a wide range of services including screening and assessments, one to one therapy, and solutions for schools and daycares. Therapies include psychology, neuropsychology, psycho-education, speech-language pathology, special education, physiotherapy, occupational therapy, behavioral therapy.

## ■ PSYCHOLOGICAL SERVICES, KSCS

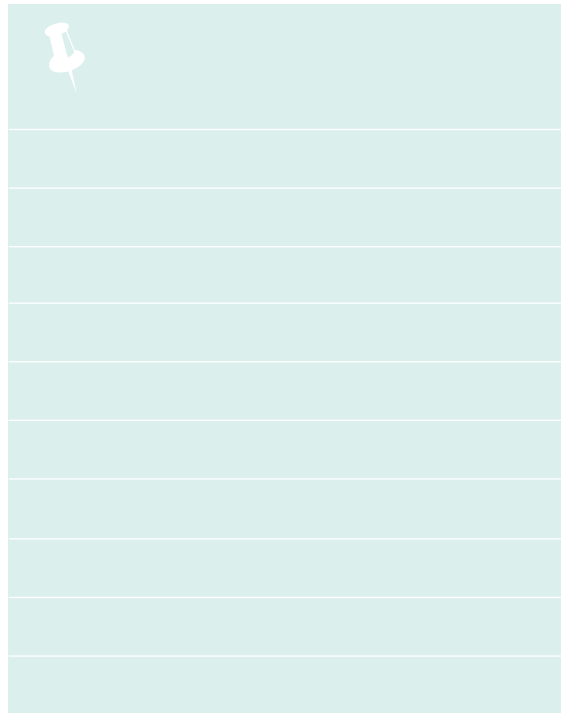
**450-632-6880**

Stefanie Giorgi  
[www.kscs.ca](http://www.kscs.ca)

Provides specialized assessments, support counselling and psychotherapy to youth, adults, elders, couples, families and groups presenting with a wide spectrum of psychological challenges that cause significant distress and/or impaired functioning in many areas of life.

*See Section 1 **Community Resources** for more information.*

 Accessible to building and washrooms.



# RECREATIONAL ACTIVITIES & TRAVEL

## ■ HOME & COMMUNITY CARE, KMHC

**450-632-5499**

Janice Patton, Adult Care Nurse, ext. 2264  
or 31104

Sonny Dudek, ext. 126 or 104  
[www.kmhc.ca](http://www.kmhc.ca) and [www.kscs.ca](http://www.kscs.ca)

The Kateri Activity Department enables clients to maintain a leisurely lifestyle through therapeutic programs designed to enhance their physical, mental, emotional and social pursuits.

*See Section 1 **Community Resources** for more information.*


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## ■ KAHNAWAKE GOLDEN AGE CLUB

**450-632-4317**

Peggy Mayo, President  
[peggymayo1954@msn.com](mailto:peggymayo1954@msn.com)  
Facebook: Kahnawake Golden Age

A place for mature members to socialize, share, and participate in activities: outings, trips, bingo, euchre, dinners, exercise, Kanien-ké'ha classes and special seasonal events. Yearly membership is required. The club hosts an open house on Saturdays once a month from 10am to 7pm. All are welcome. No membership required.

 Accessible to building and washrooms; assistance to members /guests with special needs.

## ■ KAHNAWAKE MEDICAL TRANSPORT

**450-632-0424**

Daniel Jacobs  
[daniel.jacobs@kfb.ca](mailto:daniel.jacobs@kfb.ca)

Vehicle service for medical appointments in Kahnawake and surrounding areas.

Monday to Friday: 7am to 6pm  
Saturday: Mainly for dialysis, scans, MRIs  
Sunday: Closed

Wheelchair adapted van to accommodate 1 wheelchair, regular seating for 3-4. Reserve 24 hours in advance of appointment; may be used for travel to special events in Kahnawake. Arrangements can be made for those with special needs such as autism and mental health, who are not physically disabled. Please notify dispatcher. Drivers can assist to enter or exit the vehicle.

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## ■ KMHC TRANSPORTATION

**450-638-3930**

Michael Delisle  
[michael.delisle.kahnawake@ssss.gouv.qc.ca](mailto:michael.delisle.kahnawake@ssss.gouv.qc.ca)  
[www.kmhc.ca](http://www.kmhc.ca)

Ensures the transportation needs of the organization's clients and services are met.

*See Section 1 **Community Resources** for more information.*



## ■ FAMILY SUPPORT & RESOURCE SERVICES, ALS

**450-632-7730**

Peter Montour

[peterm@kscskahnawake.ca](mailto:peterm@kscskahnawake.ca)

[www.kscs.ca](http://www.kscs.ca)

Provides services to promote inclusion and enhance quality of life for clients. Case-workers work with individuals, families and professionals to assess needs and develop a service plan.

*See Section 1 **Community Resources** for more information.*

Accessible to building and washrooms.

## ■ ASSISTED LIVING SERVICES (ALS), KSCS

**450-632-7730**

Victoria Coury-Jocks

[als@kscskahnawake.ca](mailto:als@kscskahnawake.ca)

[www.kscs.ca](http://www.kscs.ca)

ALS provides services to support individuals with special needs and their families through client centered services which maintain and enhance quality of life and assist individuals to reach their full potential.

*See Section 1 **Community Resources** for more information.*

Accessible to building and washrooms.

## ■ HOME CARE PROGRAM, KSCS

**450-632-5499**

Mike Chahal and Allison Phillips

[kermichaelc@kscskahnawake.ca](mailto:kermichaelc@kscskahnawake.ca)

[allisonp@kscskahnawake.ca](mailto:allisonp@kscskahnawake.ca)

[www.kscs.ca](http://www.kscs.ca)

Homecare team works hand in hand with families to provide assistance, with medications, personal care, meal preparation, in-home respite, escorts, shopping and errands, and domestic services.

*See Section 1 **Community Resources** for more information.*

Accessible to building and washrooms.

## ■ PROGRAMME SPÉCIALISÉ TROUBLE DU SPECTRE DE L'AUTISME

**450-698-0600**

Julie Pepin, Program Coordinator, ext. 4111  
1200, rue Ford, Châteauguay Qc J6J 4Z2

**450-455-6104**

Nathalie Proulx, ext. 2233  
[www.santemonteregie.qc.ca](http://www.santemonteregie.qc.ca)

Offers socialization workshops, specialized programs for intellectual disabilities, autism spectrum disorders, school and community integration, workplace integration, behavioural disorders/severe behavioural disorders, as well as graduated supportive housing program. Call for list of accurate services and other English services.

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## ■ TEEN SOCIAL CLUB, ALS

**450-632-7730**

Cynthia McGregor, ext. 32101  
[cynthiam@kscskahnawake.ca](mailto:cynthiam@kscskahnawake.ca)  
[www.kscs.ca](http://www.kscs.ca)

Afterschool program for teens, 12-18 years, with physical and developmental disabilities.

*See Section 1 **Community Resources** for more information.*

 Accessible to building and washrooms.

## ■ SPECIALIZED ADAPTATION & REHABILITATION SERVICES

**450-635-4779**

Intake, Analysis & Referral desk  
Toll-free: 1-833-364-0944  
Fax: 450-635-1865  
[Guichet-acces.di-tsa-dp.ciassmo16@ssss.gouv.qc.ca](mailto:Guichet-acces.di-tsa-dp.ciassmo16@ssss.gouv.qc.ca)  
[www.santemonteregie.qc.ca](http://www.santemonteregie.qc.ca)

Doctor or professional will refer you to the ID-ASD-PD access desk at CISSS de la Montérégie-Ouest, who will analyze needs and refer you to appropriate services, such as specialized programs for motor impairment, language impairment, hearing impairment, school and community integration, driving, or medical clinic specialized in degenerative diseases or chronic pain, and the physical disability intensive functional rehabilitation unit (PD-IFRU).

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## ■ YOUNG ADULTS PROGRAM, ALS

**450-632-7730**

Cynthia McGregor, ext. 32101  
[cynthiam@kscskahnawake.ca](mailto:cynthiam@kscskahnawake.ca)  
[www.kscs.ca](http://www.kscs.ca)

Day program for individuals, 19 years and over, with physical and developmental disabilities. *See*

*Section 1 **Community Resources** for more information.*

 Accessible to building and washrooms.



## ■ A'NOWARÁHNE INDEPENDENT LIVING

**450-632-5499**

Dwayne Kirby

dwaynek@kscskahnawake.ca

www.kscs.ca

A 6-unit, 2-floor apartment style complex located near Turtle Bay Elders' Lodge. Must be in need of housing and meet certain criteria to apply for occupancy such as age, independent, self-sufficient and Kanien'kehá:ka of Kahnawake.

*See Section 1 **Community Resources** for more information.*

Accessible to ground floor.

## ■ HOUSING DEPARTMENT, MCK

**450-638-0500**

Reva D'Ailleboust

reva.dailleboust@mck.ca

www.mck.ca

The MCK Housing Department has several services to assist those with special needs.

*See Section 1 **Community Resources** for more information.*

Accessible to building and washrooms.

## ■ KANIEŃ'KEHAKA FUNDING ASSOCIATION

**450-635-6791**

Wendy Cross

kfa-funding@hotmail.com

KFA provides short term assistance for those experiencing difficulty meeting basic needs, such as heating. Applications are reviewed on a case by case basis.

■ LONG TERM CARE, KMHC

450-638-3930

Robin Guyer, Manager, ext. 2274  
robin.guyer.kahnawake@ssss.gouv.qc.ca  
www.kmhc.ca

Provides the highest level of nursing care using a collaborative multidisciplinary approach. Individuals admitted to Long Term Care are referred to as residents, as Kateri Memorial Hospital Centre is their home.

See Section 1 *Community Resources* for more information.

 Accessible to building and washrooms.

■ TURTLE BAY ELDER’S LODGE

450-632-5499

Dwayne Kirby  
dwaynek@kscskahnawake.ca  
www.kscs.ca

A residential elders residence providing a continuum of care to elders in the community that addresses health and social needs. Residents must be independent; can accommodate those with mobility issues (wheelchair or walker).

See Section 1 *Community Resources* for more information.

 Accessible to building and washrooms.



## ■ ADULT LEARNERS WITH SPECIAL NEEDS

**450-691-2540**

70 Maple

Chateauguay, QC J6J 3P8

[registrationnova@nfsb.qc.ca](mailto:registrationnova@nfsb.qc.ca)

Social Integration Services (SIS) Program is for adult learners with intellectual, psychological, social, or physical difficulties and exceptionalities. Specialized team of teachers, attendants, and community groups provide students with a learning environment that promotes a sense of community, belonging and teamwork.

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## ■ BRENDA MILNER SCHOOL

**514-380-8899 ext. 4491**

201 Boulevard Sutterlin

Chateauguay, Qc J6K 4Z7

[www.brenda-milner.csdgs.qc.ca](http://www.brenda-milner.csdgs.qc.ca)

This new specialized school is the result of an alliance between the Grandes-Seigneuries School Board and the New Frontiers School Board. It will have a regional mandate and will welcome students with disabilities, aged 4 to 21, at preschool, primary and secondary levels, presenting a profound or moderate to severe intellectual impairment with associated disorders.

## ■ CHAMPLAIN COLLEGE SAINT-LAMBERT, ADAMS PACE

**450-672-7360**

Marina Bresba, Program Coordinator, ext. 350

900 Rue Riverside, Saint-Lambert, QC J4P 3P2

[mbresba@rsb.qc.ca](mailto:mbresba@rsb.qc.ca)

[www.adamspacesite.wordpress.com/about-us/](http://www.adamspacesite.wordpress.com/about-us/)

Adam's PACE is an inclusive post-secondary program and an extension of Riverside's alternative services, designed to meet the needs of students who are in their final years of schooling. This inclusive transition program opens doors to a vocational future through classroom learning and community work experiences.

Specific learning goals are designed through a person-centered planning process to meet the needs of individual students. This program targets students between the ages of 18 and 21 who have developmental, intellectual, or multiple disabilities. Students have the ability to take audited college classes while developing valuable life and workforce skills.

## ■ ÉCOLE VANGUARD

**514-747-5500**

5935 chemin de la Côte-de-Liesse,  
Montreal, QC, H4T 1C3  
[www.vanguardquebec.qc.ca/home](http://www.vanguardquebec.qc.ca/home)

Vanguard is an elementary school and high school whose mission is to help students with severe learning disabilities by offering them the resources that will enable them to learn and to experience academic success.

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## ■ FIRST NATIONS REGIONAL ADULT EDUCATION CENTER (FNRAEC) KAHNAWAKE CAMPUS

**450-635-6352**

Carina Deere, Director  
[cdeere@fnraec.com](mailto:cdeere@fnraec.com)  
[www.fnraec.com](http://www.fnraec.com)

Educational programs that integrate Mohawk traditions, designed for adults who strive to reach their educational and future employment goals, such as a vocational program, promotion, trade, job, or post-secondary school. FNRAEC could support those with physical or learning disabilities or mental health issues, on a limited basis, through support of educational services and support counselling services.

♿ Accessible to building and washrooms. Handicapped parking.

## ■ INDIAN WAY SCHOOL

**450-632-3258**

Alma Diabo, Administrator  
[info@indianwayschool.ca](mailto:info@indianwayschool.ca)

Speech therapy, occupational therapist, counselling services, open to registered students. Resource teacher available to provide additional assistance to students with special needs. Resource room also available, OT, School Psychologist.

Not wheelchair accessible.

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## ■ KANIEŃ'KEHA:KA ONKWAWÉN:NA RAOTITIÓHKWA LANGUAGE & CULTURAL CENTER

**450-638-0880**

Lisa Phillips, Executive Director  
[kor@korkahnawake.org](mailto:kor@korkahnawake.org)  
[www.korkahnawake.org](http://www.korkahnawake.org)

Ratiwennahní:rats Language Program accommodates the needs of students on an individual basis. Needs are not identified in the application process. The language program also offers counselling services to students.

♿ Accessible to building and washrooms.

## ■ KARONHIANÓNHNHA TSI IONTERIHWAIENTÁHKHWA

**450-638-2970**

Kahentoréhtha Lauren Jacco  
P.O. Box 1000, Kahnawake Mohawk Territory,  
QC J0L 1B0  
Fax: 450-638-2325

Provides quality education geared to the development of each child to the fullest in the acquisition of the knowledge, skills and attitude necessary to further their education. Language proficiency and academics are the main goals of the program, taking care to support the individual needs of each child. Karonhianónhnha realizes that every child learns at a different pace and has different needs that make them unique as learners.

Our student services team consists of:

- Resource Teacher
- Ka'nikonhri:io Room, student mentorship coach
- Occupational Therapist
- Speech & Language Pathologist & Speech Aid
- Behavior Technician
- School Nurse
- Dental Hygienist
- Student Counselor

## ■ MACKAY CENTER SCHOOL & PHILLIP E. LAYTON SCHOOLS

**514-483-0550**

6333 Rue de Terrebonne Montreal  
[www.mackay.emsb.qc.ca](http://www.mackay.emsb.qc.ca)

The Mackay Center School educates children with motor, speech or sensorial difficulties. Children come from the greater Montreal region.

 Accessible to building and washrooms.

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## ■ STEP BY STEP CHILD & FAMILY CENTER

**450-632-7603**

Nancy Rother, Coordinator of Inclusive  
Programming  
[nancyr@stepbystep.ca](mailto:nancyr@stepbystep.ca)  
[www.stepxstep.ca](http://www.stepxstep.ca)

Provides a comprehensive array of services and supports to children and their families which are culturally guided, evidence-based and associated with optimal child outcomes.

*See Section 1 **Community Resources** for more information.*

 Accessible to building and washrooms.  
Handicapped parking.

■ **FADI CHAMOUN & SPIROS MARINIS  
PHARMACY (KMHC PHARMACY)**

**450-638-5760**

Fadi Chamoun & Spiros Marinis  
kateri.pharmacy@hotmail.com  
facebook.com/Kateriphararmacy

Located in the Kateri Memorial Hospital  
Center. Open 6 days a week.

♿ Accessible to building and washrooms.  
Handicapped parking.

■ **MAISON ANDRÉ VIGER**

**450-465-7560**

3340, boulevard Taschereau  
Greenfield Park, QC J4V 2H6

Maison André Viger provides adaptive equip-  
ment of all kinds to accommodate individual  
needs. Products and services include mobility  
equipment, home adaptation, podiatry prod-  
ucts such as strollers, and ostomy and urology  
devices. They also provide technical, repair, and  
installation services.



■ **OLD MALONE PHARMACY**

**450-638-7777**

Kristapore Manoukian  
kris@oldmalonepharmacy.com  
Facebook: Old Malone Pharmacy

Offers products and services for Kahnawa'keh-  
ró:non and families with special needs, open 6  
days/week.

Pharmacy entrance is ground level. Staff will  
assist you to open the door or carry your bags  
to the car.

♿ Handicapped parking.

## ■ ASSISTANCE & REFERRAL CENTRE

### **(514) 605-9500**

106 Churchill Blvd. (2nd Floor) Greenfield Park,  
Quebec, J4V 2L9  
info@arc-hss.ca  
www.arc-hss.ca/

The Assistance and Referral Centre (ARC) is a non-profit organization that promotes awareness & accessibility to English-Language Health and Social Services for communities on the South Shore. Assistance and services are available for youth, seniors, families, and caregivers. ARC also helps to create partnerships and community involvement.

- Network of public and community partners
- Promotion of healthy lifestyles
- Adaptation & translation of health services in English
- Information sessions and material in English
- Interpreter and liaison services
- Collaboration with public agencies and community groups to facilitate access
- Information and Referrals

## ■ CONNECTING HORIZONS

### **450-638-0976**

### **450-638-9030**

Cathy Rice, Alana Atwin or Iris Phillips, Coordinator  
cathyrice@yahoo.ca  
alana.atwin@sympatico.ca  
iris.phillips@connectinghorizons.org

A community-based group of individuals including those with special needs, caregivers, interested community members and service providers. The group is committed to working to promote inclusion and quality of life for all Kahnawa'kehrónon.

*See Section 1 **Community Resources** for more information.*


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## ■ KAHNAWAKE GOLDEN AGE CLUB

### **450-632-4317**

Peggy Mayo, President  
peggymayo1954@msn.com  
Facebook: Kahnawake Golden Age

A place for mature members to socialize, share, and participate in activities: outings, trips, bingo, euchre, dinners, exercise, Kanienké'ha classes and special seasonal events. Yearly membership is required. The club hosts an open house on Saturdays once a month from 10am to 7pm. All are welcome. No membership required.

 Accessible to building and washrooms; assistance to members /guests with special needs.

## ■ PREVENTION/PROMOTION/ EDUCATION, KSCS

**450-632-6880**

Christine Taylor

christinet@kscskahnawake.ca

www.kscs.ca

Programs for Kahnawa'kehró:non:

- Training ASIST: Applied Suicide Intervention Skills Training.
- Training Mental Health First Aid for Adults that Interact with Youth. Sessions are delivered by a certified trainer. Available by request

Information booths, campaigns and monthly educational sessions support KSCS programs. Open to collaborate with community to promote and educate on topics of importance, such as special needs.

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## ■ ST. FRANCIS XAVIER MISSION (CATHOLIC CHURCH)

**450-632-6030**

Kelly Robertson

kateritekakwitha.net

kateritekakwithasanctuary@yahoo.ca

Fr. Vincent Esprit is available to speak to individuals in times of difficulty and provide support, Tuesday to Thursday from 1pm to 4pm. Please call for an appointment.

♿ Accessible to building. Washrooms are not wheelchair accessible.

## ■ TEEN SOCIAL CLUB, ALS

**450-632-7730**

Cynthia McGregor, ext. 32101

cynthiam@kscskahnawake.ca

Afterschool program for teens, 12-18 years, with physical and developmental disabilities.

*See Section 1 Community Resources for more information.*

♿ Accessible to building and washrooms.

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## ■ TURTLE BAY ELDERS' LODGE ACTIVITY DEPARTMENT, KMHc

**450-632-5499**

Tracy Johnson-McComber, Home Care Manager, ext. 31136

www.kmhc.ca & www.kscs.ca

*See Section 1 Community Resources for more information.*

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## ■ YOUNG ADULTS PROGRAM, ALS

**450-632-7730**

Cynthia McGregor, ext. 32101

cynthiam@kscskahnawake.ca

Day program for individuals, 19 years and over, with physical and developmental disabilities.

*See Section 1 Community Resources for more information.*

♿ Accessible to building and washrooms.

## ■ BRIGHTSIDE LEARNING

**514-398-0131**

Robin Bernstein, Founding Director  
4226 Boulevard Saint-Jean #305  
Dollard-des-Ormeaux, QC, H9G 1X5  
brightsidelearning@gmail.com  
www.brightsidelearning.com

Assists students with ADHD and learning disabilities to build skills for academic success. Services include ADHD and Academic Coaching, Study Buddy Program, Summer Programs, and College Coaching. Services focus on unique needs of students with learning disabilities with the goal of providing lifelong learning skills. Robin Bernstein holds a B.A. from Concordia University, a B.Ed. from the University of Ottawa and is a Certified ADHD Coach for teens and college students. She has over 10 years of experience teaching and coaching students with ADHD, learning disabilities and Asperger's, as well as working with at-risk youth and students who have difficulty with motivation and self-esteem.

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## ■ PIANO ART

**514-254-2533**

rad4433@hotmail.com

Adapted piano lessons with objectives to develop different skills. Provides individual assessments, an adapted approach with ABA, Bilingual service.

## ■ THE LEARNING ASSOCIATES

**514-989-9360**

Barbara Bobrow  
4203 Ste. Catherine St. West, Montreal, Quebec H3Z 1P6  
Fax: 514-989-8419  
lam@lammtl.org  
www.lammtl.org

Learning assessments, one-on-one tutoring and coaching for children with learning disabilities. Summer camp, co-ed, ages 6-12. Intensive 3-week summer reading program for children with learning disabilities.

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## ■ TRAMPOLINE PROGRAM MIRIAM FOUNDATION, CENTRE GOLD

**514-345-8330**

5331 Ferrier, Montreal, Quebec H4P 1M1  
info@goldlearningcentre.com  
www.goldlearningcentre.com

An intensive intervention program that provides specialized, intensive intervention to children aged 18 months to 6 years with ASD and other developmental disabilities. This is a not-for-profit program.

## ■ FIRST NATIONS HUMAN RESOURCES DEVELOPMENT COMMISSION OF QUEBEC

**450-638-4171**

Rose-Anne Gosselin  
rgosselin@cdrhpnq.qc.ca  
www.apnql.com

Responsible for administration of employment and training development measures, and also for the job market and competency development among First Nations. Works on employment and training for those with disabilities, to develop an awareness strategy, to encourage the hiring of individuals with disabilities, and digital training for front-line workers to better understand persons with disabilities.

♿ Accessible to building and washrooms.

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## ■ MACKAY CENTER – MAB REHABILITATION CENTER

**514-488-5552**

7000 Sherbrooke St. W  
www.llmrc.ca

Work Evaluation and Orientation Program offers a global evaluation of client's functional work capacities, analysis or adaptation of a workstation, development of work capacities (physical conditioning), professional orientation (complete process or consultations for specific aspects), and job shadowing.

## ■ TEWATOHNNI'SAKTHA, WORKFORCE DEVELOPMENT

**450.638.4280**

Angie Marquis  
P.O. Box 1110, Kahnawake, J0L 1B0  
Fax: 450-638-3276  
angie.marquis@kedc.biz  
www.tewa.ca

Workforce Development's programs and services are designed to offer essential skills, techniques, and information needed to assist in mapping out career path, and ultimately reaching fulfilling employment.

Services include:

- One-on-one counseling sessions
- Access to adapted material and strategies for students with disabilities
- Current employment opportunities & subsidized work measures
- Academic upgrading & vocational training opportunities
- Access to available professional resources (Tutors, etc.)

Programs include:

- Kahnawà:ke Summer Student Employment Program (KSSEP)
- Skills Link Program
- Mentor a Student Intern
- Transitions
- Self-Employment Assistance Program (SEAP)

## ADDITIONAL RESOURCES

In this next section, you will find various online and educational resources and tools. Included are apps for easy learning, tips on how to better communicate with your loved ones, and ways that you can practice inclusive habits in your community.



Jaime Peterson

## SIGNS THAT MAY SUGGEST A PHYSICAL DISABILITY

When children miss important physical and motor milestones, they may be showing early signs of a developmental delay or physical disability. The following are typical signs that may suggest a physical disability or motor delay. Child care providers should pay attention if a young child:

- Has unusually tight muscle tone and resists sitting up or bending the knees
- Has unusually loose muscle tone and cannot hold his head up after about 3 months
- Does not reach for toys
- Has trouble releasing objects voluntarily
- Does not reach across the body during play
- Reaches only with one hand, even when feeding himself
- Doesn't put hands out to catch himself if falling
- Has poorly developed hand or finger coordination and cannot pick up or hold objects
- Has poor balance or stumbles and trips frequently

"Physical Disabilities: Signs of Concern." EXtension Alliance for Better Child Care, EXtension, 15 Aug. 2019, [childcare.extension.org/2019/08/physical-disabilities-signs-of-concern/](http://childcare.extension.org/2019/08/physical-disabilities-signs-of-concern/).

## SIGNS THAT MAY SUGGEST A LEARNING DISABILITY

Child care providers should pay attention if a child:

- Has a shorter attention span than other children the same age
- Is more easily distracted than other children
- Has difficulty switching gears when it's time for a transition
- Always prefers to play with younger children
- Is afraid of trying new things
- Has difficulty solving problems
- Does not remember things well
- Has trouble transferring something learned to a new situation
- Speaks and uses language like a much younger child

"Learning Disabilities: Signs of Concern." EXtension Alliance for Better Child Care, EXtension, 15 Aug. 2019, [childcare.extension.org/2019/08/learning-disabilities-signs-of-concern/](http://childcare.extension.org/2019/08/learning-disabilities-signs-of-concern/).

## SIGNS THAT MAY SUGGEST A HEARING DISABILITY

The following signs may suggest a hearing disability. Child care providers should pay attention when a child:

- Does not respond when spoken to
- Does not startle at loud noises
- Does not turn toward sounds
- Does not wake up in response to sounds
- May respond to very loud sounds, but not to softer normal sounds
- Coos or gurgles, but does not progress to saying words
- Does not talk very much, if at all
- Talks, but is impossible to understand
- Leaves out many sounds when talking
- Talks in a monotone
- Seems unable to follow verbal directions; often says “huh” or “what”
- Interrupts conversations
- Seems unaware that others are talking
- Holds head so one ear is turned toward a speaker
- Is alert and attentive to things that can be seen, uninterested in those that can only be heard

“Hearing Disabilities: Signs of Concern.” EXtension Alliance for Better Child Care, EXtension, 15 Aug. 2019, [childcare.extension.org/2019/08/hearing-disabilities-signs-of-concern/](http://childcare.extension.org/2019/08/hearing-disabilities-signs-of-concern/).

## SIGNS THAT MAY SUGGEST A VISUAL DISABILITY

The following signs may suggest a child has a visual disability. Child care providers should pay attention when a child:

- Sometimes or always crosses one or both eyes
- Has eyes that won’t focus
- Avoids bright lights
- Blinks or rubs the eyes a lot
- Stumbles or falls a great deal, or trips over small objects
- Covers one eye
- Tilts head to the side or to the front regularly
- Squints or frowns a great deal
- Complains of dizziness, headaches or nausea after doing intense work
- Is unable to locate and pick up small objects that have been dropped
- Turns face away when being talked to, indicating the child has better peripheral vision
- Prefers contrasting colors or large pictures
- Holds books or objects very close to face
- Has unintended spills or knocks things over frequently

“Visual Disabilities: Signs of Concern.” EXtension Alliance for Better Child Care, EXtension, 15 Aug. 2019, [childcare.extension.org/2019/08/visual-disabilities-signs-of-concern/](http://childcare.extension.org/2019/08/visual-disabilities-signs-of-concern/).

## **For the symptom of INATTENTION, 9 associated behaviours are described:**

1. Failing to give close attention to details or making careless mistakes in schoolwork, work, or other activities
2. Difficulty sustaining attention in tasks or play activities
3. Not seeming to listen when spoken to directly
4. Not following through on instructions and failing to finish school work, chores, or duties in the workplace (not due to oppositional behaviour or failure to understand instructions)
5. Difficulty organizing tasks and activities
6. Avoiding, disliking, or being reluctant to engage in tasks that require sustained mental effort (such as schoolwork or homework)
7. Losing things necessary for tasks or activities (e.g., toys, school assignments, pencils, books, or tools)
8. Being easily distracted by extraneous stimuli
9. Being forgetful in daily activities

## **For the symptoms of HYPERACTIVITY and IMPULSIVITY, the following behaviours are described:**

- Fidgeting with hands or feet or squirming in seat
- Leaving their seat in classroom or in other situations in which remaining seated is expected
- Running around or climbing excessively in situations in which it is inappropriate (in adolescents or adults, may be limited to subjective feelings of restlessness)
- Difficulty playing or engaging in leisure activities quietly
- Being 'on the go' or often acting as if 'driven by a motor'
- Talking excessively
- Blurting out answers before questions have been completed
- Difficulty awaiting turn
- Interrupting or intruding on others (e.g., butting into conversations or games)

Judging from the last 6 months of behaviour, if a child meets 6 out of the 9 criteria for the symptom of inattention, they could have primarily inattentive ADHD. If they meet 6 out of the 9 criteria for hyperactivity and impulsivity, they could have primarily hyperactive ADHD. If they meet both criteria, they could be diagnosed with combined ADHD.

Heidi Bernhardt, National Director of the Centre for ADHD Awareness in Canada (CADDAC)

**Autism can often be diagnosed or detected at an early age. There are many possible early indicators of autism. A short list of autism symptoms is as follows:**

- Lack of babbling or pointing by age one
- Lack of any single words by 16 months age
- Lack of response to name being called
- Poor eye contact
- Excessive need for quiet and order
- Lack of smiling or responsiveness to others

**Symptoms of autism for toddler-aged children or older include the following:**

- Weakness in making friends or relating to peers
- Lack of ability to engage in conversation
- Repetitive actions
- Repetitive or strange language patterns
- Obsession-like preoccupation with objects or conversational subjects

The above list is by no means comprehensive or authoritative. Since autism is a spectrum, these or other signs of autism may manifest in various degrees. Parents who witness symptoms in their child are urged to consult the opinion of a health professional for diagnosis. Suzanne Lanthier, former Executive Director of Autism Speaks Canada

## **LANGUAGE-BASED LEARNING DISABILITIES**

Roots of a phonemic awareness-based learning disability can be seen in very young children. Issues with oral language are typically red flags. For example, a child in kindergarten who struggles to rhyme should be receiving extra support. Children who have family members who have struggled with reading or writing should also be closely monitored. Oral language can give indicators about a child's future reading and writing success; students who struggle with pronunciation or sequencing parts of words may be at risk for challenges learning to read. For example, students with language-based learning disabilities may call an animal an 'aminal,' or they may say 'bisghetti', instead of spaghetti. Parents should closely monitor their child's reading development, and shouldn't hesitate to ask the teacher what benchmark level the child is reading at, and where that falls in relation to the grade's expected levels.

Una Malcolm, Director of Appletree Learning, a personalized educational support program in Toronto, Ontario

# DYSLEXIA

## There are 3 common signs that a child has dyslexia.

1. Difficulty pronouncing and rhyming words: children of all abilities can sometimes mispronounce words; however, parents should take note when a child has frequent and lingering trouble figuring out vowel sounds or when they switch syllables when saying a word such as “butterfly,” pronouncing it as “flutter-by” instead. Also, children with potential dyslexia may not easily be able to recognize or rhyme words at an early age, even very simple ones like “cat” and “bat.”
2. Slow, inaccurate reading skills: young children with dyslexia are often not able to sound out unknown words on their own, and therefore may guess at words based on context or skip the word altogether. Because they are slower to develop their reading skills, parents may notice reluctance, hesitation, or anxiety about reading.
3. Poor spelling skills: although it is common for all children to confuse “b” and “d,” as well as other letters, this confusion tends to disappear at an early age for normal readers and linger for a longer time with children who may be dyslexic. Children with dyslexia have great difficulty with spelling. Errors can be of several types, such as leaving out a vowel or consonant letter, or omitting whole syllables in their spelling.”

Steven Truch, Educational Psychologist and founder of The Reading Foundation

## LEARNING DISABILITIES

Parents often alert teachers or their pediatrician that they don't feel their child is learning typically. There are signs that the child isn't recognizing letters, interested in reading, understanding instructions in the classroom, is having trouble holding a pencil and writing numbers and letters, isn't understanding the lessons, or perhaps isn't sitting in their seat long enough to understand. This discussion may lead to meetings at the school where assessments are gathered by the teacher and resource teachers and strategies shared. If there is concern, the teacher or pediatrician will recommend a psychoeducational assessment with a psychologist. This can be done privately or by school board psychologists.

Elaine Danson, Education Consultant at Elaine Danson and Associates Educational Consultants, in Toronto, Ontario, “Signs and Symptoms of Special Needs: Our Kids.” Signs and Symptoms of Special Needs | Our Kids, Our Kids Media, n.d., [www.ourkids.net/school/special-needs-signs](http://www.ourkids.net/school/special-needs-signs).

# USEFUL APPS

Finding materials and tools that are suitable to your specific needs can be overwhelming. Apps are great resources that help strengthen skills and develop new learning habits in a fun, accessible way. Here are some useful apps that can be found in any app store through a smartphone or tablet device.

CATEGORIES	APPS
<b>APPS FOR DYSLLEXIC LEARNERS</b>	<ul style="list-style-type: none"> <li>• SoundLiteracy</li> <li>• What Is Dyslexia</li> <li>• Dyslexia Quest</li> <li>• Happy Math Multiplication Rhymes</li> <li>• Read 2 Me</li> <li>• Phonics with Phonograms</li> <li>• Dyseggia</li> <li>• DD's Dictionary: A Dyslexic Dictionary</li> </ul>
<b>APPS FOR AUTISTIC LEARNERS</b>	<ul style="list-style-type: none"> <li>• Sight Words</li> <li>• Sequences for Autism</li> <li>• See.Touch.Learn</li> <li>• Words on Wheels</li> <li>• Verbal Me</li> <li>• Autism iHelp</li> <li>• Autism/DDT Shapes</li> <li>• Autism DDT Letters</li> <li>• Speech with Milo</li> </ul>
<b>APPS FOR THE VISUALLY IMPAIRED</b>	<ul style="list-style-type: none"> <li>• ViA</li> <li>• Dragon Dictation</li> <li>• Light Detector</li> <li>• Color ID</li> <li>• TapTapSee</li> <li>• Be My Eyes- Helping Blind See</li> <li>• Talking Calculator</li> <li>• SayText</li> <li>• AccessNote</li> <li>• Visual Brailier</li> </ul>
<b>APPS FOR LEARNERS WITH WRITING DIFFICULTIES</b>	<ul style="list-style-type: none"> <li>• The Writing Machine</li> <li>• iWrite Words</li> <li>• Letter School</li> <li>• Alpha Writer</li> <li>• ABC Pocket Phonics</li> <li>• Word Magic</li> </ul>

# 8 COMPONENTS OF POSITIVE ATTENDING



## 1. BE SPECIFIC

Tell the student *exactly* which behaviors you are happy to see (e.g., "Great job at raising your hand" instead of "Great job").



## 2. BE IMMEDIATE

Positively attend as soon as a desired behavior occurs so the student can associate your praise with the positive behavior.



## 3. BE CONSISTENT AND FREQUENT

Praising a behavior once every few hours may not be enough, especially for students with emotional and behavioral disorders.



## 4. BE PREVENTATIVE

You can "catch a student being good" instead of waiting for problems to occur in order to prevent difficulties.



## 5. PRAISE THE OPPOSITE

Consider the opposite of the disruptive behavior as a basis for positive attending (e.g., praise for raising hand if they often call out).



## 6. AVOID CRITICISM AND DEROGATORY FEEDBACK

Derogatory teacher-provided statements may exacerbate a student's problematic behavior, whereas positive language may facilitate improved behavior.



## 7. FOCUS ON STUDENT'S PERFORMANCE

Focus positive attending on performance instead of ability.



## 8. ACTIVELY IGNORE DISRUPTIVE BEHAVIOR


Ignoring should be brief (e.g., a few seconds), with the teacher looking for opportunities to positively attend to appropriate behavior.

## LITTLE THINGS BIG RESULTS

No matter what your role in society, you can do little things to increase the social participation of people with disabilities. That way, you can help make our society a richer, more inclusive one.

You are a teacher?	Encourage your students to be open-minded and respectful of their peers with disabilities.
You are a school principal?	Ask your school team to mark the Semaine québécoise des personnes handicapées by holding awareness-raising events.
You are the parent of a student?	Have an open discussion with your child to encourage a positive and respectful attitude towards people with disabilities.
You attend school?	<p>Inform an adult figure at school if you witness any bullying against a schoolmate with a disability;</p> <p>or</p> <p>Team up with a classmate with a disability to work on an assignment or project;</p> <p>or</p> <p>Invite a classmate with a disability to share some time with you and your friends during the morning or afternoon breaks.</p>

**[www.ophq.gouv.qc.ca/sqph](http://www.ophq.gouv.qc.ca/sqph)**

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Office des personnes  
handicapées  
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## LITTLE THINGS BIG RESULTS

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You own a house, a condo or a building?	Make sure the sidewalk in front of your property is free of obstacles.
You are an architect or a building contractor?	Get to learn more about the universal accessibility of buildings and make the appropriate suggestions to your clients.
You ride a bicycle?	Be open-minded and respectful of people using a motorized mobility aid (power chairs and mobility scooters).
You notice the presence of children with disabilities in your neighbourhood?	Inform your municipality of the need for adapted playground modules so all children can have access to them.

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You are a student?	Invite a classmate who has a disability to share some time with you during the morning or afternoon breaks.
You are a parent?	Suggest that your child invite a classmate with a disability to your home to play.
You work in a daycare centre?	Be positive about the addition of children with disabilities to your group and the planning of inclusive activities allowing them to participate.
You are a municipality employee?	When putting together any project (intersection, playground, festivities, community centre, recreational activities, etc.), think inclusive : will people with disabilities be able to participate like everyone else?

[www.ophq.gouv.qc.ca/sqph](http://www.ophq.gouv.qc.ca/sqph)

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## LITTLE THINGS BIG RESULTS

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You are involved in group sports?	Include children with disabilities in your group and help them develop their full potential at their own pace.
You volunteer for cultural, sports or recreational organizations?	Suggest that people in charge of activities or coaching receive specific training in welcoming and serving people with disabilities.
You are part of an event organization committee?	Favour obstacle-free inclusive activities. When required, install an access ramp, put up adequate signage, take security measures, etc.
You provide direct services to the public?	Should a person with a disability come to you accompanied by an assistant or someone serving as an interpreter, you must always speak directly to the person.

[www.ophq.gouv.qc.ca/sqph](http://www.ophq.gouv.qc.ca/sqph)

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## LITTLE THINGS BIG RESULTS

No matter what your role in society, you can do little things to increase the social participation of people with disabilities. That way, you can help make our society a richer, more inclusive one.

Are you a teacher who has a child with an autism spectrum disorder (ASD) in your class?

With the parents' permission, explain this disorder to the students, or ask the student if he wants to do so.

Do you work in customer services?

Learn to recognize the signs of ASD so you can provide adapted services to ASD clients (see the Web Services accessible site for more information).

Avoid talking down to people with ASDs.

Be precise, clear and concise in your questions and requests.

Are you a municipal emergency service employee?

Suggest that your boss look into employee training in interventions involving people with ASDs.

Are you a public transit bus driver?

Make sure that travellers know which stop they are at through visual and auditory cues.

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## LITTLE THINGS BIG RESULTS

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You travel by foot?

Offer your help to a person with a disability who seems to be experiencing problems getting on or off a sidewalk, crossing at a traffic light, etc.

You eat at the restaurant?

Use the available comment card or suggestion box to signal accessibility problems concerning the terrace, the rest rooms or any other specific section of the restaurant.

You run a website?

Make sure everything you put online is accessible to people with disabilities, especially those with visual impairments (consult the Quebec government Web Accessibility Standards).

You are a graphic artist?

Use contrasting colours or eloquent pictograms on your posters and other visual identification items destined to the general public.

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## THINGS THAT MAKE A BIG DIFFERENCE

No matter your role in society, you can do something to increase the social participation of people with disabilities. That way, you'll help make our society richer and more inclusive.

**Are you speaking with someone who has trouble expressing himself or herself?**

Take the time to listen without interrupting. If necessary, ask the person to repeat. Don't pretend to understand. Repeat what the person said to make sure you understood.

**Are you drafting information for public consumption?**

Make sure to keep it simple and easy to understand. Adapt the material as needed. As much as possible, use everyday words and short sentences. See the *Guide de rédaction pour une information accessible* for help.

**Are you the manager of a community centre?**

Think about making it easier for people with disabilities to access your services and facilities. Consider training your staff to interact with people with different kinds of disabilities and adapt your meeting spaces.

**Are you part of a sports, cultural or recreational organization?**

Take measures for people with disabilities to be part of your group and make it possible for them to develop their potential to the best of their ability. Take your cue from the Lakeshore Soccer Club and Corpuscule Danse, winners of the Prix À part award!

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[www.ophq.gouv.qc.ca/sqph](http://www.ophq.gouv.qc.ca/sqph)



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**F**etal Alcohol Spectrum Disorders (FASD) is an umbrella term describing the range of effects that can occur in an individual whose mother drank alcohol during pregnancy. These effects may include physical, mental, behavioral, and/or learning disabilities with possible lifelong implications.

## PRIMARY CHARACTERISTICS

The following neurodevelopmental characteristics are commonly associated with FASD. No one or two is necessarily diagnostically significant; many overlap characteristics of other diagnoses, e.g. ADD/ADHD, learning disabilities, and others.

Typical primary characteristics in children, adolescents, and adults include:

- Memory problems
- Difficulty storing and retrieving information
- Inconsistent performance ("on" & "off") days
- Impulsivity, distractibility, disorganization
- Ability to repeat instructions, but inability to put them into action ("talk the talk but don't walk the walk")
- Difficulty with abstractions, such as math, money management, time concepts
- Cognitive processing deficits (may think more slowly)
- Slow auditory pace (may only understand every third word of normally paced conversation)
- Developmental lags (may act younger than chronological age)
- Inability to predict outcomes or understand consequences

## STRENGTHS & INTERESTS

Many people with FASD have strengths which mask their cognitive challenges:

- Highly verbal
- Bright in some areas
- Artistic, musical, mechanical
- Athletic
- Friendly, outgoing, affectionate
- Determined, persistent
- Willing
- Helpful
- Generous
- Good with younger children

## SECONDARY CHARACTERISTICS

In the absence of identification, people with FASD often experience chronic frustration. Over time, patterns of defensive behaviors commonly develop. These characteristics are believed to be preventable and reversible with appropriate supports:

- Fatigue, tantrums
- Irritability, frustration, anger, aggression
- Fear, anxiety, avoidance, withdrawal
- Shut down, lying, running away

## TERTIARY CHARACTERISTICS

These are the net result of a chronic poor fit, failure, isolation and alienation. Like secondary characteristics, they are preventable and reversible with appropriate support:

- Trouble at home, school, and community
- Legal trouble
- Drug / Alcohol abuse
- Mental health problems (depression, self-injury, suicidal tendencies)

# HOTLINES

## PRACTICAL LEGAL TOOLS FOR CAREGIVERS

[www.educaloi.qc.ca](http://www.educaloi.qc.ca)

Éducaloi is an independent non-profit organization that explains the law to residents of Quebec in everyday language. This guide is an introduction to some helpful legal tools for caregivers of special needs individuals. It answers common legal questions when caring for someone living with incapacities and offers information on how to plan ahead.



## Caregivers

### Practical Legal Tools



## OBTAINING A DISABLED PARKING PERMIT

Québec area: **418-643-7620**

Montréal area: **514-873-7620**

Elsewhere (Québec, Canada, United States): **1-800-361-7620**

[www.saaq.gouv.qc.ca](http://www.saaq.gouv.qc.ca)

Anyone with a mobility impairment may obtain a disabled parking permit if he or she travels in a vehicle as the driver or a passenger. The permit is issued with an accompanying certificate, which the permit holder must carry at all times.

## **DISABILITY FEDERAL TAX CREDIT**

**[www.canada.ca](http://www.canada.ca)**

The disability tax credit (DTC) is a non-refundable tax credit that helps persons with disabilities, or their supporting persons reduce the amount of income tax they may have to pay. An individual may claim the disability amount once they are eligible for the DTC.

## **PUBLIC CURATOR QUEBEC**

**1-800-363-9020**

Provides support to families and loved ones who are representing an incapable person. It can also act as the curator or tutor to people who have no one available to represent them or in cases where this is not in their best interest. It ensures that decisions are made in the represented person's best interest, and in a manner that respects his/her rights and preserves his/her autonomy.

## **L'APPUI CAREGIVER SUPPORT**

**1-855-852-7784**

Confidential phone consultation, information and referral service for the caregivers of older adults, as well as friends and family, practitioners and health care professionals.

## **INFO-SANTÉ**

**811 - option 1**

Calling Info-Santé will promptly put you in contact with a nurse who will help you with non-urgent health issues.

## **INFO-SOCIAL**

**811 - option 2**

Calling Info-Social will promptly put you in contact with a psychosocial intervention worker in your region.

# **Glossary of Terms**

## **POWER OF ATTORNEY**

A Power of Attorney (also called a mandate or ordinary mandate) lets you name one or more people to act in your name even though you are capable of doing so yourself. For example, you could sign a mandate naming your brother as the person responsible for collecting and depositing rent from your rental properties because this is convenient for you and not because you are incapable of doing it. As soon as you become incapacitated, a power of attorney is no longer valid. From that moment on, only a protection mandate is useful.

## **PROXY**

A representative; an agent; a document appointing a representative. A Proxy is a person who is designated by another to represent that individual at a meeting or before a public body. It also refers to the written authorization allowing one person to act on behalf of another.

## **WILLS & ESTATE MANAGEMENT**

A Will lets you choose who will receive your property and how it will be distributed after your death.

## **MANDATE IN CASE OF INCAPACITY (PROTECTION MANDATE)**

A document that lets you name, in advance, one or several people to look after your well-being and manage your property.

## **PROTECTIVE SUPERVISION**

Protective Supervision is a legal mechanism that protects people who have become vulnerable because of their incapacity. Protective Supervision ensures that the property of these people is taken care of and that they can exercise their rights. Protective Supervision comes into play when a person needs protection and they have not made a protection mandate (used to be called "Mandate in Case of Incapacity"), or this mandate is incomplete.

The KMHC social workers act as a liaison between the User and Elder's Counsellor from KSCS; to prepare Mandates in Case of Inability, Last Wills and Testaments and Power of Attorneys.

When a User is not competent and has not prepared a Mandate in Case of Inability or Power of Attorney (which gives a person they chose power to make decisions on their behalf or carry out their wishes) - the Social Worker initiates a process- a Protective Supervision; requesting the user's doctor to 1) complete a medical form, 2) doctor write a medical assessment (from beginning of illness to current need for assistance). The Social Worker then prepares a psycho-social assessment.

The Director of Professional Services or Executive Director completes a form that completes the package required for the judgement. A Judge makes the decision if a User is not competent based on the medical and psychosocial assessments.

There are 3 kinds of protective supervision, which vary depending on how incapacitated a person is:

- **Curatorship**

Curatorship is used when an adult is totally and permanently unable to take care of herself and manage her property. This is the most drastic kind of protective supervision because it leaves the person with very little freedom to do things on her own.

- **Tutorship**

Tutorship is used when an adult is temporarily or partly unable to take care of herself and manage her property. The person therefore can do some things on her own.

- **Adviser**

An adviser can be appointed when an adult is slightly unable to manage her property. The advisor's role is to advise and help the person manage her property. Of the three kinds of protective supervision, this one gives the protected person the most freedom to do things on her own.

A request for protective supervision must be made to a court or a notary. However, the request can only be made to a notary if no one (including the person concerned) challenges the request. If the request is challenged, it must be made in court.

### **What is a Curator?**

A curator is the legal representative named by the court to represent a person who has become incapacitated, ensure his protection and manage his property.

Here are some examples of when the curator will act as the protected person's legal representative:

- sale of a building
- loan
- paying bills
- decisions regarding the person's health
- depositing cheques

### **Well-Being of the Person under Curatorship**

- looking after the custody and care of the incapacitated person. (This responsibility can be given to a residential care centre, a hospital or any other institution suited to the needs of the protected person.)







## **Kahnawa:ke Shakotiia'takenhnhas Community Services**

P.O. Box 1440, Kahnawake (Quebec), Canada JOL 1B0

Tel: 450-632-6880

Fax: 450-632-5116

[www.kscs.ca](http://www.kscs.ca)

Facebook: KSCSKahnawake

The following is a listing of the primary client services available:

### **Community Based Programs**

450-632-6880

- Non-Insured Health Benefits
- Jordan's Principle

### **Family Services**

450-632-6880

### **Environmental Health Services**

450-635-9945

- Potable water quality monitoring (public water system and private wells)
- Recreational water quality monitoring (swimming, etc.)
- Public building inspections (recreational and institutional)
- Indoor air quality investigations
- Private building inspections (quality of living conditions)
- Food service facilities
- Food premises inspections
- Wastewater (sewage) disposal and solid waste disposal
- Cancer reduction activities and health awareness
- Communicable disease control/awareness

### **Assisted Living Services**

450-632-7730

- Family Support Resource Services
- Young Adults' Program
- Case Workers
- Psycho-Educator
- Family Support Services for Special Needs
- Teen Social Club
- Independent Living Center: residential resource for Mental Health.

### **Home & Community Care Services**

450-632-5499

- Homecare Services
- Homecare Nursing
- Elders Case Worker
- Estate Planning & Management
- Income Security Assistance
- Enkwa'nonska Program
- Meals on Wheels

### **Turtle Bay Elders Lodge**

- Residential living/emergency care for elderly
- Activity Program
- A'nowaráhne a 6-apartment facility

### **Prevention Services**

450-632-6880

- Family Violence Prevention Program
- Suicide Prevention
- Satahtenikonarak Program

### **Family & Wellness Center**

450-638-0408

- Parenting Program
- Shakotisnien:nen Traditional Support
- Where the Creek Runs Clearer Group

### **The Whitehouse**

450-635-8089

- Á:se Tehontatehiahróntie Teen Group
- Onkwanèn:ra Group

### **Support Services**

450-632-6880

- Intake Services
- Addictions Response Services
- Child Protection Services
- Tsi lonteksa'tanonhnha - Foster Care Program
- Individual/Family & Couple Counseling
- After Hours Response Services
- Psychological Services