



ADULT DAY PROGRAMS-Dufferin County and area

Adult Day Programs	Program Day and Hours	Fee	Transportation	Details
Choices Youth Shelter Day Programs (16-24 years) 1-866-947-5970 519-942-5970 59 Townline Orangeville, ON L9W 1V5 www.choicesyouthshelter.com	Life Skills-Tue -7pm Healthy Eating on a Budget-Wed-4pm Gym/Health Program-Thu-4pm			Support Services; Life Skills, Healthy Eating on a Budget, Gym/Health Program Outreach Services - offers an educational aspect to the shelter programs. Provide guest speakers to community service clubs, youth groups and school classes who can inform the groups about the problems and issues of homelessness. The goal is to lessen the need for services by educating the youth and public to healthy alternatives
Community Living Guelph Wellington Adult Day Services 519-787-1539 280 St Patrick St W Fergus, ON N1M 1L7 226-314-0790 1 Shamrock Rd Erin, ON N0B 1T0 519-323-4050 135 Fergus St S Mount Forest, ON www.clgw.ca	Mon-Fri 9am-3pm			Residential and day programs for people with an intellectual disability with a goal of full participation and inclusion within their community. Day program options, employment training and support, residential support in private or group home settings. Day program includes: life skills development, recreational activities, crafts, literacy programs, community Inclusion activities (both volunteer and paid employment) and Snozelen therapy Central intake through Developmental Services Ontario, Central West Region at 1-888-941-1121, or e-mail dso@dscwr.com

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East Wellington Community Services Seniors Centre at Centre 2000 519-833-9696 14 Boland Dr Erin, ON N0B 1T0 www.eastwellingtoncommunityservices.com	Mon, Wed, Thu 9:30am-3pm		Door-to-door accessible transportation available Mon-Fri Call 519-856-2113 8:30am-4pm	Adult Day Services for frail seniors and those with cognitive impairments social and recreational programs Activities include: crafts, games, guest speakers, intergenerational programming, day trips and outings into the community Specialized services such as: hair dresser on site, foot care, hearing test and dental checks Active Adult Recreation - activities and programs for adults aged 55 and over Programs include: card games, light yoga, knitting and crocheting, cooking classes and Scottish county dancing Call 519-833-0087
Hospice Dufferin Group Program 519-942-3313 39 First St Orangeville, ON L9W 2E3 www.hospicedufferin.com	Thu – Art Therapy 9:30 am-12:30pm	No fee	Provided on Mon by volunteer drivers	A social group for men and women over 18 years who are living with life-threatening illness The group programs are: Meet and Greet: A social morning program Crafting for Wellness: Bring your knitting/crocheting for an old fashioned afternoon out Art Therapy: Express and explore your emotions through art Look Good- Feel Better: For woman. Come out for an afternoon of pampering Therapeutic Yoga Night Out: For clients and their caregiver
Peel Halton Dufferin Acquired Brain Injury Services Day Program, Orangeville 905-949-4411 ext 231 695 Riddell Rd, Unit 3 Orangeville, ON L9W 4Z5 www.phdabis.org/services.php		Free		Clients have the opportunity to attend a variety of groups and special event outings ranging from social recreational, exercise and fitness, skill building and daily drop-in hours PHD ABIS also offers Psychosocial groups, including Anger Management, Depression Support, Self Esteem Support, ABI Education, Communication, Social Skills, Peer Support and Substance Use and Brain Injury (SUBI)

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White Birch Special Needs Day Program 416-918-8711 17090 Peel Regional Rd 50 Palgrave, ON, L7E 0K6	Daily	\$65 per day	\$7 per day	Day program for adults with special needs. Programs include: nature walks, games, sports, fishing, crafts Transportation for Brampton Caledon and Orangeville area is provided.