

Criteria #16

PLAY IS INCLUSIVE



CRITERIA #16

PLAY IS INCLUSIVE

Youth Submission:

By: K Patel, R El-Roz, I Singh, B Patel

Work Readiness for Youth

This is a project of the coalition for persons with disabilities. This is a unique program that encourages youth to enhance their employment ability skills. Youths (age 13-19) are first given orientation about work ethics and daily skills that employers look for. Given this training, the youth are eligible to receive allowance. Youth are then placed under various employers who pay the youth minimum wage for the hours worked. The program in turn reimburses the employer. Youth with barriers to employment, not in school and unemployed are eligible to join. (Ref 16-1)

The program reaches out to youth via social networking and word of mouth. Dorothy Scott, the job developer and employment specialist, mentioned that the program is about a year old and is already well received by the youth. Other associations such as the Canadian Mental Health associations and the YMCA refer youth to the program.

Lesbian, Gay, Bi-sexual, Trans-sexual (LGBT)

LGBT rights in Canada are probably the most advanced in the Americas if not the world. Despite this fact, youth continue to face harassment by peers in schools and outside too. The community of Mississauga understands this and to help the youth, has various institutions that accept these youth. For example there is the Anglican Church, Trinity Church in Port Credit that welcomes LGBT youth and adults. (Ref 16-2)

Newcomer Center of Peel (NCP)

At NCP, the youth program manager, Terrence Carl Velox was enthusiastic to explain how the center works with youth between the ages of 8 to 16, new to the region of Peel and Canada, to help them transition into the new surroundings and environment. The center is located in Cooksville at the intersection of Dundas and Hurantario. It creates an activities timetable for every month that gets youth involved with the community. It encourages youth to stay off the streets in unstructured loitering by giving youth access to various activities at the center itself and outside too. For example at the center they have a tennis table, computers with access (restricted of course) to the Internet, and craft

activities. Outdoor activities involve youth with sports such as basketball and bowling. (Ref 16-3)

The center works hand in hand with the youth to help them gain confidence in themselves, build better characters and nurture skills and talents. It does not discriminate against any ethnic backgrounds. It is funded by the federal government and does not charge the youth any sort of fees. It works with an approximate average of fifteen youth a day.

Informing youth who don't know about the center occurs mostly by word of mouth. Although this may not reach out to a lot of youth, it is definitely the most reliable way to get the word out, after all, if one youth tells another about the center, it will be more convincing than an advertisement. Youth were seen engaging in activities and an impression was immediately gained that the youth appreciated the centers existence.

Expression Against Oppression

This is a program run by the UTMSU dedicated to raise awareness surrounding the political issues students face. Currently they are campaigning to raise awareness on the discrimination and stereotyping against Islam, this campaign has been dubbed as Islamophobia. (Ref 16-4)

Another campaign ran for a week dedicated to awareness of accessibility. Students at UTM gathered and sat on wheel chairs and had to go around the campus on a wheel chair to understand how it feels to be disabled. The VP equity of the UTMSU, Ruba, stayed in the wheel chair all day. As the rest of the students raced in the wheel chairs, the winner won cupcakes.

Nexus Youth Center

Monday, "Between us Girls", from 6-8 p. m. girls are given the chance to sit at the center and speak about personal things that they feel only other girls understand (for example, relationship issues). They have that feeling of connection and can get advice from other caring individuals such as engaged youth workers. When a youth graduates from a leadership training program they are given a cake and a small gift from the center for their efforts. (Ref 16-5)

ADDITIONAL SUPPORTING EVIDENCE:

City of Mississauga:

- City maintains the philosophy that inclusion is meaningful participation, not as an occasional visitor but as a member of the group, in learning new skills where every participant belongs, is accepted, supports and is supported by peers. Inclusion means feelings of success for everyone.

- The City has had a city-wide programming special needs policy since 1993. (Ref 16-6)
- The City has a full-time Accessibility Coordinator, whose mandate is to ensure Mississauga is Inclusive. This staff person coordinates the Accessibility Committee.
- All Arenas and Community Centres, as well as many parks are wheelchair accessible (reflected in the Active Mississauga Guide)
- The Active Mississauga Guide has a section dedicated to special needs. It provides information on the 25 group listed with the City that offer support to Mississauga residents and families. (Ref 16-7)
- City offers direct programs to people with disabilities in two areas of development (aquatics and skating)
- Program staff are trained annually on inclusion. The program focuses on program modification, disability awareness, person first terminology, and strategies to include those with disabilities successfully. (Ref 16-8)
- An Inclusion Coordinator and Inclusion Senior Staff are hired annually for summer programs to ensure inclusion of participants with special needs and to help staff with issues.
- The City has an inventory of accessible equipment that is maintained for use in programs and camps. (Ref 16-9)
- City of Mississauga corporate grant was awarded to Community Living in support of their Summer Teen Activity Program (\$10,500)
- City of Mississauga Recreation and Parks maintains a partnership with Community Living Mississauga during March Break and Summer program times. The partnership facilitates children with disabilities into City run programs. Community Living staff attend city-wide training and attend weekly staff meetings. This program serves approximately 120 children and youth.

Other Agencies:

- **The Holland Bloorview Kids Rehabilitation Hospital** has developed a guide to inclusive recreation in Peel. It's a simplified tool for parents and youth to learn about the agencies and services available. (Ref 16-10)
- **Mississauga YMCA:** Offers the Y-Knot Abilities Program that is for children with disabilities and their able bodied siblings. A variety of activities are experienced in the pool and gym settings with a goal of develop confidence, independence and strength. (Ref 16-11)
- **Mississauga Cruisers:** This group was formed to promote the ability and potential of persons with physical disabilities through sports and recreation. The group offers sledge hockey, wheelchair basketball, track, bocce & multi-sport programs for all ages. (Ref 16-12)

- **Kids CAN Centre** was developed to serve the growing need for programs that focus on building language, interaction and appropriate social and emotional development through multi-sensory learning experience. They offer after-school, evening and weekend recreational programs for ages 3 through 14. (Ref 16-13)
- **BODIWORKS Centre** offers adapted gym programs to teach gym skills to children with physical and developmental disabilities for ages 3 to 18.
- **North Mississauga Soccer Club** co-ordinates fun filled soccer nights for children, youth and adults with special needs.
- **Mississauga Crusaders** is a hockey team for individuals with developmental disabilities. The league gives players the opportunity to participate in the game of hockey, while teaching good sportsmanship, skating and hockey skills.
- **Mississauga Syncro:** Unique Athletes program provides opportunities for athletes with special needs to try the sport of synchronized swimming (ages 8 to 18).
- **Airborne Trampoline Mississauga** offers trampoline classes for children, youth and adults with special needs (ages 6 and up)
- **Kids Supergym:** The Special Needs Gymnastic Program is designed to introduce, establish and build fundamental gymnastic skills for ages 3 to 18.
- **Community Living Mississauga** offers social and recreational programs for youth such as sports league, summer teen program and inclusive social club.
- **Erin Oak:** provides community leadership through collaboration and advocacy, offering training to outside organizations to encourage inclusion.
- **YMCA: Newcomer Youth Leader Corps:** A unique leadership-based settlement program (ages 13-24) with a focus on integration, settlement, skill-building, volunteerism and community involvement. It helps youth to make new friends, improve their English, learn about Canadian culture and society, gain volunteer hours and build new skills. (Ref 16-14)
- **The Youth Exchange Program** is a series of events and activities for and organized by youth new to Canada (ages 13-24). The program is overseen by the Centre for Education and Training and funded by Citizenship and Immigration Canada. (Ref 16-15)
- **Centre for Education and Training** worked with a group of youth volunteers to create the film M Town. The film is a series of short segment that provide information about Mississauga's transportation, school

system, licensing and other information that could help newcomer youth to become familiar with the City. (Ref 16-16)

- **The Gateway Centre for New Canadians** offers the iTracks Program for Youth. A variety of programs are offered including: (Ref 16-17)
 - Settlement Workshops
 - A+ After School Program
 - Homework Help
 - Sports
 - Urban Dance
 - Tae Kwon Do
 - B-boy Dance
 - Anime/ Manga
 - Graphic Arts
 - Youth Publications
 - Mississauga Mandarin Association Youth Empowerment
- **The Positive Space Coalition of Peel** is a collaboration of Community Service Providers and community members that provide information, education and access to resources for LGBTTIQQ2 individuals. (Ref 16-18)
- **The Youth Beyond Barriers** Program is a drop in group for LGBTQ youth (ages 12-17) that offers support, socialization, one-to-one support and community education and referrals. (Ref 16-19)
- **The Region of Peel** has an established Diversity and Inclusion Strategy (Ref 16-20)



Youth Friendly Application Information Gathering
 Agency Survey Responses
 Supporting Criteria 16

Agency Name	Can you provide any examples of how your organization is inclusive for youth? (ie programs are sensitive to ethnic, gender, sexual orientation, special needs, health challenges etc)
Mississauga Credit Valley Lions Club	no examples
Credit Valley Conservation / Conservation Youth Corps	as mentioned, our's is a strictly youth oriented program, there is no selection criteria, no cost, no restriction of any kind. participants in our programs closely reflect the make-up of our community in every way. most, if not all of our program activities do require full mobility and for health and safety reasons, a minimum amount of independence. however, we have in the past and will continue to accomodate any special needs individuals on a case-by-case basis.
Safe City Mississauga	Programming offered is inclusive for youth (both male and female). Any youth is able to participate in our program offerings, as long as they meet the program participation requirements (depending on the program an example would be: do you live within the service area). None of our program requirements are based on ethnicity, gender, sexual orientation, special needs, or health challenges.
Peel Children and Youth Initiative	In recruiting for our Youth Advisory Council, we sought out a diverse representation of youth. We are pleased to say that our Council includes the voices of various ethnicities, gender, sexual orientation, special needs and health challenges.
Youth Ministry - Mississauga City Baptist Church	open to all diversities
Cross of Life Lutheran Church	We are not equipped to handle all needs and challenges, but we sure try! We believe all youth are important and we strive to make a connection with whomever we can.
Camilla Road Sr. P.S.	All are included for all activities
Churchill Meadows Christian Church	We accept any youth that comes and see us. The programs we offer right now are towards youth who are able to come and join us. Hopefully in the future and as we get bigger as a church we can provide more programs to other youth with needs.
MiWay the new Mississauga Transit/ City of Mississauga	
Nexus Youth Services	As Peel is a diverse community, the NYC welcomes and serves youth aged 14-24 living in Peel region from diverse backgrounds which encompass sexual orientation, ethnicity, culture, religion, family status and differing socioeconomic backgrounds. Through our regular surveying of youth we are aware that youth from a variety of cultural backgrounds access service at the NYC (e.g. prominent cultural backgrounds include but are not limited to: West Indian, Canadian/North American, Bi-Racial or Multi-Racial, Filipino, African, European, Latin American, Arab/West Asian, Asian, South Asian, South East Asian and South American). Programs are offered in a central Mississauga location (easily accessible by bus) and are free of charge, which helps remove barriers for those youth for whom finances are an issue.
Mississauga Business Enterprise Centre	Summer Company program.

The Detour Youth Drop-In Center	We welcome all youth, regardless of sexual orientation, gender, race, or ability. While we do not run any specific programs, the inclusive nature of the center is of utmost importance for the staff at The Detour.
Citizens For The Advancement Of Community Development	CACD welcomes all youth be a part of our organization. We do not determinate toward any youth. CACD runs various life skills workshops which includes topics of diversity and speakers who address those issues of diversity and social inclusion.
St. Teresa of Avila Elementary School	We are supportive and sensitive to all youth diversity.
City Centre Baptist Church	All of our programs are suitable and sensible to each of the examples listed above. Our groups are very multi-cultural, and we have had special needs youth in our groups as well. We are currently upgrading our facility, and training staff on accessibility to persons with disabilities.
Newcomer Information Centre, Youth	
United Way of Peel Region	
	All of our youth programs are gender specific
St. Elizabeth's Anglican Church	We have a weekly youth group on Sunday for 1.5 hrs.
Big Brothers Big Sisters of Peel	Our agency is committed to youth engagement and being welcoming and inclusive for all youth in our programs.
Art of Living - Youth Empowerment Seminar (YESI)	Our organization is focused on human values. We teach breathing techniques, meditation, yoga and much more. Its all about uplifting the individual and society by attaining healthy living and stress free / focused / meditative / happy mind.
Volunteer MBC	targetted programs for youth, specific volunteer postings on website for youth, staff working on creation of youth education options (presentations in schools), summer students hired annually to develop programming and volunteer resources for youth
Nahani Way Public School	Our school board proactively promotes inclusivity as a value for all members of the community. As you enter our school, you will see that we welcome families in many languages and offer referral to settlement workers. We are actively establishing student ambassadors who help students new to the school and new to Canada overcome cultural and linguistic challenges.
Art of Living Foundation	Art of living youth program are inclusive to all ethnic, gender, sexual orientation and special needs. We teach yoga, meditation and Breathing techniques to handle their minds and body and relieving their stress from home and school. After continuous practise of yoga, meditation and Breathing techniques, they become more alert and increase belongingness and become hardworking and they are able to do all the good work for themselves, to families and to the societies.
Canadian Martyrs Catholic School	All students are welcome and encouraged to participate.
Peel Regional Police	The Diversity Relations Bureau works to remove barriers and misunderstandings which may occur within the multicultural community of Peel by providing training, mediation and monitoring of hate incidents with full respect for human dignity. Through liaison with community-based agencies, educational facilities, government, law enforcement agencies and members of the community we work to develop and maintain a sound knowledge of current trends and concerns regarding issues associated with diversity. Our Youth in Policing Initiative is an excellent example of our commitment to reaching youth inclusively. Our selection process consists of parameters which include that youth must be from at-risk, diverse communities.

Clarkson Secondary School - Modern Batik Art Club - www.clubmodernbatik.com	We include every ethnic group, students with special needs, gender and sexual orientation is never an issue. We welcome diversity.
Canadian Association of Multicultural People. Our website is www.camp-on.com	Our programs have inter generational approach with integration of youth with older generations for cohesion and exchange of skills. We pay extensive attention to diverse needs of youth where ever is needed.
Region of Peel Public Health	Our programs are tailored to their target audience, so they take into consideration factors like ethnicity, gender, age, etc.
Mississauga Arts Council	Every program the Mississauga Arts Council offers is inclusive. In addition to our ongoing youth programming, the Mississauga Arts Council is currently developing new and exciting programming that will be tailored to youth specifically including our new Arts Volunteer Training Program, Youth Workshops, our Youth Mentorship Program, the Mississauga Youth Games, our Youth Writers' Guild and more! These opportunities will be available to youth accross the city and we all be completely free of charge. Please visit us at www.mississaugaartscouncil.com for additional information.
YMCA Peel Youth Village	An example would be playing floor hockey or basketball, we make sure all our programs are sensitive to everyone regardless of the background, gender, sexual orientation and challenges
Art Gallery of Mississauga	The AGM is a free, public accessible space. All youth are welcome and made to feel important when they walk in the door! Learning and identity are complex, and the AGM is interested in providing a connection to visual arts and thinking to all youth who are interested!
Peel Environmental Youth Alliance (project of EcoSource)	At all our events and as an organization, we always promote an open and accepting environment that does not discriminale.
REACHOUT COMMITTEE	Reachout has always been an organization that as always been inclusive of all cultures, gender, sexual orientation. There are members in the organozation that are physically challenged. We do workshops were we discuss all these topics encourage youth to be accepting of others.
The Works/Core at Erindale Bible Chapel	We are a Christian church based youth group
Gateway Centre for New Canadians	Our programs are open to everyone



**Work Readiness
For Youth**

a project of the



Allison Jones
Program Coordinator

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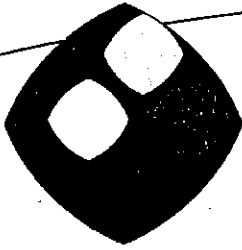
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TTY: (905) 502-7729

Email: allison.jones@disabilityaccess.org

www.disabilityaccess.org



Work Readiness for Youth

Attention Employers!

We can provide you with pre-screened
and motivated job candidates

About Work Readiness for Youth

- We are an innovative program designed to enhance the essential employability skills for youth.

Paid Placements

- Part of our program is partnering with employers to provide a 7 week paid placement for the participants.

Employer Incentives

- Pre-screened and motivated candidates
- No fees for service
- Reimbursement of paid wages for 7 weeks (\$10.25/hour + mercs)
- Workplace accommodations where required
- Post hiring support to employer & employee

A Project of the



Funded by the
Government of

Canada

Contact: Dorothy Scott, Job Developer

Tel: 905 755 9734 ext 226 Mobile: 905 301 4181 TTY: 905 755 9958 Fax: 905 755 9953
Email: dorothy.scott@disabilityaccess.org www.disabilityaccess.org
10 Kingsbridge Garden Circle, Suite 403, Mississauga, ON, L5R 3K6



Work Readiness for Youth

Are you between the age of 15
and 30?

Out of school and unemployed?

Facing barriers to employment?

Want to get paid for a 15 week
program?



A Project of



Funded by the Government of

Canada

Call 905-890-0140 to Register



Work Readiness for Youth

Join other youth in a 8 week program to
enhance your essential skills for workplace
success.

- Develop your communication, problem solving and team work skills.
- Manage stress, anger and increase your assertiveness.
- Career exploration will help you identify the right job for you.

Participate in a 7 week paid work
experience to improve your skills and meet
employer expectations.

Participants will receive an allowance
equivalent to Ontario minimum wage rate.

Contact Us Today:

10 Kingsbridge Garden Circle, Suite 402,
Mississauga, Ontario, L5R 3K6

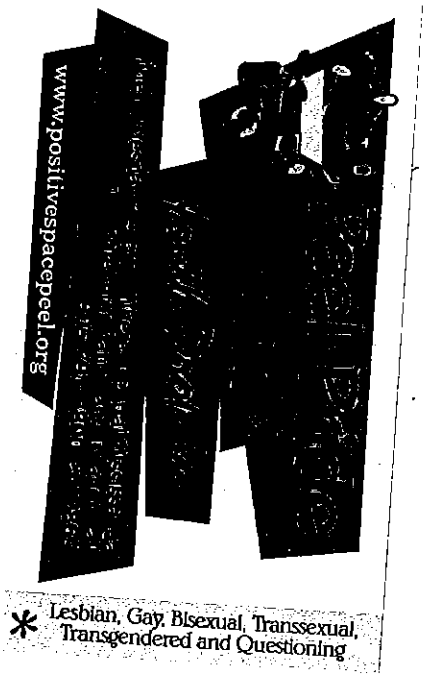
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COMMUNITY CONNECTIONS: Bringing New & Experienced Canadians Together
Practice English • Cultural & Experiential Co-learning • Employment Support
Volunteer Hours • RESOURCE CENTRE

ADULT CALENDAR



Newcomer Centre of Peel

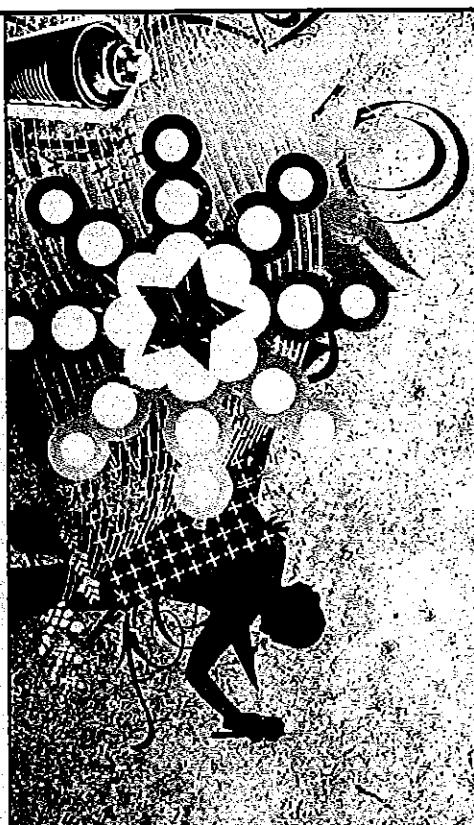
165 Dundas Street W., Suite 116
Mississauga, ON, L5B 2N6
PHONE: 905-306-0577 ext: 315
EMAIL: connect@nccpeel.ca
SEARCH us on Facebook:
nccp Adult Community Connections

OCTOBER

Presented by **Canada**
Department of Immigration, Refugees and Citizenship Canada

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Department of Immigration, Refugees and Citizenship Canada

OCTOBER



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Newcomer Centre of Peel

YOUR CALENDAR

COMMUNITY CONNECTIONS: Bringing New & Experienced Canadians Together
Practice English • Cultural & Experiential Co-learning • Employment Support
Volunteer Hours • RESOURCE CENTRE




Canadians in
Employment

Sunday / Dimanche	Monday / Lundi	Tuesday / Mardi	Wednesday / Mercredi	Thursday / Jeudi	Friday / Vendredi	Saturday / Samedi
4	3 New Volunteer Training 4-6pm SOCCER 4-7pm	4 Upgrade Volunteer Training 4-6pm University World Target: York U. Movie / documentary 4:30-10:30pm	5 F.O.D 4:30-7:30pm CRICKET 4-7pm	6 Picture Perfect September flashback 4-6pm	7 The ARTS: Costume Designers 4-7pm MOVIE CORNER 7:9:30pm	1 Extra English Support (High School) 12:30-2:30pm Mississauga Youth World Art Event 12:30-4pm
Homework Help Desk Mon-Thurs 3:00-7:00						
To sign up please e-mail connect@ncpeel.ca and let us know which activities you are interested in. Members are encouraged to sign up to 3 or more events.	10 Thanksgiving Holiday	11 Girl Talk 4-6pm	12 F.O.D 4:30-7:30pm Soul Writers Lyrics & Poetry 5-7pm	13 Go Green Grow a Garden 4-7pm	14 Go Green presents... NEEDERS Light & Sound 7:30-9:30pm	15 Field Trip Go Green presents... FALL COLOURS & Kortright Centre 10-4pm
Homework Help Desk Mon-Thurs 3:00-7:00						
16 	17 Find your DREAM job 4-6pm SOCCER 4-7pm	18 Girl Talk 4-6pm	19 F.O.D 4:30-7:30pm Get FIT with Jan & Erica 4-6pm	20 Gentlemen's Corner 5-7pm	21 Talk Show Looking for talent 5-7pm Karaoke Night American Idol Edition 7-9:30pm	22 F.O.D 11am-3pm Extra English Support (High School) 12:30-2:30pm OPEN GYM sports action 11-4:30
Homework Help Desk Mon-Thurs 3:00-7:00						
23	24 SOCCER 4-7pm	25 Festival of Diversity Volunteer Orientation Volunteers needed!! 4-5pm	26 F.O.D 4:30-7:30pm The Great Debaters 4-6pm	27 You Plan it 5-7pm	28 Photography Club Halloween Photo Club 7-9pm Halloween Pumpkin Carving Contest 7-9:30pm	29 Extra English Support (High School) 12:30-2:30pm
30 FESTIVAL of DIVERSITY 3-7pm	31 Halloween Bonanza Halloween Bonanza 3:30-8:00pm					

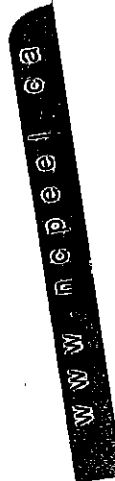
Sunday / Dimanche	Monday / Lundi	Tuesday / Mardi	Wednesday / Mercredi	Thursday / Jeudi	Friday / Vendredi	Saturday / Samedi
To sign up please e-mail connect@ncpeel.ca and let us know which activities you are interested in. Members are encouraged to sign up to 3 or more events.	3 Computer Learners 2:30-4:00	4	5	6 Conversation Circle 2:30-4:00	7	1 Extra English Practice Classroom Tutorials Listening & Speaking 10:00-12:30
9	10 Holiday Thanksgiving	11	12	13 Conversation Circle 2:30-4:00	14	15 Extra English Practice Classroom Tutorials Listening & Speaking 10:00-12:30 Field Trip to... FALL COLOURS Kortright Centre 10-4
16	17 Computer Learners 2:30-4:00 Volunteer Training 6:00-7:30	18 Bowling 2:30-6:00	19 Event Planning Committee 2:00-3:30	20 Conversation Circle 2:30-4:00	21 Writing Contest Submission Deadline	22 Extra English Practice Classroom Tutorials Listening & Speaking 10:00-12:30
23	24 Computer Learners 2:30-4:00	25 LINC-UP College Fair 9:00-2:00 Festival of Diversity VOLUNTEER Orientation 2:30-3:30	26	27 Conversation Circle 2:30-4:00	28 Pumpkin Carving 2:30-4:30	29 Extra English Practice Classroom Tutorials Listening & Speaking 10:00-12:30
30 FESTIVAL of DIVERSITY 3:00-7:00pm	31 Halloween Bonanza Halloween Bonanza 3:30-8:00pm					



Terence Carl Velox
Host/Youth Program Manager

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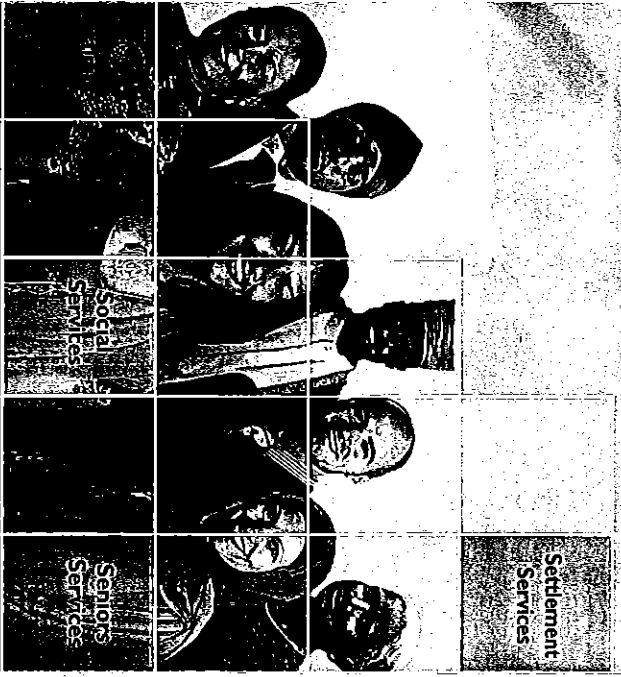
165 Dundas Street West
Suite 206
Mississauga, Ontario
L5B 2N6





India Rainbow Community Services of Peel

**A charitable, non-profit, community based organization.
Our services are non-religious and non-political.**



"Reaching out to those in need" Since 1985

Mission: To provide culturally and linguistically appropriate services to the Peel immigrant community enabling integration and supporting their settlement, social services, health, and educational needs.

Long Term Care (LTC) Program Adult Day Program - for South Asians

Our Adult Day Program offers services for the frail-elderly diagnosed with long-term illness and/or disability. Full day service, with catered South Asian meals is provided in a safe and caring environment by trained staff. This program is offered five days a week in Mississauga & Brampton.

Additional support includes:

- Friendly visits to home bound seniors
- Security Reassurance Checks
- Support and counseling for families
- Caregiver support, training and education
- Transportation assistance



Seniors Wellness Program

A weekly structured program for healthy seniors is offered in Mississauga and Brampton. We have groups of Punjabi, Hindi, Urdu, Tamil and Gujarati speaking seniors. The program includes recreational activities such as:

- Arts, crafts and mental stimulation
- Comprehensive exercise program
- Presentations on health, wellness and aging
- Field trips and outings - weather permitting
- Seniors are encouraged to learn computer skills at a nominal cost
- Leadership and volunteer opportunities

For more information, please refer to our detailed brochure for the Long-Term Care program.

Child, Youth and Parenting Program (CYP)

We provide culturally and linguistically specific support and education to South Asian youth and families.



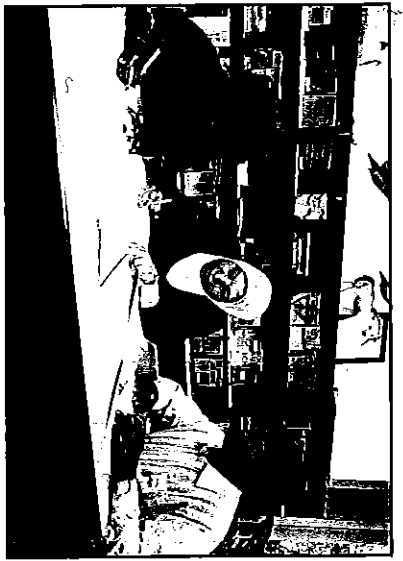
- Supportive counseling and family mediation on duality of culture issues
- Crisis intervention and referrals
- Cultural information to school staff and students
- Youth leadership development
- Positive parenting and counseling
- School support/advocacy
- Coping with resettlement stress

Housing And Support Peel (HASP)

We have partnered with Supportive Housing in Peel (SHIP) to deliver housing support services to clients residing in SHIP units. We provide case management to South Asian clients with serious mental illness and to those who are homeless or at the risk of becoming homeless. The program aims to help clients integrate in society and become capable of independent living. We provide ongoing support to clients so as to develop a productive and healthy lifestyle, by providing counseling and education for:

- Development of life skills to improve quality of life leading to stability
- Advocate on their behalf
- Provide support and education

"Those in need"



Locations

Mississauga:

Main Office

Services for New Immigrants

3038 Hurontario Street, Suite 206 & Unit 1

Mississauga, Ontario L5B 3B9

Phone: 905-275-2369

Fax: 905-275-6799

Email: ircs@indiarainbow.org

English Language Training (LINC)

Phone: 905-273-4932

Email: linciruss@indiarainbow.org

Job Search Workshops (JSW)

Phone: 905-275-1976

Fax: 905-275-9225

Email: jswmuss@indiarainbow.org

Seniors Services

Phone: 905-361-0463

Rainbow Adult Day Centre for Long Term Care

415 Maheson Blvd. East

Mississauga, Ontario L4Z 2H2

Phone: 905-507-6099

Fax: 905-507-1787

Email: ircslc@indiarainbow.org

Brampton:

English Language Training (LINC)

Settlement and Job Search Workshop (JSW)

21 Regan Road, Unit H & I

Brampton, Ontario L7A 1C5

Phone: 905-459-4776

Fax: 905-459-4347

Email: lincbrampton@indiarainbow.org

Email: jswbramp@indiarainbow.org

Program for Women

Phone: 905-454-2598

Email: wservices@indiarainbow.org

Seniors Services

Settlement and Child, Youth & Parenting (CYP)

245 Queen Street East, Unit 2

Brampton, Ontario L6W 2B5

Phone: 905-595-1669

Fax: 905-595-1670

www.indiarainbow.org

Federal Charity Business No. 10750-5810-RR0001

Membership
India Rainbow's membership is open to any person other than an employee of the organization, who supports the aims and objectives of the organization and abides by its Constitution and By-Laws.

Advantages of Membership

- Get our newsletter 'Rainbow Connection', as well as our E-newsletter, free
- Advance information about our programs and events
- Voting rights at the Annual General Meetings
- An opportunity to be part of a Board committee and contribute your expertise on specific issues
- The right to stand for nomination on the IRCS Board of Directors

Annual Membership Fees

\$10.00 per person \$15.00 per family

All memberships are subject to approval by the Board of Directors. To become a member, please contact us or use our online Membership Form

Funders

- Citizenship and Immigration Canada
- Mississauga-Halton and Central West LHIN (Local Health Integration Network)
- Ministry of Citizenship and Immigration
- Ministry of Community and Social Services
- Human Resources and Skills Development Canada
- United Way of Peel Region
- Fundraising and donations by our caring community

Canada



Ontario



India Rainbow
Community Services
of Peel

A charitable, non-profit, community based organization.
Our services are non-religious and non-political.



"Reaching out to those in need" Since 1985

Mission: To provide culturally and linguistically appropriate services to the Peel immigrant community, enabling integration and supporting their settlement, social services, health, and educational needs.

Islamophobia: Institutionalized Racism?

Oct. 18th, 5-7 @ Presentation Room, Student Center

XAO

October 17-21
www.XAO2011.com

Resists To Exist

Social Justice

Islamophobia

Community Cafe (12-2 @ Presentation Room)
 Movie Screening: Shelter (3-5 @ Presentation Room)
 Vigil Against Homophobic Bullying (8 @ Kanerr)

Checkpoint (Outside Student Center)
 MSA Presents - Islamophobia: Institutionalized Rac (5-7 @ Presentation Room)
 Movie Screening: Occupation 101 (2-4 @ Presentation Room)

Insight: A Day in a Wheelchair (12-4 @ Student Center)
 ASPAWG Presents Ugha Debates (4-6 @ Presentation Room)
 MESA Presents Movie Screening: West Beirut (5-7 @ Mist Theatre)

Movie Screening (3-5 @ Presentation Room)
STAND UP SPEAK OUT Concert (6-8 @ Mist Theatre)



Program Descriptions

Between Us Girls

Monday 6-8pm

This is an all girls program that creates a safe space to discuss various issues that women face. Come join us for an evening of girl talk, fancy drinks, nail polish, and all things female. Everything stays 'Between Us Girls.'

Artistic Youth Write

Tuesday 6-8pm

This program is designed for inspiring poets, actors, and musicians or for those who would simply like to be entertained. Join us to learn how you can take your artistry to the next level. Learn. Live. Inspire.

Knowledgeable

Wednesday 6-8pm

Have you ever thought about how you and your peers are influenced by the media? Film is a powerful tool used to evoke thought and emotion. Kick back and relax for an evening of movies, snacks, and let's talk about it.

Inhale | Exhale

Thursday 5-7pm

Pack your sweats and bring your energy! NYC welcomes our own professional health and fitness Guru to help build your mind, body, and soul through teaching effective fitness and health tips that will guide you towards a healthy life.

TGI Fridays Friday 4-6pm

Come join us for an evening of fun and excitement! Awesome events, Tournaments, Free-Styling, Dominos and much more. The weekend is on the rise, come out and have a fun and relaxing evening with your Nexus crew.

Leadership Training Saturday 12-3pm

Interested in helping out with the day to day operations of the Youth Centre? If so, this training will equip you with everything you need to know to be a valuable part of the Nexus team. Help out as a NYC assistant, outreach worker, or a group co-facilitator. Speak to a staff for more information.

Youth Council

Have your say in how the Nexus Youth Centre is run! This council will meet regularly to discuss what youth would like to see happen at the centre. We are looking for dedicated youth who want to participate and take a stand to ensure that youth voices are being heard. Nexus needs you! Please speak to a staff member for more details if you are interested in leaving your footprint at NYC.

Youth Ages 14-24 Everyone Welcome

Connecting Youth With Their Future

For More Information Please contact us at 995-855-9

1.02.02.104 /1

DATE: February 21, 1991
TO: Chairman and Members of the Community Planning and Development Committee
FROM: Ian W. Scott, Commissioner,
Recreation & Parks Department
SUBJECT: Special Needs Policy

ORIGIN: Recreation and Parks Department
OBJECTIVE: To establish a policy that will provide both staff and patrons with clear direction in the area of Special Needs.
BACKGROUND: Special Needs refers to a particular group in the community who require additional support when participating in usual activities of the general public.

The City of Mississauga Recreation and Parks Department has offered programs and accessible facilities to the Special Needs population for many years. Primarily these have been segregated programs with a gradual progression to integrated settings in some programs.

Recreation and Parks has been impacted by Bill 82, the amendment to the Education Act (1985-86) which placed an academic responsibility to educate the special needs population (on the public school boards). Some of the spin off reactions include:

- . public residents demanding more recreation opportunities and choices,
- . demands for more integrated opportunities,
- . public residents wanting the choice of where, when and what program(s) to participate in.

Recreation and Parks has been offering segregated programs in co-operation with associated community agencies (i.e. Erinoak, Community Living etc.). In the past segregated programs for the disabled provided opportunities to participate in recreational activities, to learn new skills (i.e. physical, social etc.) and to gain self-confidence.

Ian W. Scott, Commissioner

February 21, 1991

- . On an ongoing basis, staff ensure that we meet minimum facility design requirements as outlined in the Ontario Building Code which makes provision for access by the handicapped. When planning future facilities, staff take this into consideration and also consult with other City departments and the Special Needs Community.
- . Capital Budget Program - Community Centres Access Program for the Disabled. Consideration has been given to utilizing a consultant to assist staff in thoroughly assessing accessibility into Community Centres and to recommend funding priorities. Due to restraint, this project was eliminated from Capital Budget. Staff will review issues in the future and establish a preliminary list of priorities for consideration as part of the 10 year Capital Plan.
- . The Recreation and Parks Department presently offers 3 segregated programs, accommodating approximately 130 participants per year. In addition, approximately 700 participants are integrated into regular programs with success and community agency support. (i.e., Learn to Skate, Swimming, Aerobics, Gymnastics, Horseback Riding, Kinder gym, Artful Toddler, Day Camp, Children's Activity Centres etc.)

As long as there is a need in the community for segregated programs, the Department will respond to this need depending upon available financial and human resources.

In order to ensure that the transition to offering opportunities for integration is a smooth one, the Recreation and Parks Department must be committed to continually identifying the following:

- . Human Resources
- . Financial Resources
- . Training opportunities, for both full and part-time staff

Human Resources:

Presently, each Unit is responsible for integration within their own program area in consultation with the Supervisor of Physical Programs. The disabled individual and/or the referring agency must secure a volunteer (support person) if necessary. The Recreation and Parks Department is not able to offer this level of service at this time.

Financial Resources:

The training of full and part time staff in the integration process is being done through incorporating the necessary information into regular staff training opportunities. This includes approximately 1,100 part time staff and 350 full time staff. By incorporating this initiative into current training opportunities, the financial commitment is reduced substantially.

Corporate Policy and Procedure



Policy No. 03-08-03
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 Supersedes

TAB: CORPORATE ADMINISTRATION
 SECTION: PROVISION OF CITY SERVICES
 SUBJECT: PROVISION OF SERVICES TO PERSONS WITH DISABILITIES

POLICY STATEMENT The City of Mississauga is committed to providing customer service to persons with disabilities in a manner that:

- respects their dignity and independence;
- is integrated as fully as practicable into the method of service delivery;
- ensures reasonable efforts are made to provide an opportunity equal to that given to other customers to obtain and use our goods and services; and
- allows persons with disabilities to benefit from the same services, in the same place, and in a similar way to other customers.

PURPOSE The purpose of this policy is to outline how the City of Mississauga is complying with the requirements of Ontario Regulation 429/07, the customer service standard for serving people with disabilities.

LEGISLATIVE AUTHORITY *The Accessibility for Ontarians with Disabilities Act, 2005* (the Act) and specifically the Accessibility Standards for Customer Service, Ontario Regulation 429-07 (the Regulation) requires every provider of goods or services to establish policies, practices, and procedures governing the provision of its goods or services to persons with disabilities.

SCOPE This policy applies to the provision of goods or services to members of the public or other third parties by, or on behalf of, the City of Mississauga.

Corporate Policy and Procedure



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Supersedes

disability,

- a learning disability, or a dysfunction in one or more of the processes involved in understanding or using symbols or spoken language,
- a mental disorder, or
- an injury or disability for which benefits were claimed or received under the insurance plan established under the *Workplace Safety and Insurance Act, 1997*; (“handicap”)

An animal is a “Service Animal” if it is readily apparent that the animal is used by a person with a disability for reasons relating to his or her disability, for example a guide dog wearing a harness. If it is not readily apparent that the animal is a Service Animal, then a letter from a physician or nurse confirming that the person requires the animal for reasons relating to the disability is required.

“Support person” means, in relation to a person with a disability, another person who accompanies him or her in order to help with communication, mobility, personal care or medical needs or with access to goods or services.

COMMUNICATIONS

Communication can occur in a variety of ways, such as in person, by phone, in writing and online. When communicating with persons with disabilities, staff must take into account that particular individual’s needs and circumstances. Where possible, it is helpful to ask the person directly how to best communicate with them. If providing information, it may be necessary to offer it in a different format. For example, staff may communicate information that is normally conveyed orally by providing written instructions to a person who is deaf.

Assistive devices or equipment that aid persons with disabilities in communicating, such as assistive listening devices (ALD) or

Corporate Policy and Procedure



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Supersedes

or no vision might need someone to guide him or her while the animal waits in a safe location.

Where the Service Animal may affect the health and safety of other customers, staff should discuss the situation with both parties and make every effort to meet the needs of both customers.

USE OF SUPPORT PERSONS

If a person with a disability is assisted by a Support Person, the person with a disability must not be prevented from having access to the Support Person.

Each department is required to communicate their practice to the public in regards to fees for Support Persons. If a participant fee is charged, such as an admission or registration fee, notice must be given in advance about the amount, if any, payable by the accompanying Support Person. Notice regarding fees for Support Persons must be clearly posted.

Providers of goods and services may require a person with a disability to be accompanied by a Support Person if it is the only means available to allow the person to access their goods or services and, at the same time, protect the health and/or safety of the person with a disability or others on the premises.

NOTICE OF TEMPORARY DISRUPTIONS

If there is a temporary disruption in facilities or services in whole or in part, notice of the disruption must be provided to the public in a timely manner.

Notice of the disruption must include information about the reason for the disruption, its anticipated duration and a description of alternative facilities or services, if any, that are available.

Notice will be given by posting the information at a conspicuous place on the premises (on doors, at service counters, on bulletin

Corporate Policy and Procedure



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records are kept of the training provided, including the dates on which the training was provided and the number of individuals to whom it was provided.

FEEDBACK PROCESS

Each department or section's feedback process must allow for input on how it provides customer service to persons with disabilities. Information about the process must be readily available to the public and permit feedback to be provided by any of the following means: in person; by telephone; in writing; or by delivering an electronic text by email or otherwise. Feedback that is received at a generic City address will be forwarded to the applicable department or section.

Feedback may take the form of a complaint; an observation or comment, such as an opportunity for improvement; or a commendation. The customer should include their contact details, a description of the feedback and, if applicable, what the customer requests to resolve the concern. For information on resolving complaints from the public regarding specific employee conduct, refer to Corporate Policy and Procedure, Human Resources, Employee Conduct, Public Complaints Procedure.

Feedback must be responded to in a timely manner. The recipient of the feedback will determine the best course of action to be taken, if applicable. This could include, but is not limited to, referring the feedback to another department to rectify a physical barrier, or advising a Manager that further employee training is required. If the resolution to the feedback involves multiple steps, or will occur over a lengthy period of time, updates should be provided.

A copy of the feedback received regarding the provision of customer service will be forwarded to, or shared with, the City of Mississauga's Accessibility Co-ordinator. This will allow the City to identify gaps and/or trends and monitor progress.

Garden/General Community Groups/Multicultural/Special Needs

Garden

Cloverleaf Garden Club of Mississauga

Edie Schmidt,
416-953-1031
cloverleafpresident@hotmail.com
www.cloverleafgardenclub.org

Credit Valley Horticultural Society

Colin Gosden
905-823-7866
lily@creditvalleyhort.ca
www.creditvalleyhort.ca

Streetsville Horticultural Society

streetsvillehort@hotmail.com
www.gardenontario.org/site.php/streets

The Riverwood Conservancy

Douglas Markoff
905-279-5878
info@TheRiverwoodConservancy.org
www.TheRiverwoodConservancy.org

General Community Groups

Friends of the Mississauga Library

friendsofthelibrary@rogers.com
www.mississauga.ca/library/
friendsofthelibrary

Friends of the Museums of Mississauga

friendsofthemuseums@hotmail.com
www.museumsofmississauga.ca

Leash Free Mississauga

info@leashfreemississauga.com
www.leashfreemississauga.com

Malton Neighbourhood Services

info@mnsinfo.org
www.mnsinfo.org

Merry Liners Line Dancing

Marlene Branch
905-276-6955
marlenebranch@sympatico.ca

Mississauga Heritage Foundation

info@heritagemississauga.org
www.heritagemississauga.org

Mississauga Model Flying Club

cynthia-tom@rogers.com
www.mmfc.net

Mississauga Newcomers & Acorn Club

mississauganewcomersacornclub@gmail.com
www.newcomers.eboard.com

Mississauga Widows and Widowers Club

Hildegard Albright
905-823-1304

Safe City Mississauga

info@safecitymississauga.on.ca
www.safecitymississauga.on.ca

Westend Seniors Club

905-897-0890
westend.senior@yahoo.ca

Multicultural

Canada Pakistan Friendship Association

nasirchatha@gmail.com
www.CPFACanada.com

Can-Sikh Cultural Central

contact@can-sikh.org
www.can-sikh.org

Culture Philippines of Ontario

resty.delrosario@rogers.com
www.culturephilippines.com

First Hungarian Community Group of Mississauga

Mike Koszo
416-346-6850
mike@mikekoszo.com

Kainat International Community Services

Farhat Jahan
905-803-0314
kainatinternational@hotmail.com

Kalayaan Filipino Community Services

Willie Cantos
905-828-7893
wcantos@rogers.com

Malton Black Development Association

Wesley Jones
905-858-1743
wesley.jones@peelsb.com

Mississauga Club Italia

Domenic Collia
905-273-3844
domcollia@yahoo.com

Phoenician Club of Mississauga

phoenicia@hotmail.com
www.104521.CC.com

Sudanese Canadian Cultural Association of Mississauga

Mohamad A. Mohamad
905-568-9673 or 905-302-0998
mohammadtwin@yahoo.com

Special Needs

Recreation and Parks invites people with special needs to become involved in general programs. Participants should assess the programs that fit their interests and abilities. If a participant requires support in order to participate, a volunteer will be admitted to the program at no charge.

Some programs are offered specifically for children and adults with special needs.

Children: Swimming (see specific pools)

Adults: 'Sauga Stroke Breakers (see page 48)

Alzheimer Society Peel

905-278-3667

Special Needs/Co-operative Preschool/Sports/Basketball

Association for Bright Children (ABC) Peel Chapter

905-782-0055
support@abcpeel.org
www.abcpeel.org

Canadian Hearing Society

905-608-0271 voice
905-608-1691 (tty)

City of Mississauga Accessibility Advisory Committee

905-615-3608
905-615-3411 (TTY)
accessibility.info@mississauga.ca

Community Living Mississauga

905-542-2694

Council For Exceptional Children (C.E.C.)

Janice Cooper
905-812-0901

Cruisers Sports for the Physically Disabled Halton-Peel

Tony Gale,
905-866-5619
www.cruisers-sports.com

Erihoak Kids Centre for Treatment and Development

905-855-2690

Friends & Advocates Peel

Andrea Melanson
905-452-1002

Learning Disabilities Association of Mississauga

Terri Hamilton
905-272-4100

Mississauga Parkinson Support Group

Ian Pearson
905-826-2415

Multiple Sclerosis Society, Mississauga Chapter

905-278-6186

Ontario March of Dimes Peel Branch

905-607-3463, ext. 235
www.dimes.on.ca

Ontario Special Olympics Mississauga

416-322-1623

Osteoporosis Canada

416-696-2663
www.osteoporosis.ca

Peel Association for Handicapped Adults (PAHA)

Sandra Goudream
905-455-0150
redskooter@hotmail.com

Peel Association of the Blind

Charles Garnett, 905-306-7117

Peel Children's Aid

Connie Healy, Foster Parent Recruiter,
905-363-6131, Ext. 3061

Lynn Currie, Foster Parent Recruiter,
905-363-6131, Ext. 3062
www.peelcas.org

Reach for the Rainbow

416-503-0088
www.reachfortherainbow.ca

Seniors Life Enhancement Centres (SLEC) - Adult Day Programs

905-279-9061
www.slec.ca

Soccer for Special Needs

905-858-1227
www.nmsc.net

Tetra Society, Peel Chapter

905-274-8584
www.tetrasociety.org

The Mississauga Crusaders - Ice Hockey League

mississaugacrusaders@live.ca

Co-operative Preschool

Applewood Co-operative Preschool

applewoodco-op@hotmail.com
www.applewoodpreschool.ca

Clarkson Co-operative Nursery School

registrar@clarksoncoop.com

Erindale Co-operative Nursery School

erindale_ns@rogers.com
www.erindalenurseryschool.com

Erin Mills Co-operative Nursery School

info@erinmillscoop.ca
www.erinmillscoop.ca

Meadowest Co-operative Preschool

info@meadowest.com
www.meadowest.com

Tender Years Co-op School

tenderyears@bellnet.ca
www.tenderyears.ca

Sports

Mississauga Sports Council

905-267-3536
info@sportsmississuga.org
www.sportsmississauga.org

Basketball

Fusion Youth Basketball

Ernie Alligood
416-575-3247
fusionbball@rogers.com
www.fusionbasketball.ca

Malton Youth Basketball Club

Leon Taylor
905-696-0023

INCLUSION



Summer
2011

INCLUSION INTRODUCTION



<http://www.youtube.com/watch?v=ChwWWCDzK6k&feature=related>

What is INCLUSION?

- Inclusion is a broad term that extends and includes children who may:
 - Be learning English
 - Be shy
 - Be exceptionally bright
 - Have varying abilities (physical, intellectual, social)
 - Etc.
- Essentially, it is our goal that anyone, regardless of their needs, interests, and abilities can participate in our programs



Inclusion in the City of Mississauga

- The City of Mississauga's programs are *fully inclusive!*
- We welcome children of all abilities to participate. It is our expectation that children who have a physical or intellectual disability, or children with behavioural difficulties will be fully included into all daily activities
- Together, we are able to ensure each participant feels welcomed, accepted, and included in every program



The Inclusion Team: Our Roles

Lisa: Child and Youth Consultant

- Supervises Inclusion Coordinator and Inclusion Senior Staff
- Exclusively handles suspected child abuse cases
- Supports staff in crisis (problem solves with staff, parents, and participants)
- Act as resource for behaviour/special needs
- Oversee behaviour contracts

The Inclusion Team: Our Roles

Trisha: Inclusion Coordinator

- Supervises Inclusion Senior Staff
- Work hands-on with staff to develop modifications and behaviour management techniques
- Act as a liaison between support staff (Community Living/Private) and the City of Mississauga
- Provide resources for working with children with special needs
- Support staff in crisis/ with challenges
- Provide feedback about staff to supervisors

Strategies:

- Ideas from the group?
- Ensure there is structure to your day
- Increase or reduce the space used
- Remain positive
- Deliver instructions in a minimally distracting environment
- Be pro-active (i.e. anticipate challenges)
- Focus the child's energy appropriately (i.e. become a helper)
- Be patient
- Being encouraging
- Use accessible equipment (i.e. lap turtle, fidget toys)



ODD

(Oppositional Defiant Disorder)

- Recurrent pattern of defiant, disobedient and hostile behaviour toward authority figures
- Challenges: being spoken to when angry, receiving criticism, being directed by others

Strategies:

- Ideas from the group?
- Set out clear/concise rules and expectations that are mutually agreed upon by the camper and staff
- Be PROACTIVE
- Have a predetermined safe location
- DO NOT engage in a power struggle with the child
- Genuinely listen to what they say when they are speaking to you appropriately
- Ask parent/guardian about effective strategies that are implemented at school and at home
- Focus on cooperative rather than competitive games
- Give the participant an active role in the group

Use Your Resources

- Peers
- SSC/Senior Staff/Site Leader
- Inclusion Coordinator
- Inclusion Senior Staff
- CYC
- Inclusion Resource Guide
- Support Staff and parents

Support Staff

- Children with Special Needs may be supported by a private support worker, or an organization (i.e. Community Living Mississauga, Erin Oak etc.)
- City Employees must know the whereabouts of all children in their group all the time
- A Support Staff may briefly remove the child from the programming area
 - Must inform City Staff of where they are going and their estimated time of return
- If the City Staff does not know where the child is or they do not return by the specified time, follow lost child procedures



Support Staff

- Support staff are permitted to take the child they are supporting to the washroom alone when personal care is required
- If the support staff needs to use the washroom during the program, only the SSC, SS, or SL are able to temporarily support the child
- Keep Support Staff informed (they are part of our team!)
 - Of your location
 - Of your program plans (photocopy of your programming form)
 - Of costumes, special events and theme days

Accessible Equipment Inventory
September 2011

Equipment	Quantity	Description	Benefits	Modification Suggestions
Foam Building Blocks	2 sets	Large, soft blocks	Easier to see, grip, and pick-up (will not hurt if thrown)	Good alternative to Lego
Grab Ball	5	Small ball with web like exterior. Can bounce	Easier to grip, throw, and catch. Will not hurt if thrown	Good for small group activities, gross motor concerns
Rubberflex Grab Ball	3			
Stress Balls	9	Gives resistance when squeezed	Does not bounce, can be squeezed, small hands can use, discrete	Keeps hands busy for a child who has difficulty keeping hands to self or is fidgety. Tension reduction. Keep one focused.
Soft Ring Toss	1 base 1 stick 2 mini rings	Soft, light weight multi-coloured rings. Both large and small	Easier to grip then balls	Great for partner games, instead of holding hands, transitional tool (count down with rings), use in place of ball
Tote Around Lap Turtle	6	Vinyl, weighted stuffed animal	Uses weight to provide proprioceptive feedback. Used to "ground" children. Provides input & stability – focus	Used as reminder to remain seated, comfort in stressful situations, visual reminder of expectations, reward
No Bounce Balls	1	Light weight ball about the size of a softball (smaller ones too)	Does not bounce, easy to see, light weight	Reduces size of playing field.
Flat & Round Sponge Bat	3	Yellow bat – flat on once side, rounded on other	Children of all levels can use this with ease, evens playing field	Flat side larger surface area so easier to hit with, increase

		ball, bounces on a long white string	playing space, keeps ball closer to participants	ball, circle ball games
Fidget Toy	4	Multicoloured, squiggly, rubbery, air filled balls (some in the shape of a fish)	Good for participants who like to keep their hands busy/ or has difficulty keeping attention	Use as a supplement activity during a craft, use during transitions
Weighted pen	1	Large, blue, heavy pen	Great for participants who have low muscle tone or who do not have very developed fine motor skills	Use instead of crayons, markers, or pencils while drawing or doing a craft
Puzzles (wood)	2	Wooden colourful, 5-10 piece puzzles	Can be used as a supplementary activity	
Sand toys (bucket and shovels)	2 buckets 6 shovels			
Spray Bottle	1			
Fish stuffed toy	1			
Dimple ball	1	Coloured ball, dimples all over, textured	Good for those who like sensory stimulation.	Can be used in a circle game to slow down/ make the game more interesting (the ball rolls in different directions)
Flying water sock	2	Coloured, soft foam ball, long fabric tail	Great for those who may have difficulty throwing/catching (the toy can be swung around and tossed and caught more easily)	Use during water day or during catching and throwing games and drills
Apple Thread activity	1	Red plastic apple, white string		
Soft frisbee	2	Foam/plastic soft	Easier to catch	Use instead of

			during cutting. These scissors are ideal for children with fine-motor difficulties and children who are just learning to cut.	
Leader Rope	1	Long skipping rope with rubber animals attached.	Used during transitions to keep the group together and the line straight. Each participant can hold an animal and walk in the line.	Can be used day to day and even on trip. Helps keep the line moving the same way together.
Poppin Peepers	2	Small plastic squishy fidget toys (Penguin / Frog)	Helps keeps busy hands distracted, and campers focused.	Can be used during council, story time or any other part of the day that needs more concentration.
Egg- Ohs!	3	Egg shaped pencil grips	Helps develop the small muscles of the hands needed to write with precision.	Can be used in craft (i.e. pain brushes, pencils and crayons)
Teachers Pet: Lap Dog	1	Stitched Dalmatian Dog (4lbs)	Uses weight to provide feedback. Provides input and stability allowing children to focus	Can be used as a reminder to remain seated. Can be comforting in stressful situations. Can serve as a visual reminder of the expectations <i>**Please note that these are fragile and also should not be used for an extended period</i>

Holland Bloorview

Kids Rehabilitation Hospital

Peel Inclusive Recreation Guide

Published by the Family Resource Centre at
Holland Bloorview Kids Rehabilitation Hospital



Fun things to do in Peel Region!

This list of activities for children and teens in Toronto was compiled by the Family Resource Centre at Holland Bloorview. Many programs are designed to meet the needs of children with disabilities. Others are open to all and promote inclusion. Please call the groups listed to find out about specific programs, dates, times and costs. Visit the Family Resource Centre on the main floor of Holland Bloorview to learn more about community recreation programs and funding and childhood disability.

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Would you like your program to be included in this guide? Email resourcecentre@hollandbloorview.ca with your contact information and program description.

Clubs and Mentoring Programs

Big Brothers Big Sisters of Peel

Matches and monitors volunteers who serve as friends and provide positive influences to children and youth.

Ages: 6-18

Eligibility: All abilities

Season: All year

Contact:

- Phone: 905-457-7288
- Email: admin@bbbspeel.com
- Website: www.bbbspeel.com

Address: Various locations in Peel Region

Fee: No

Accessible: Yes

Boys and Girls Club of Peel

The Boys and Girls Club of Peel provides an accessible, affordable and safe place where children and youth can be themselves, participate in recreation programs, or just hang out.

Ages: 4-18

Eligibility: All abilities

Season: All year

Contact:

- Phone: 905-712-1789
- Email: info@bgcpeel.org
- Website: www.bgcpeel.org

Address: Program runs at various public schools in Peel Region

Fee: Yes

Accessible: Contact specific location

Girl Guides – Peel Region Office

Guiding is a safe, all-girl environment that allows girls to express themselves and meet new friends. Girl Guides participate in activities such as camping, sports, leadership training, and community service.

Ages: 5-18

Eligibility: Female, all abilities

Season: All year

Contact:

- Phone: 905-615-9965, Toll-free: 1-877-323-4545
- Email: info@guidesontario.org
- Website: www.guidesontario.org

Address: Various locations. Regional office: 1563 Dundas Street West, Mississauga, ON L5C 1E3

Fee: Yes

Accessible: Contact local chapter

Scouts Canada – Central Escarpment Council

Scouts Canada offers programs that provide leadership skills, environmental awareness, social development and indoor and outdoor recreation.. The Central Escarpment Council serves Peel and Waterloo regions.

Ages: 5-26

Eligibility: All abilities

Season: All year

Contact:

- Phone: 416- 490-6364
- Email: mississauga@scouts.ca
- Website: cec.scouters.ca

Address: Various locations. Regional office: 265 Yorkland Blvd, North York, ON M2J 5C7

Fee: Yes

Accessible: Contact local chapter

General Recreation Programs & Community Centres

Community Living Brampton Caledon

Recreation programs include "The Zone," an after-school respite program for children with ASD, monthly youth drop-in, and a social club for youth with developmental disabilities.

Ages: 8-21

Eligibility: Developmental disability or ASD

Season: All year

Contact: Margarete Guerra, Director, Family Resources/ Respite

- Phone: 905-453-8841
- Email: margarete@bramptoncaledoncl.ca
- Website: www.bcclnet.com

Address: 34 Church Street West, Brampton, ON, L6X 1H3

Fee: Yes

Accessible: Yes

Community Living Mississauga

Community Living Mississauga offers social and recreational programs for youth such as a community sports league, summer teen program, and an inclusive social club.

Ages: 13-21

Eligibility: Developmental disability

Season: All year

Contact: Lisa Kitchener

- Phone: 905-542-2694 ext. 2246
- Email: community.partnerships@clmiss.ca
- Website: www.clmiss.ca

Address: 6695 Millcreek Drive Unit #1,
Mississauga, Ontario L5N 5R8

Fee: Yes

Accessible: Yes

Erinoak Kids

ErinoakKids offers a variety of recreation and leisure programs including baseball, drama, and teen drop-in. Programs are open to all ErinoakKids clients.

Ages: Children and youth

Eligibility: Erinoak client

Season: All year

Contact: Andrea DeFinney, Therapeutic
Recreation Specialist

- Phone: 905-828-3214
- Email: adefinney@erinoakkids.ca
- Website: erinoakkids.ca/index.cfm?pgID=97

Address: Various locations. Main office: North
Sheridan Way, Suite 120 Mississauga, ON, L5K
2N6

Fee: Free and paid programs

Accessible: Yes

Kids CAN Centre

Kids CAN Centre was developed to serve the growing need for programs that focus on building language, interaction and appropriate social and emotional development through a multi-sensory learning experience. Offers after-school, evening, and weekend recreation programs.

Ages: 3-14

Eligibility: ASD

Season: All year

Contact:

- Phone: 905-486-1035
- Email: info@kidscancentre.com
- Website: www.kidscancentre.com

Address: 155 Queen St. East Mississauga, ON
L5G 1N2

Fee: Yes

Accessible: No

Y Knot Abilities Program @ Mississauga YMCA

The Y Knot Abilities Programs was created for children & youth with physical disabilities and their able bodied siblings. Participants explore their abilities through swimming lessons or swim team, wheel chair basketball, sports & games and fitness training.

Ages: Children and youth

Eligibility: Physical disability

Season: All year

Contact:

- Phone: 905-897-9622
- Email: memberservices@ymcagta.org
- Website: www.ymcatoronto.org/en/health-fitness-rec/our-fitness-rec-ctr/mississauga/index.html

Address: 325 Burnhamthorpe Rd. W.,
Mississauga, ON, L5B 3R2

Fee: Yes

Accessible: Yes

Snoezelen

Snoezelen Room at The Caledon Centre

Snoezelen is a safe, comfortable environment where one's primary senses are stimulated by a combination of music, lighting effects, gentle vibrations, tactile sensations and aroma therapy. The Caledon Centre Snoezelen room can be booked for 30 minute sessions.

Ages: All ages

Eligibility: Special needs

Season: All year

Contact: Katherine

- Phone: 905-857-3313 or 1-800-621-1287 and ask to speak to Katherine
- Website:

www.caledoncentre.ca/specialneeds.html

Address: 14111 Regional Road 50 N (Hwy 50)
Bolton, ON

Fee: Yes

Accessible: Yes

Sports – Baseball, basketball, soccer, and swimming

BODiWORKS Centre

Offers adapted gym program to teach gym skills to children with physical and developmental disabilities.

Ages: 3-18

Eligibility: Physical or developmental disability, ASD, ABI, ADD/ADHD

Season: All year

Contact:

- Phone: 905-608-9314
- Email: bodi@allstream.net
- Website: www.healthisfreedom.net/Special%20prg.htm

Address: Glen Erin Medical-Dental Centre, 3115 Glen Erin Drive Suite #8, Mississauga, ON, L5L 1J3

Fee: Yes

Accessible: Yes

Children in Motion (by Variety Village)

Children in Motion for children ages 3 to 12 years old, and Youth in Motion for youth ages 13 to 21 years old, are programs incorporating play and recreational sports activities. The programs are integrated and adaptable for children and youth of all abilities. Siblings and friends are encouraged to participate.

Ages: 3-21

Eligibility: All abilities

Season: Fall/winter/spring

Contact:

- Phone: 416-699-7167 ext. 336
- Email: votrpeel@varietyvillage.on.ca
- Website: www.varietyontario.ca/votr/cim.htm

Address: Parkholme School, 10750 Chinguacousy Road, Brampton, ON

Fee: Yes

Accessible: Yes

Cruisers Sports

Cruisers Sports for the Physically Disabled is a non-profit charitable organization that provides sports and recreational opportunities to people with physical disabilities. Programs include sledge hockey, track and field, wheelchair basketball, and boccia.

Ages: 3+

Eligibility: Physical disability. Siblings welcome for some programs.

Season: All year

Contact:

- Email: questions@cruisers-sports.com
- Website: www.cruisers-sports.com

Address: 9 - 6975 Meadowvale Town Centre Circle - Suite # 158, Mississauga, ON L5N 2V7

Fee: Yes

Accessible: Yes

Dash Sports

DASH Sports introduces children to a variety of individual and team sports. DASH will lay the foundation for success in sports by developing fundamental skills and the basic movements such as running, jumping, throwing, catching, passing, shooting etc.

Ages: 2-9

Eligibility: All abilities

Season: All year

Contact:

- Phone: 905-849-8837
- Email: admin@dashsports.ca
- Website: www.dashsports.ca

Address: 10-504 Iroquois Shore Rd. (@ 8th line) Oakville, Ontario L6H 3K4

Fee: Yes

Accessible: No

North Mississauga Soccer Club

The North Mississauga Soccer Club co-ordinates fun filled soccer nights for children and adults with special needs.

Ages: All ages

Eligibility: Special needs

Season: All year

Contact:

- Phone: 905-858-1227
- Email: info@nmsc.net
- Website: nmsc.net

Address: 10 Falconer Drive, Unit #12 Mississauga, Ontario L5N 3L8

Fee: Yes

Accessible: No

Sports – Hockey

Brampton Special Needs Hockey

Learn hockey skills and drills and compete against different teams through the BYHA Brampton Special Needs program. The team travels to other cities for competitions and attends the Special Hockey International Tournament each spring.

Ages: All ages

Eligibility: Special needs (able to walk)

Season: Fall/winter

Contact:

- Phone: 905-453-3243
- Email: info@bramptonyouthhockey.com
- Website:
www.bramptonyouthhockey.com/01-teams-d-special.htm

Address: 8950 McLaughlin Rd Building D
Brampton, ON, L6Y 5T1

Fee: Yes

Accessible: No

Mississauga Crusaders

The Mississauga Crusaders is a hockey team for individuals with developmental disabilities. The league gives players the opportunity to participate in the game of hockey, while teaching good sportsmanship, skating, and hockey skills.

Ages: All ages

Eligibility: Developmental disability

Season: Fall/winter

Contact: Tom Iwasiw, Coach

- Phone: 905-872-1242
- Email: mississaugacrusaders@live.ca
- Website: www.mississaugacrusaders.ca

Address: Plays at Mississauga Valley Arena, 1275
Mississauga Valley Blvd, Mississauga, ON, L5A
3R8

Fee: Yes

Accessible: Yes

Sports – Skiing, Snowboarding, and Skating

Ontario Track3 Ski Association

Downhill skiing and snowboarding for children and youth with disabilities.

Ages: 6-19

Eligibility: Physical and cognitive disabilities

Season: Winter

Contact:

- Phone: 416-233-3872
- Email: track3@track3.org
- Website: www.track3.org

Address: 16 locations in southern Ontario

Fee: Yes

Accessible: Yes

Sports – Synchronized Swimming

Mississauga Synchronized Swimming Association

The Unique Athletes program provides opportunities for athletes with special needs to try the sport of synchronized swimming. Participants learn the technical skills which will enable them to perform a routine and participate at the year-end swim show. If interested, call to inquire about coach and program availability. Children with physical disabilities and amputees can also be integrated into existing recreational swimming programs.

Ages: 8-18

Eligibility: All abilities, girls only

Season: All year

Contact:

- Phone: 416-410-1433
- Email: mississaugasynchro@gmail.com
- Website: www.mssa.ca

Address: Mailing address: P.O. Box 42222, Centre
Plaza, 128 Queen Street South, Mississauga, ON
L5M 4Z0

Fee: Yes

Accessible: Call to inquire - swim at various pools

Sports – Trampoline and Gymnastics

Airborne Trampoline Mississauga

Offers trampoline classes for children and adults with special needs.

Ages: 6+

Eligibility: Special needs

Season: All year

Contact:

- Phone: 905-828-2412
- Website:
airbornetrampoline.ca/airborne_mississauga_specialneedsclasses.htm

Address: 4020A Sladeview Cres. Unit #3,
Mississauga, ON, L5L 6B1

Fee: Yes
Accessible: No

Kids SuperGym

The Special Needs Gymnastic Program is designed to introduce, establish and build fundamental gymnastic skills, which include strength conditioning, co-ordination, balance, flexibility and agility.

Ages: 3-18
Eligibility: Special needs. Call to discuss child's specific needs and abilities.
Season: Fall/winter/spring
Contact:

- Phone: 905-607-5437
- Email: kidssupergym@hotmail.com
- Website: www.kids-supergym.com

Address: 3620 A Laird Road, Units 9&10,
Mississauga, ON L5L 6A8

Fee: Yes
Accessible: No

Social Skills (Recreation-based)

Peel Behavioural Services

The "Take Charge" social skills group is offered to youth who have been diagnosed with Autism Spectrum Disorder including Aspergers. The objective of the group is to provide respite for family members and skill development for program participants.

Ages: 10-17
Eligibility: ASD
Season: All year
Contact: Monica Hoehlmann, Behaviour Therapist

- Phone: 905-712-4124
- Email: mhoehlmann@thc.on.ca
- Website:
www.peelbehaviouralservices.ca/

Address: 2476 Argentia Road Suite 109
Mississauga, ON L5N 6M1

Fee: Yes
Accessible: No

Visual art, music, and drama

Visual Arts Mississauga

Visual Arts Mississauga (VAM) strives to enrich community life by fostering an appreciation in the arts through active involvement in a variety of creative experiences. Art classes for children and

teenagers include pottery, clay, cartooning, drawing, painting, and fundamentals of art.

Ages: 6+
Eligibility: All abilities
Season: All year
Contact: Jennifer Kuehn, Administrative Services

- Phone: 905-277-4313
- Email: info@visualartsmississauga.com
- Website: www.visualartsmississauga.com

Address: 4170 Riverwood Park Lane,
Mississauga, ON L5C 2S7
Fee: Yes
Accessible: Yes

Dazzle Art Inc.

Dazzle offers a variety of structured art lessons in sculpture, painting, drawing, cartooning, beading and other such media. The facility also has a large area for drop-in play.

Ages: 3-12
Eligibility: All abilities
Season: All year
Contact:

- Phone: 905-849-8837
- Email: admin@dashsports.ca
- Website: www.dazzleart.ca

Address: 11-504 Iroquois Shore Rd. (@ 8th line)
Oakville, Ontario
Fee: Yes
Accessible: No

Peel Music Academy

The Peel Music Academy offers professional and private lessons to students of all ages and abilities. Teachers are experienced with working with students who have special needs. Lessons include piano, flute, guitar, vocal, violin and drums.

Ages: 4+
Eligibility: All abilities
Season: All year
Contact:

- Phone: 905-458-4246
- Email: peelmusic@rogers.com
- Website: www.peelmusicacademy.ca

Address: 9886 Torbram Road, Suite #210
Brampton, Ontario L6S 3L9
Fee: Yes
Accessible: Yes

Municipal Parks and Recreation Integration Coordinators

Municipality	Contact Name	Phone Number	Email
Brampton	Erin Prior	905-846-2370 ext. 63258	erin.prior@brampton.ca
Mississauga	Moira Hicks	905-615-3200 ext. 5479	moira.hicks@mississauga.ca
Caledon	Laura Ricciuti	905-584-2272 x4288	laura.ricciuti@caledon.ca

When should you contact your local Parks and Recreation Integration Coordinator?

- When you want to learn about integrated and adapted recreation programs in your community
- When you want information about financial assistance for recreation programs and equipment
- When you need 1:1 support or special accommodations for municipal recreation programs

YMCA STRONG KIDS CAMPAIGN

The YMCA is a leading Canadian charity. The YMCA Strong Kids Campaign is focused on raising much needed financial support for children, teens and families who are unable to afford the full cost of participation in a YMCA program or activity.

The YMCA Strong Kids Campaign helps one person at a time, one family at a time, or one program at a time. That might mean providing the funds to:

- Help a child attend day camp for the first time
- Help a struggling teen find employment
- Enable a child to participate in a recreation or fitness activity
- Enable a struggling family to use a child care facility
- Gain the confidence and skills to avoid addiction, violence, and isolation

You can make a donation to the YMCA Strong Kids Campaign and help a young person in your community today. Visit www.ymcagta.org or talk to a YMCA staff member to find out more about how you can make a difference.

VOLUNTEER OPPORTUNITIES

Volunteering is a demonstration of caring for others. You'll find it at the heart of the YMCA. The YMCA gives people opportunities to get involved in their community by running programs, providing customer service, making policies and raising money. By giving their time to others, volunteers also learn, grow and have fun. If you are interested in becoming a YMCA Volunteer, or would like to learn about volunteering at the YMCA, please inquire at the Membership Desk.

Requirements of being a Volunteer at the YMCA:

- YMCA Membership preferred
- Must be 16 years of age, or in YLC between 11 – 15 years of age
- Must have current Police Records Check (within last 6 months)
- Must commit to one year of volunteering
- Must attend an interview with the Volunteer Coordinator

Mission:

The YMCA of Greater Toronto is a charity offering opportunities for personal growth, community involvement and leadership.

Vision:

The YMCA of Greater Toronto will focus on making connections: connecting people, connecting with youth, and connecting with the community.

Values:

Caring • Health • Honesty • Inclusiveness
Respect • Responsibility



We build strong kids,
strong families, strong communities.



The YMCA in Canada is dedicated to the growth of all persons in spirit, mind and body, and in a sense of responsibility to each other and the global community.

1-866-266-YMCA
www.ymcatoronto.org



Your YMCA's charitable registration number is 1-3307-8760-88070

**MISSISSAUGA
YMCA**



Program Information

Effective September 2008



325 Burnhamthorpe Road West
Mississauga, ON, L5B 3R2
Phone: (905) 897-9622 Fax: (905) 279-3117
Monday through Friday 5:30am to 11:00pm
Weekends 7:00am to 8:00pm

FACILITY ACCESS

Child Access

Children under the age of 10 years may use YMCA programs and facilities when accompanied by a parent or guardian over the age of 16 years. To ensure your child's safety, you must remain in the building while your child is in a program. When your child is not in a program, you must directly supervise your child at all times.

Program Area Access

Program areas will close 30 minutes prior to building closure. All members are asked to vacate the building by 11 p.m. weekdays and 8 p.m. weekends and holidays.

Youth Access

Youth (ages 10 to 15) are welcome at all times when accompanied by an adult over the age of 16 years. When not accompanied by an adult, youth are welcome before and after school hours, and on weekends and holidays.

DAY LOCKER ACCESS

Leave them clean and ready for the next user. Please remember that these areas are shared spaces. Always keep your valuables within eyesight or locked securely. Ensure that children 9 years of age and under are directly supervised at all times.

Family Change Room

This locker room may be used by families and caregivers with people who have special needs. Children under 10 must be supervised at all times. Always wear a swimsuit in the shower and outside the cubicles. Use the changing cubicles to change.

Membership Plus

Males and females 22 years and older with this membership option are welcome to use these change rooms. Children of Membership Plus may access these change rooms on weekends and holidays between 9:00 am and 5:00 pm. Children must be within arm's reach of an adult caregiver while in the Membership Plus change rooms.

Male General Change Room

Male YMCA members and guests 10 years of age or older are welcome to use this change room. Children six to nine years must be accompanied and supervised by a same-sex adult caregiver.

Female General Change Room

Female YMCA members and guests 10 years of age or older are welcome to use this change room. Children six to nine years must be accompanied and supervised by a same-sex adult caregiver.

PROGRAM AREA ACCESS

Open Access

These programs are for members to use on a drop-in basis. Age requirements and sign-up may apply.

Open Time

These periods indicate free gym time. Members can participate in non-supervised activities that require minimal equipment set-up. Age and access guidelines must be followed.

Youth Conditioning Room Access

Youth 12 to 15 may use the space upon completion of the youth conditioning course. Youth/children under the age of 12 may use the track Saturdays, Sundays and holidays from eight a.m. to four p.m. when accompanied by an adult within arm's reach.

Pool Access

- Children five and under must be accompanied by a parent or caregiver who is at least 16 years of age. Parents or caregivers must be in the water and within arm's reach of the child at all times.
- Children under the age of 10 who successfully complete the facility swim test may be admitted to the pool accompanied with an adult who remains on deck at all times.
- Children under the age of 10 who cannot complete the facility swim test must be accompanied in the water by a parent or caregiver who is at least 16 years of age. Parents or caregivers must be in the water and

within arm's reach of the child at all times

- Youth ages 10 to 15 and adults 16+ are welcome to swim in the pool as appropriate to their swimming ability.

GENERAL INFORMATION

The YMCA of Greater Toronto reserves the right to modify or terminate in its sole discretion at any time any of the programs offered by the YMCA at any of its facilities.

Child Care Programs

The Mississauga YMCA operates a licensed child-care centre for children one month to six years old. The centre features certified early childhood education staff. For more information, contact the Child Care Office at 905-897-6801 ext. 440.

YMCA Member Etiquette

The YMCA is a shared experience for everyone to enjoy. Each of us can make it better for all by being considerate of others. YMCA members, volunteers and staff all pledge to treat one another with respect and dignity.

Change Notification

If you need to deactivate your YMCA membership, we can accommodate your request. However, cancellations are not done over the phone, but only in person with a minimum of ten (10) days notice to stop payments. Please inform us of any changes to your bank or credit card information with a minimum of ten (10) days notice in person at any YMCA. Monthly payments are non-refundable.

Proper Attire

For your safety and the safety of others, proper attire must be worn while in program areas at all times. Jeans, sandals and boots are not permitted. Shirts must be worn.

Parking

The Mississauga YMCA has limited parking. We have 110 spaces for members to use while they are in the building. All guests and non-members must be prepared to find alternative parking.

PROGRAMS

Bouncy Castle (Preschool, Child, Youth)

Jumping and bouncing in the inflatable castle is a great cardiovascular workout and helps to develop fundamental movement skills in jumping, balance and coordination. This program is supervised by YMCA staff or volunteers.

Crafts & Games (Preschool, Child, Youth)

Tap into your inner artist and explore a variety of sensory and art activities. This program encourages participants to develop new skills, and enhance their imagination. Additionally, participants can relax and play a game.

Dance (Preschool, Child, Youth)

Learn basic dance moves and routines, with an emphasis on fitness, fun, and individual creativity.

Family Gym

Family gym offers the opportunity for families to get involved in physical activity together with the support of YMCA staff or volunteers. This interactive gym program introduces our youngest members to fitness and helps to establish a foundation for active living. A parent or guardian over the age of 16 years must be present, and is encouraged to participate.

Girls Rec Sports (Child, Youth)

This program is specifically designed and facilitated to engage and motivate girls through sport. Participants will learn the fundamentals of a variety of sports and games while making new friends, developing team skills and gaining confidence.

Martial Arts (Child, Youth, Adult)

(Taekwondo) - Registration required
Through structured physical activity, participants learn self-discipline. Instructors utilize various techniques to give them the ultimate workout. Beginner to advanced levels: white belt to black. To join the program, we encourage you to speak to the instructor after observing a class or see the membership desk for more information.

Preschool Gym

Preschoolers have the opportunity to interact with others and increase their gross motor skills and self-confidence through participation in games, sports and playing on the gym equipment.

Recreational Sports (Child, Youth)

(Basketball, Soccer, Table Tennis, Floor Hockey, Swim)
Our recreational sports programs promote and encourage participation regardless of ability level, and allow participants to develop skills in the sport of their choice. Skills are developed in a safe environment and are adapted to meet the various abilities of participants. Each session includes both a skill development component and an organized game.

Recreational Sports (Adult)

(Basketball, Soccer, Volleyball, Badminton, Floor Hockey, Table Tennis, Squash)
Recreational sports times are available for you to play your favourite sport. Programs are co-ed unless otherwise stated.

Sports and Games (Child, Youth)

Participants will love our sports and games program, where they have the opportunity to play all of their favourite sports. This program offers variety and choice while encouraging team building, and individual skill development.

Youth Conditioning (12 - 15 years)

This fun health and fitness based program provides youth the opportunity to learn about health, wellness and fitness in a relaxed environment.

Y-Knot Abilities Program

Y-Knot Abilities Programs are created for children & youth with physical disabilities and their able bodied siblings. Through swimming lessons or swim team, wheel chair basketball, sports & games and fitness training the participants explore their abilities and find within themselves the confidence to pursue their goals and the skills to build a successful, productive, happy life. Participants learn how focus on their abilities while developing strength, independence and confidence. The Y-Knot Abilities Programs are a place to meet friends and have fun. It's a place they belong.

Youth Basketball League

-Members Only
This is a perfect opportunity for youth to experience team play. There is still emphasis on developing skills while learning the strategies and rules of the game in a cooperative and supportive setting.

Youth Leader Corps

(Leader-in-training 12 - 14 years, Leader 15 - 17 years)
Since 1884, our Youth Leadership Corps have been challenging Youth through quality programs that reflect the YMCA's mission and vision. Through leadership training, self-government and volunteer placements, youth work together, build confidence and make new friends. There is an application and interview process to join.

AQUATICS

Adult Swim Lessons

Designed for adults who either are non-swimmers, or want to improve their swimming skills and endurance. Please visit the membership desk for more information.

Child Swim Lessons - Registration required

The Learn to Swim Program is an instructional program that introduces a series of easy-to-learn swim skills in a values-based environment. Taught by qualified instructors, participants are encouraged to learn water safety, movement skills and confidence in the water. Emphasis is placed on fun and positive relationships with peers and instructors. Please visit the membership desk to register and for swim lesson times.

Parent and Tot (Aquatics)

A great opportunity to introduce young children to a recreational pool environment. Please refer to Pool Access Guidelines for more information.

Preschool Swim Lessons - Registration required

The Lil Dippers Program is a values-based water activity program for preschoolers aged infant to five years. In the infant to two years category, preschoolers must participate with an adult. From three to five years of age, preschoolers may participate alone, but adults can still participate. Taught by qualified instructors, the Lil Dipper Program will orient preschoolers to move through the water and develop comfort and confidence. Visit the membership desk to register and for swim lesson times.

Recreational Swim

Families or individuals can enjoy recreational activities. Please refer to the Pool Access Guidelines for more information.

Youth Swim Lessons - Registration required

The YMCA Star Program introduces the swimmer to a wide variety of swimming and water skills in a values-based environment. Taught by qualified instructors, the Star Program improves swimming abilities, furthers water sport and safety skills, and develops endurance and new strokes. Please visit the membership desk to register and for swim lesson times.

GROUP FITNESS

Aquafit

You don't need to be a swimmer to enjoy these water-based fitness classes, which incorporate cardio, muscle conditioning and flexibility exercises. The water can be used to offer the level of intensity that is right for you. Participants must be comfortable in deep water for some classes.

Boxfit

A cardio-based workout using boxing punches, kicks and other athletic drills.

Break Through

This program was developed in partnership with the Osteoporosis Society of Canada to help treat and reduce the impact of osteoporosis. The Break Through Program is designed to empower people living with osteoporosis.

Cardio Groove

This low/high aerobics class has a hip-hop flare.

Circuit Training

Move through a variety of cardio and muscle conditioning work stations for a total body workout and overall health benefits.

Cyclefit

A cardiovascular and anaerobic workout on stationary bikes simulating hills and valleys, incorporating timed athletic drills. Bring some water, as you'll be sweating!

Dance

(Salsa, Line Dancing)
Learn basic dance movements and routines with an overall emphasis on fitness, fun and individual creativity.

Low/High Impact

A cardiovascular-based choreographed workout with both

low and high impact alternatives. This high-energy class will get you moving. The class may also include a muscle-conditioning segment at the end.

Muscleworks

A workout focusing on muscle conditioning, which may incorporate such equipment as hand weights, weighted bars, resistance tubing and/or stability balls.

Pilates

A great way to improve your posture, align your body, increase your strength and tone your muscles. Pilates utilizes the principals of core control, breathing and muscular integration.

Run Club

This group encourages all levels of runners in an indoor and outdoor setting. The group may train for specific events from a 5K to a marathon run.

Step

(Combo, Muscleworks, Circuit)
A cardiovascular-based workout using a portable platform of variable height.

Tai Chi

A strengthening class that will tone muscles, help you relax, and help you achieve mind, body and spirit harmony.

Yoga

Increase flexibility, release tension and allow the body and mind to connect. This class incorporates breathing, postures and relaxation techniques.

FEE FOR SERVICE PROGRAMS

Child Minding

Our child-minding staff cares for your child aged six weeks to five years in a safe and fun playroom while adult caregivers work out in the facility. Please see membership desk for more information.

Personal Training

If you're finding it difficult to achieve or maintain your personal fitness, the YMCA offers certified personal trainers to work with you to motivate and educate you towards achieving your goals. Please see membership desk for more information.

FITNESS LEADERSHIP & CERTIFICATION COURSES

Advanced Lifesaving Programs

Please refer to the "Aquatics Program Information Guide" for days, times and cost.

YMCA Fitness Leadership Training Program

Interested in leading a fitness class? Volunteering in the conditioning area? Take the YMCA Canada Fitness Leadership Training and become certified through our nationally recognized program. Please contact the Membership Desk for more information.

Basic Theory

This 24-hour course is a prerequisite for the applied theory courses. This course will include topics such as leadership, anatomy, physiology, movement mechanics and basic nutrition. A minimum of 80% is required on the YMCA Canada National exam.

Applied Theory

(Individual, group or aquatic fitness)
In these 16-hour courses, participants can specialize in group fitness, aquatic fitness or individual conditioning. This stage involves applying the knowledge from basic theory to exercise settings. An apprenticeship, evaluation and certification will follow.

mY Fitness

This program is for those new to exercising or coming back after a few false starts. mY Fitness provides the personal attention, flexibility and focus to get you on the road to a lifetime fitness habit. Work one-on-one with a personal coach. When you become stronger, more confident and ready for the next step, we have even more to offer you. Best of all, it's FREE with your membership. Speak to any YMCA staff for more information and to get involved.



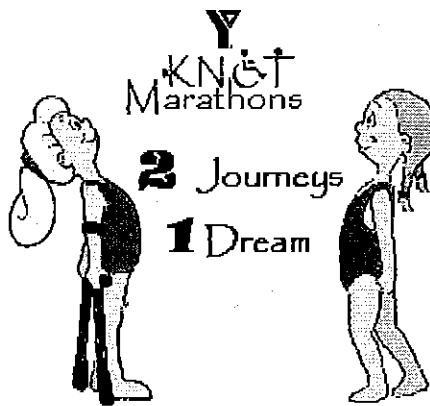
PENGUINS CAN FLY

YMCA Participation

- Home Page
- Recent Projects
- Y Knot Marathon
- Y Penguins
- Y Knot Basketball
- Y Knot Goes to School
- How You Can Help
- 2 Journeys 1 Dream**
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- Vicki's Log
- Media Library
- Vicki's Gallery
- Have Vicki Speak



YMCA Participation



[For more information on the 2 Journeys 1 Dream Marathons]

Y Knot Abilities Program

Picture the smile on the face of a child who is asked to join a team, when up to this point in life, his physical disability has left him sitting on the sidelines of every playing field he has ever been on.

The Y Knot Abilities Programs were created to address situations like this, and to provide a safe, fun environment where children can play, learn and explore the joys of a healthy active lifestyle. Able-bodied children have hundreds of sporting opportunities in our community, and Special Olympics programs for people with intellectual and cognitive disabilities are thriving. The Y Knot Abilities Programs answer a similar need for children with physical disabilities. These children seem to have few or no opportunities where they can go to learn about and explore their abilities.



*"See the possibilities, not the impossibilities
See the challenges, not the obstacles
See the abilities, not the disabilities"*

Vicki Keith C.M., O. Ont.
Founder of the Y Knot Abilities Programs

The Y Knot Abilities Programs were founded by world renowned marathon swimmer Vicki Keith, and named after the Y Knot Marathon, an 80 km marathon swim event across Lake Erie and Lake Ontario completed by her husband John Munro.



Vicki has used her 30+ years of experience working with young people with disabilities to develop the theories that the Y knot Abilities Programs are based upon. The concept is that through sport,

The Y Knot Abilities programs are designed to allow children with physical disabilities find pride and success through achievement. Participants have the opportunity to meet friends, have fun, develop a healthy active lifestyle, all while building confidence and self esteem. It provides a place where young people can explore their abilities and find within themselves the confidence to pursue their goals and the capacity to develop the

skills that will help them see the many possibilities for their future. Often, families with able-bodied children take these types of opportunities for granted, while families with children with disabilities find inadvertent road blocks and restrictions. The Y Knot Abilities Programs provide a place where brothers and sisters, able-bodied and disabled can all play together.

At age 12, Y Knot Abilities participant, Jenna Lambert, explained that the Y Knot Abilities Programs had given her "a chance to build up much courage, which I had hidden inside for such a long period of time." She explains that participating in sport has allowed her to "not disapprove of my disability so much." 3 years later after becoming the first female with a physical disability to swim across Lake Ontario, she amended her views by stating that "the only disability is a bad attitude"



About Us

/ Purpose / History / Strategic Plan / By-laws /

Cruisers Sports Mission Statement

To enhance the quality of life for individuals with physical disabilities through sport and recreational activity.

Purpose Back to top

Cruisers Sports was formed to promote the ability and potential of persons with physical disabilities through the following elements:

- Providing persons with physical disabilities the opportunity to participate and compete in various sport and recreational programs.
- Developing and enhancing the potential and abilities of persons with physical disabilities.
- Promoting interaction, socialization and integration of persons with physical disabilities into the community.
- Developing self-esteem and confidence by being the best you can be.
- Providing the understanding that having a disability need not be a barrier to participation.
- Developing a healthy attitude and learning about the benefits of fitness, which can help develop a lifetime of physical activity, participation and self-sufficiency.
- Providing coaching and training to achieve each individual athlete's potential.
- Supplying the equipment to participate in the sports being promoted.
- Providing financial assistance where possible to athletes attending competitions.
- Develop an understanding for the concept of teamwork and have the opportunity to practice these concepts and learn cooperation with others firsthand.

The Cruisers

Offer sledge hockey, wheel chair basketball, Track, Boccia & multi-Sport

Kids CAN

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- [Art & Yoga Therapy](#)
- [Girls' Social Club](#)
- [Kids CAN Clubs](#)
- [Music Therapy](#)
- [Social Sports Program](#)
- [Teen Social Skills](#)
- [Karate](#)
- [One-to-One /Tutoring](#)

Girls' Social Club

Program Dates:

Fall Sessions begin September, 2011

Programming Hours:

Monday Evenings: 4:30pm-6:00pm

Program Candidates: This program is specifically for our girls ages 6 – 9yrs and 10 – 14yrs

About the Girls' Social Club:

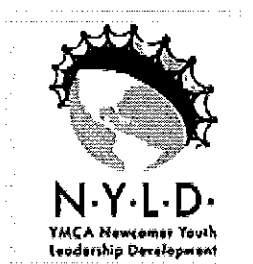
Now girls have a social group all of their own! This program includes the same social goals as our Kids CAN Clubs, with emphasis on social topics and activities that appeal to girls.

NEW! Girls Teen Group!

[Home](#) > [Newcomers](#) > [You've Arrived](#) > Newcomer Youth Leadership Development

Newcomer Youth Leadership Development

The YMCA has been providing leadership training for youth for over a hundred years. The [YMCA Youth Leader Corps](#) succeeds in providing youth with opportunities for [volunteerism](#) and [leadership](#), but additional support is needed to help newcomer youth succeed. In 2008, the YMCA started the Newcomer Youth Leadership Development (NYLD) program to assist newcomer youth and their parents to have a positive settlement experience.



The NYLD Program includes:

1. Newcomer Youth Leader Corps (Newcomer YLC)

Newcomer YLC is a unique leadership-based settlement program with a focus on integration, settlement, skill-building, volunteerism and community involvement. Newcomer youth groups meet with a staff advisor weekly to participate in:

- Creative activities
- Workshops from staff and guest speakers on youth topics
- Visits to city attractions
- Volunteer and community service learning projects
- Celebrations for special occasions, holidays and festivals

This program helps youth to make new friends, improve their English, learn about Canadian culture and society, gain volunteer hours, and build valuable leadership, teamwork and social skills.

Who can join?

- Newcomer youth ages 13 – 24
- Permanent residents (i.e. landed immigrants or convention refugees)

Some Newcomer YLC participants have also had the opportunity to take part in [Voices: the YMCA Newcomer Youth Film Project](#) and the [Youth Exchanges Program](#).

2. Family Engagement Activities

The NYLD program also takes the needs of newcomer parents into account and provides fun and educational programming for parents as well as youth. Activities include field trips, celebrations and events for youth and their families and workshops related to building healthy relationships with youth. Family engagement activities occur quarterly and provide



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Youth Exchange Mississauga |

The Youth Exchange is a series of community based activities and events targeted to newcomer youth and their parents organized by youth volunteers.

This program assists Peel/Halton youth between the ages of 13-24 years who have arrived into Canada within the past 3 years.

The goal of the program is to assist newcomer youth and their families to acclimatize and feel fully integrated into their new community.

Please visit our website at: <http://www.tcet.com/youthexchange/home.aspx>

Facebook: Youth Exchange

Twitter: <http://twitter.com/YouthExchange>

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New youth learn about city from peers' film

Chris Clay

June 28, 2010

A group of youth volunteers is ready to launch its film, *M Town*, at the Square One cinemas on Wednesday. The film is comprised of a series of short segments that provide information about Mississauga's transportation, school system, licensing and other information that could help newcomers become familiar with the city. The project, organized by the Centre for Education & Training and funded by Citizenship and Immigration Canada, was directed, written and filmed by newcomer and Canadian-born youth under The Youth Exchange program. The Youth Exchange is a series of events and activities planned for and organized by youth new to Canada. It's geared towards those living in Peel and Halton between the ages of 13 and 24 who have arrived in Canada within the last three years. The youth brainstormed topics based on their own experiences and what their families went through when they first arrived here. "The topics covered were decided by the youth based on what they thought were important to new Canadian youth and their experiences," said program coordinator Roxanne Challenger. "If this can be one easy way for at least one new Canadian to find community resources, learn about community events or just meet a new friend our purpose was accomplished." The project, nicknamed the M Town Segments, will launch at Empire Theatre. Screening starts at 11 a.m.
cclay@mississauga.net

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SEARCH THE GATEWAY

GCNC ITRACKS YOUTH PROGRAMS ADULT PROGRAMS SOCIAL PURPOSE ENTERPRISE EVENTS HOW TO REACH US

YOUTH ITRACKS



iTracks

We are pleased to offer the following Family- and Youth-focused programs for this Fall. All programs are available for the whole community. Newcomers can register for free or have discounted programs by presenting their Permanent Resident cards. Family rate discounts apply when registering family members concurrently.

YOUTH ITRACKS

Newcomer Family and Youth Settlement Services

Youth Settlement Workshops

We have scheduled a variety of youth workshops that will cater to the needs and interests of newcomer youth.

Youth iTracks Portfolio

Newcomer youth can participate in our iTracks portfolio resource and activity guide. It's designed to inform youth and keep them positively involved in settlement activities. All registered newcomer youth is qualified to participate and participants are eligible for monthly prizes!

A+ After School Program

School success comes through motivation! Our A+ After School Program promotes excellence in the Academics, Arts, Athletics and Attitude! We provide a safe place for your kids to be active, get homework help, and have fun. Here's what we have to offer:

Homework Help

A computer lab and study areas for your kids to complete their homework.

iTRACKS

- Youth iTracks
- Adult iTracks
- Family iTracks

Homework help staff will be available for your kids.

Days: Monday to Friday

Sports

There will be supervised gym time and will include basketball and volleyball coaching. Coaching days are Tuesdays and Thursdays.

Day & Time: Everyday, 3:00P.M. to 4:30P.M.

After School Urban Dance

Join the "I Rock with the One" dance program that sent Canada's Juvenile team to the 2009 World Hip Hop Championships. Dance is fun for all!

Day & Time: Monday to Friday, 4:30P.M. to 5:30P.M.

Gateway Tae Kwon Do

Beginners to Intermediate classes

Day & Time: Tuesdays & Thursdays from 4:30P.M. to 5:30P.M.

FEES

Monthly: \$65 per month

Newcomer Rate: \$40 per month

Newcomers are free for the first month!

Gateway Sports and Recreation

A healthy lifestyle must include healthy activities. Gateway Centre provides great opportunities to have fun keeping fit!

Urban Dance Classes with "I Rock with the One!"

Join the program that sent competitors to Canada's Hip Hop Championship and the World Hip Hop Championships in 2009.

Day & Time: Mondays, 6:30P.M. to 7:30P.M.

Fee: Adults - \$75 for 10 sessions

Youth or Newcomers - \$50 for 10 sessions

B-Boy Dance Drop-In

Day & Time: Wednesdays & Thursdays, 6:30P.M. to 9:00P.M.

Fee: \$3 per person; \$2 for registered newcomers

Gateway Basketball

Fee: \$4 for adults, \$3 for youth, \$2 for registered newcomers

Day & Time:

- Girls Drop-In
Mondays, 6:30P.M. to 8:00P.M.
- Youth Drop-In
Wednesdays & Thursdays, 4:30P.M. to 6:00P.M.
- Open Drop
Wednesdays & Thursdays, 6:30P.M. to 9:00P.M. when house league is not in session
- Men's House League
Spring and Fall. Inquire for details.

Gateway Tae Kwon Do

Advanced classes under Master Bill Jones - 4th Dan Black Belt - Blue Belt and up.

Day & Time: Tuesdays & Thursdays, 6:00P.M. to 7:00P.M.

Monthly Fee: \$50 for adults, \$35 for youth/family/newcomers

Gateway Clubs

Make friends, expand your interests, learn new skills and have a great time, too! Try out one of our clubs:

Anime/Manga

Read magazines, watch movies, draw, discuss and enjoy Anime together! All ages. Inquire for details.

Graphics Arts Club

Learn Photoshop, Adobe Illustrator, digital photography, drawing, web design, magazine layout, and more! Grade 7 and up. Inquire for details.

Day & Time: Mondays & Wednesdays, 4:30P.M. to 6:30P.M.

Youth Publication

Gateway is developing a youth-driven publication team. Journalists, graphic artists, and marketers are wanted!

Chinese Youth Group and Community Events

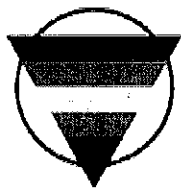
The Mississauga Mandarin Association Youth Empowerment (MMAYE)
In partnership with Gateway Centre, the MMAYE provides regular youth activities for the Chinese youth. Join us for workshops, Go Game, vocal training, talent shows, sports (basketball, volleyball, badminton, table tennis), karaoke, and more!
Day & Time: The youth group meets every 1st and 3rd Fridays of each month, from 6:30P.M. to 9:00P.M.

Our Canada Events

Family and Youth Celebration events occur monthly at Gateway Centre. Join us for positive fun as we celebrate Canada together!

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POSITIVE SPACE COALITION OF PEEL

welcome

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"Making a Positive difference in Peel"

OUR Mission

Positive Space Coalition of Peel is a collaboration of Community Service Providers and Community Members that provide information, education and access to resources for LGBTTIQQ2 individuals.

OUR Vision

Equity for All. Everyone Belongs.

OUR Values

- Positive space and advocacy
- Respect, acceptance and compassion
- Investing in our community's future
- Diversity and the eradication of oppression
- Empowering the Community through education

Services



Youth Beyond Barriers Program

Drop in groups for queer and trans youth age 12-17 years of age.

Youth interested in attending these groups should contact the program prior to attending group.

The groups take place in central Brampton and in central Mississauga from 6.30pm to 8pm.

We are currently seeking new group members.

Youth, parents, and friends of queer & trans youth can access this program via www.aysp.ca or www.postivespacepeel.org or call 1.800.762.8377, ext.460 or at youth@aysp.ca

YOUTH

BEYOND BARRIERS

A PROGRAM FOR QUEER AND TRANS-IDENTIFYING YOUTH AGED 12-18, OFFERING A SUPPORT AND SOCIAL GROUP, ONE-TO-ONE SUPPORT AND COMMUNITY EDUCATION AND REFERRALS.

LOCATED IN MISSISSAUGA AND BRAMPTON
INFORMATION AND DETAILS :

(t) 1.800.762.8377 ext 460 (e) youth@aysp.ca





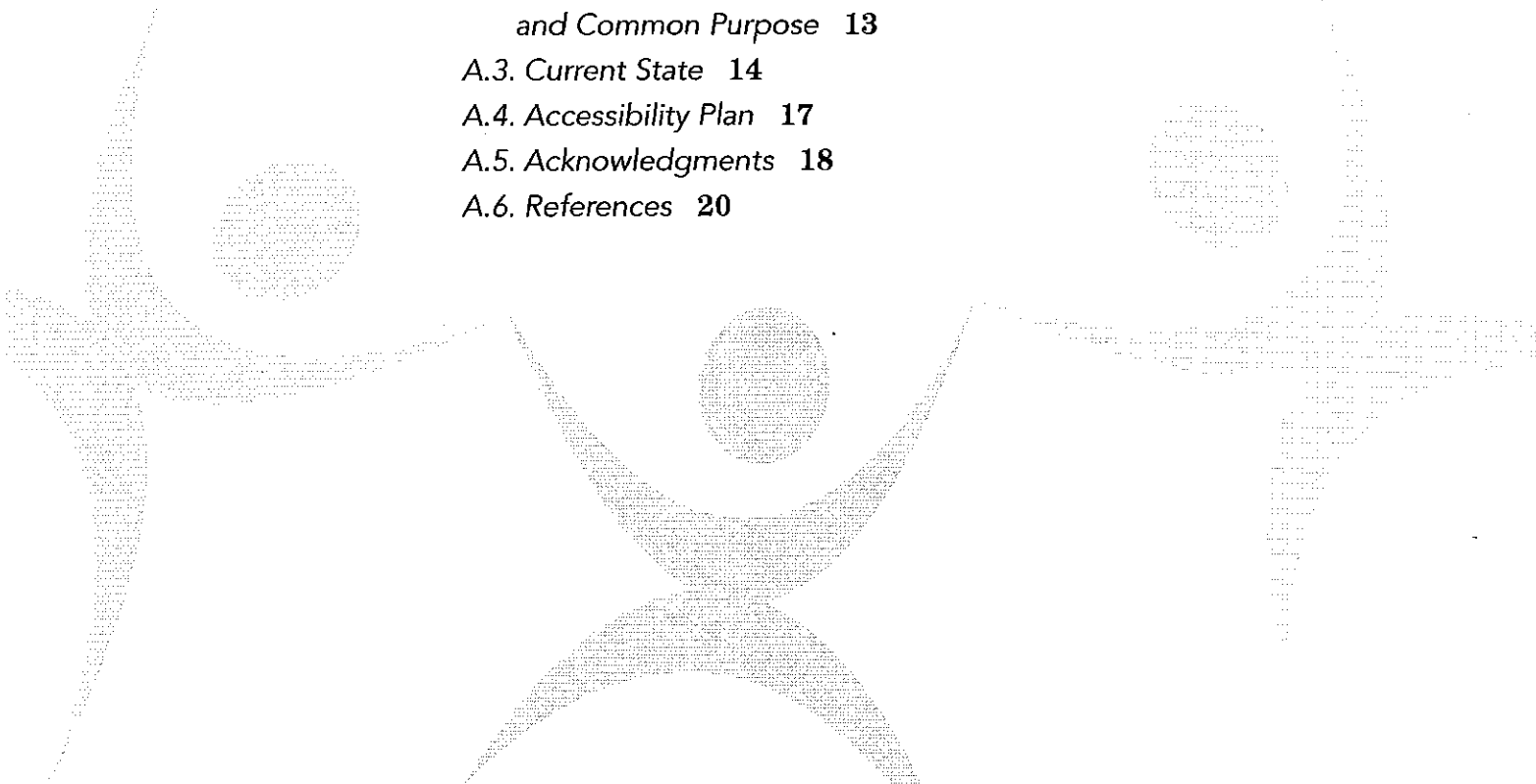
Diversity and Inclusion

Strategy

Diversity and Inclusion

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Rationale

The Peel community is ever changing as it grows and evolves into one of the most diverse communities in Canada.

Over the last several years, many initiatives in various Regional departments have been undertaken to improve the availability and delivery of services for the diverse population, including service enhancements and modifications, community partnerships and advocacy. Additionally, initiatives have been introduced internally to support the diverse employee population and help remove barriers for full participation and engagement of the workforce.

The development of the Diversity and Inclusion Strategy addresses the need to have a strategic and coordinated vision for diversity and inclusion across the organization. A planned and comprehensive approach for servicing a diverse community and engaging a diverse workforce will also support integrated planning. The strategy will challenge people to look at things from the perspective of diversity and inclusion when making decisions around programs, services, processes and practices.

The Diversity and Inclusion Strategy and Implementation Plan will influence and support an organizational culture where employees are engaged, clients are satisfied and there is trust and confidence in the Region of Peel.

Process

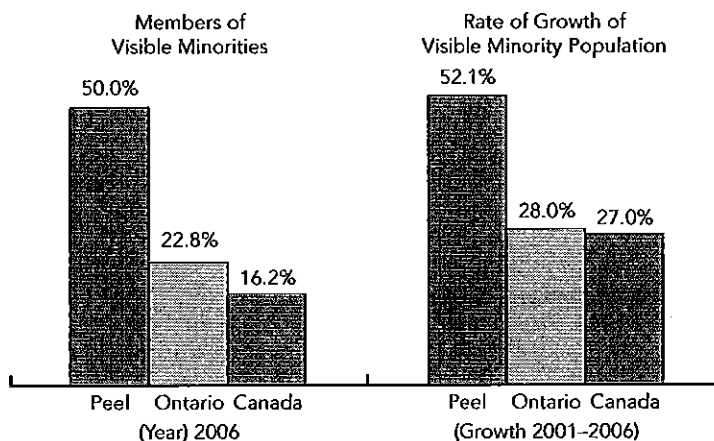
The work to develop the Diversity and Inclusion Strategy and Implementation Plan was undertaken by a cross-departmental project team. Based on a skill-set profile, staff members representing all Regional departments were selected by their Commissioners to participate as project team members. Other members included an external consultant, diversity program resource, a project manager and the Chief Administrative Officer as the Project Sponsor.

The project team identified and assessed Peel's current situation; created the mandate and objectives; identified priority actions; identified outcomes and measures; and reviewed and finalized the Diversity and Inclusion Strategy and Implementation Plan.

Various jurisdictions including, but not limited to, City of Edmonton, City of Toronto, Region of Halton, City of Mississauga, Town of Markham and the Ontario Public Service participated in consultation sessions or had their work referenced, thus contributing to the development of the Diversity and Inclusion Strategy.

Peel is one of the most racially diverse places in Canada. The 2006 census recorded that Peel's population is comprised of people who reported to have over 200 different ethnic origins, speaking more than 70 different languages. In 2006, 50% of Peel's population identified themselves as a member of a visible minority group, double the percentage for Ontario and Canada. The rate of growth in the visible minority population of Peel was 52% between 2001 and 2006; almost two times that of Canada and Ontario. The top three visible minority groups in Peel are South Asians (23.5%), Blacks (8%) and Chinese (5%).

Visible Minority Population



Source: Peel Data Centre, Statistics Canada 2006

Peel is the second most popular destination choice for new immigrants among the Greater Toronto Area Municipalities (after Toronto). Between 2001 and 2006, on average 2000 newcomers arrived every month. In 2006, immigrants comprised almost 48% of its total population. Between 2001 and 2006, the immigrant population of Peel grew by 32%, compared to 4% for Canada and 12% for Ontario.

In 2006, 4% of Peel's population did not have knowledge of either of the two official languages of Canada (English or French). A little over two thirds (67%) of Peel's population indicated English as the language spoken most often at home. Excluding English, the top three languages spoken in Peel in 2006 were: Punjabi (8%), Urdu (3.7%) and Chinese (3.6%).

The top three non Christian religions of Peel in 2001 were Sikhism (6% of Peel's population), Islam (5%) and Hinduism (4.7%) respectively. Further, Peel is rich with a diversity of different religions like Judaism, Buddhism, Baha'i, Jainism, and Sufism, to name a few.

Objectives

Objectives support and further define the mandate. They describe the high-level key areas of focus and answer what the mandate will achieve. These objectives provide the link between the mandate and the actions:

1. Demonstrate the value and benefits of diversity
2. Strengthen leadership capacity and workforce competencies to achieve greater diversity and inclusion
3. Build a diverse Regional workforce
4. Influence the delivery of programs and services to meet the needs of the Region of Peel's diverse communities of interest

Supporting Actions and Outcomes

The following actions refer to high-level key initiatives and indicate how the objectives will be realized. They represent strategic as opposed to routine day-to-day items and new or high priority work to be undertaken.

The associated outcomes are qualitative statements of the results to be achieved when the actions supporting the objectives are successful. Outcomes describe the end state and are not all achievable within the timeframe of the Diversity and Inclusion Strategy.

1. Demonstrate the value and benefits of diversity

Actions:

- 1.1. Develop a shared understanding of the components of diversity
- 1.2. Review and refine the existing Regional policies, definitions and statements through a diversity/inclusion lens
- 1.3. Recognize and reward innovation and agents of diversity and inclusion
- 1.4. Quantify the value of diversity as a best practice
- 1.5. Develop outreach and communication strategies



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Centre of Excellence for Diversity and Immigration

Mississauga, a Centre of Excellence for Diversity and Immigration

One of Mississauga's greatest assets is the diversity of our community residents. Mississauga is a vibrant city that is home to people of different ethnic and cultural backgrounds, including skilled immigrants with unique worldwide experiences. This richness of diversity can be largely attributed to a long standing and growing trend in immigration. Currently, over one-half (52%) of Mississauga's residents were born outside of Canada and this number continues to grow.

Statistics indicate that by 2011, 100% of Canada's labour force growth will be due to immigration. Mississauga is showing signs of this trend. 2006 Census data shows that our non-immigrant population decreased by 2% while our immigrant population increased by 20%.

As a community, Mississauga understands the importance of immigration and diversity. Positioning Mississauga, as a Centre of Excellence for Diversity and Immigration will play a critical role in ensuring our future well being and prosperity.

Diversity and immigration demographics in Mississauga

The picture of diversity and immigration in Mississauga is impressive;

Immigration:

- 343,245 residents were born outside of Canada
- 54% of Mississauga's immigrants arrived between 1990 and 2006
- 63% (74,810) of all Peel's Recent Immigrants live in Mississauga
- Each year approximately 15,000 newcomers to Canada chose Mississauga as their home.

Visible minority:

- Mississauga's visible minority population has increased from 40% in 2001 to 49% in 2006
- The three largest groups of visible minorities in Mississauga are South Asians (134,750), Chinese (46,120), and Blacks (41,365).

Building human capital

Post-Secondary education

Waterfront development and environment

Centre of excellence for diversity and immigration

The Mississauga Works Task Force

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Mohammed Mohammad PromoKeych