



# Resources

## for Exceptional Children and Youth

### Community Respite Agencies

*This list of agencies was put together with the help of many wonderful families who have used our services and the knowledge of our service planning team. We hope it gives you a helpful place to start as you explore options that best meet the needs of your family. Since each family is unique, we recommend reaching out to the agencies directly to find the right fit for you.*

#### Community Respite Agencies

- AJA Support Services  
Phone: 647-268-8212  
Email: [info@ajasupportservices.com](mailto:info@ajasupportservices.com)  
[Website Link](#)
- Bartimaeus Inc.  
Phone: 416-243-3330  
[Website Link](#)
- Believe Support Services  
Phone: 647-554-9870  
[Website Link](#)
- Can Do Support Services  
[Website Link](#)
- Cardinal Nannies and Companions  
Phone: 905-666-2228 or 1-800-219-8059  
[Website Link](#)
- Community Helpers for Active Participation (CHAP)  
Phone: 905-436-2500 ext. 2209  
[Website Link](#)
- Community Living Durham North (Scugog, Brock & Uxbridge Townships).  
Out-of-home and in-home respite services.  
Phone: 905-985-8511  
[Website Link](#)



- Community Living Oshawa Clarington (CLOC)  
Phone: 905- 576-3261  
[Website Link](#)
- DHS Health Care Service  
Phone: 905-571-1511 or 1-800-461-6756  
[Website Link](#)
- Durham Association for Family Respite Services (DAFRS)  
Phone: 905-436-2500 ext. 2222 or 1-800-500-2850  
[Website Link](#)
- Footprints Respite  
Phone: 905-420-0388  
Email: [pickering@footprints.org](mailto:pickering@footprints.org)  
[Website Link](#)
- Goshen Support Services  
Phone: 647-998-9349 or 416-877-5214  
Email [info@goshensupport.com](mailto:info@goshensupport.com)  
[Website Link](#)
- Impact Mental Health, Special Needs and Behavioural Services Inc.  
Phone: 289-992-8431 or 647-766-2981  
[Website Link](#)
- Karis Disability Services  
Phone: 705-741-1977  
[Website Link](#)
- Mahoe Mental Health Services  
Phone: 647-258-6995  
Email: [info@mahoehealth.com](mailto:info@mahoehealth.com)  
[Website Link](#)
- Montrose Strength Based Support Services Inc.  
[Website Link](#)
- ParaMed Home Health Care  
Phone: 905-433-7600 or 1-800-463-3965  
[Website Link](#)



- Qualicare (Nursing/PSW Respite)  
Phone: 905-665-0101  
[Website Link](#)
- Step By Step Learning Care and Respite Services Home and Community Based  
Phone: 416-859-5938  
[Website Link](#)
- Synergy Link  
[Website Link](#)
- Wintergreen Respite Program  
Referral: Contact Co-ordination Services for Children and Youth  
Phone: 905-427-7207  
[Website Link](#)
- WM+A  
Phone: 416-367-5968  
Email: [info@wmanda.com](mailto:info@wmanda.com)  
[Website Link](#)
- Student from a Local High School  
Contact the Guidance Office at your nearest Secondary School to see if they have students looking for respite work or volunteer opportunities

Where to post your own listing:

- Durham College/UOIT  
Can register as a new employer and post a listing at:  
Phone: 905-721-3034  
[Website Link](#)
- Durham Region Unemployed Help Centre - Pickering Resource Centre  
Phone: 905-420-4010  
Free service - families can post an online ad through the centre or speak with a representative directly to have an ad posted.

