

Mission

Celebrating the individuality of children, youth and adults with developmental disabilities and complex mental health needs through the implementation of comprehensive innovative programs and services focused on improving quality of life.

Vision

We are committed to meeting individual needs, community collectiveness and putting humanitarianism back into social services.

Goals

- *To increase an individual's personal self-determination and improve their own independence through person-centered planning.*
- *To embrace the individual needs of families.*
- *To always respect the dignity of individuals.*
- *To honour individuals as valued members of their community*
- *To recognize and respond to the goals and priorities of the individuals and families.*
- *To provide flexible and creative support that reflects changing goals and priorities.*
- *To provide programs that involves the individuals in their community networks and personal relationships.*
- *To promote autonomy for people and families to make decisions that reflects their life situations, needs, and beliefs.*
- *To be culturally competent.*
- *To provide and maintain a transparent service.*
- *To embrace humanitarianism in all aspects of the business.*

*Achieving is
Believing*



MAIN STREET COMMUNITY SERVICES

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Charitable # 86193 6672 RR0001

Our Programs:

Social Learning Day Program

This program is set up as a classroom environment to help youth adjust to the classroom setting prior to transitioning into a full-time school.

Clients participate in:

- Academic work fit for their individual level
- Physical fitness activities
- Community outings
- Swimming outings
- Crafts and other activities

The program utilizes the natural environment to teach pro-social skills such as:

- Understanding and expressing feelings
- Conflict resolution
- Problem solving

Staff teach and model:

- Appropriate communication
- Effective coping skills and strategies
- Emotional regulation techniques
- Daily life skills, including: cooking, baking, cleaning, and hygiene.

Summer Camp

Summer camp runs during the summer months and provides clients with a fun, safe and therapeutic environment where their individuality and uniqueness are respected and nurtured. Clients are provided with opportunities to participate in:

- Sports
- Arts and crafts
- Swimming
- Relaxation
- Cooperative activities
- And much more

All elements of the program are inclusive in the cost of registration and are made available to every client over the course of the summer.

Residential/Respite Services

This service provides parents of special needs individuals with an opportunity for some much needed rest and relaxation.

Our respite homes offer:

- A safe and nurturing home environment
- Friendly neighbourhoods
- A highly structured, supportive and predictable routine
- Opportunities for individuals to develop qualitative play skills and daily living skills
- Activities to help enhance communication, socialization and decrease challenging behaviours.

Each individual's needs and strengths are identified to ensure they receive the best programming, tailored specifically to them. Services are offered 24 hours per day and seven days per week, including holidays. (Based on availability).

After School Program

Main Street Community Services is now offering an after school program for individuals who could benefit from social learning enrichment.

This program offers:

- A fun, safe, and therapeutic environment where individuality and uniqueness is respected and nurtured
- Opportunities to develop satisfying interpersonal relationships by enhancing skill proficiency in a variety of areas that foster social competency.
- Recreation activities such as: walks, arts and crafts, relaxation and yoga

Services are provided on site and are available from 2:00-6:00PM, Monday to Friday, and on PD days.

Developmental Day Program

This program serves children with higher, complex needs such as non-verbal children with Autism, Acquired Brain Injury and Developmental Disabilities. This program focuses on identifying each child's needs and strengths and decreasing challenging behaviours to ensure each child's quality of life is being met.

In a highly structured, supportive and predictable environment, children will have opportunities to:

- Develop daily living skills
- Improve motor skills
- Enhance self-regulation
- Improve communicate skills
- Have access to sensory toys and programs
- Swimming twice per week
- Participate in music therapy weekly

Adult Day Program

The adult day program is tailored to adults with special needs. Each individual's personal strengths and unique needs are identified and programs and therapeutic interventions are structured to best support them.

Particular programs include:

- Music Therapy to develop social skills, motor skills, self-esteem, and language ability
- Bowen Therapy
- Life skills to help individuals make their own decisions (including: personal hygiene, nutrition, daily chores, healthy relationships, drug abuse and safe sex education, etc.)
- Swimming
- Sensory programming

Boys and Girls Youth Groups

Two therapeutic and recreational groups are offered; one for females, one for males.

The groups focus on:

- Social learning
- Allowing individuals to spend time together and have fun
- Community outings and fun and engaging activities.