

Therapeutic Recreation: Summer Overnight Camp Directory 2024

The following information is provided to assist families, service navigators and community recreation providers identify overnight camp options for individuals with disabilities.

Families are encouraged to contact the camp directly to discuss their campers' unique interests and support needs to determine if the camp will be a good fit. It is important to set your child up for success.

This camp directory has camps grouped by the following categories:

- Camps with Inclusion programs – camp has a 1:1, 2:1 or 3:1 inclusion support worker you can apply for.
- Specialized camps with lower camper to staff ratios are designed for campers with disabilities but do not offer a 1:1 inclusion support worker.
- Camps with an Inclusive Philosophy. Provide your Own support Worker.

This camp directory is updated regularly. Check back often for the most accurate camp options.

Looking for more options? Consider a day camp. Day camp options can be found on the KidsAbility website in our [Thrive Together Tools](#).

Not Sure Where to Start? Have a camp question or need support for camp planning?

- Review the camp planning resources on the KidsAbility website in the [Thrive Together library](#).
- Email us (rectherapy@kidsability.ca) with your camp questions or to request a camp consult. KidsAbility camp consult clinic appointments are offered January through mid March.

Every effort is made to ensure that this information is accurate. If you notice information that is incorrect or if we have missed any overnight camp options for individuals with disabilities, please [email](#) us.



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Camps with Inclusion programs – camp has a 1:1, 2:1 or 3:1 inclusion support worker you can apply for.

[Camp Concord](#) (Schomberg)

Ages: 7 plus

Contact: 647-746-6339 or [Email](#)

An integrated camp for people with Intellectual Disabilities focusing on social and life skills. Concord provides a safe environment for campers to learn, grow and have fun. Campers make friends, enjoy the outdoors, build their social skills, gain confidence, and have a summer of laughs and fond memories. Concord staff meet with every new camper and family before they come to camp to ensure proper placement in cabins and activities. An individualized program is design around camper interests.

Support: 3:1 camper to staff ratio.

Registration: Open

[Camp Kodiak](#) (Parry Sound)

Ages: 6-18

Contact: 905-569-7595 or 877-569-7595 (Toll Free) or [Email](#)

Camp Kodiak is an integrated summer program for children and teens with and without Learning Disabilities, ADHD and Autism Spectrum Disorder Level 1. We offer an integrated social skills program, an academic program, and over 50 exciting activities.

Support: 2:1 camper to staff ratio.

Registration: Opens October 1, 2023

[C.Y.O. Camp Brebeuf Inclusion Program](#) (Rockwood)

Ages: 11-20

Contact: 519-856-4671 or [Email](#)

Adventure. Faith. Unplugged. C. Y. O. Camp Brebeuf is operated by the Catholic Youth Organization of Hamilton and offers both day camp and overnight camp options for children. Camp Brébeuf offers an inclusive program designed to make camp a reality for your child with special needs. The goal of the program is to integrate children with exceptionalities into all of the programming during the week. If time away from the group or modified programming is required to make your child's experience the best possible, our inclusion

counsellor is there to help. Programming includes arts and crafts, drama and music, high ropes, pool, canoeing, faith, adventure skills, sports, and nature/camping. [Explore camp options.](#)

Support:

- Limited number of 1:1 inclusion support workers are available.
- Camp has an inclusive philosophy; campers can provide their own support worker.

Registration:

- Registration opens January 8, 2024.
- Contact the camp prior to registering for the inclusion program. Limit of one week of camp.

[Hidden Acres Mennonite Camp Inclusion Program](#) (New Hamburg)

Ages: 6-15

Contact: 519-625-8602 or [Email](#)

Hidden Acres focuses on the development of the whole person – physically, socially, emotionally, and spiritually. Campers participate in a variety of activities including rotational activities that everyone moves through (ex. canoeing, swimming, drama, crafts, nature) as well as choice activities they sign up for (ex. basketball, rock-climbing, board games, etc.). Other activities include group games, a talent show or game show, evening campfires and much more! Campers also take a break from the busy schedule during Quiet Time after each meal. Campers participate in several faith-based activities each day including singing, games, drama, crafts, sharing and stories. Camp is a great way to get to know new friends or reunite with old friends. Friendships are formed as campers participate in activities, share meals, and spend time together. Campers must be able to complete most aspects of personal care (including toileting and showering) independently or with verbal support.

Support:

- Limited number of 1:1 inclusion support workers available.
- 3:1 or 4:1 camper to staff ratio.

Registration:

- Opens February 1, 2024, at 7 a.m.
- Before being accepted into the Inclusion Program, a detailed registration form must be submitted and a home, site or virtual visit will take place with a staff member from Hidden Acres.

[Shadow Lake Centre](#) (Stouffville)

Ages: 7 to adult

Contact: 905-640-6432 or [Email](#)

Embark on an Adventure: Shadow Lake Summer Camp – Where kids, youth, and adults with developmental disabilities dive into the Enchantment of Camp. Owned and operated by Community Living Toronto since 1965,



Shadow Lake Centre offers a year-round facility that provides those with special needs a chance to experience the magic of camp.

The summer camp is self-directed, meaning guests choose the activities they participate in. Parents and caregivers can have peace of mind that their camper will have an adventure all their own. Our enthusiastic staff are dedicated to making the campers' experiences one they will never forget.

Support:

1:1, 2:1, & 3:1, camper to staff ratio options. Camp fee vary depending on support option.

Camp is designed for campers with disabilities.

Registration:

- Registration opens December 5, 2023
- Register on [My Community Hub](#).

Specialized camps with lower camper to staff ratios are designed for campers with disabilities but do not offer a 1:1 inclusion support worker.

[Belwood Lodge and Camp](#) (Fergus)

Ages: 7 – adult

Contact: 519-843-1211 or [Email](#)

Belwood Lodge and Camp offers dynamic programming for people with intellectual and/or physical disabilities. Our program offers opportunities for life skills building and friendship making. While at Camp participants will engage with a variety of activities to provide opportunities to move their bodies, express their thoughts, and learn! All campers will be able to engage in all activities while at camp.

Support:

4:1 camper to staff ratio.

Camp is designed for campers with disabilities.

Registration: Opens January 2, 2024

[Camp Kennebec](#) (Arden)

Ages: kids, teens, and young adults (who are 6 +)

Contact: 613-335-2114 or [Email](#)



Camp Kennebec is an overnight summer camp for kids, teens and young adults (who are 6 +) with special needs, learning disabilities, and developmental delays including Autism, Asperger's, ADHD, ADD, Down Syndrome, OCD, brain injury, anxiety, social skill and other challenges.

Each summer, Kennebecers have a great time and accomplish more than they expect. Each day is a perfect blend of individual choice & 50+ waterfront, land, creative and artistic activities including horseback riding & water-skiing. We ensure a low 2:1 camper to cabin staff ratio to create an environment where every camper can be successful at camp and receive programming based on their individual needs. At Camp Kennebec, we help our campers create the fabulous summer camp memories they deserve. We're looking forward to welcoming your camper to camp this summer!

Support:

- 2:1 camper to staff ratio.
- Camp is designed for campers with disabilities.
- Camp has an inclusive philosophy; campers can provide their own support worker.

Registration: Opens November 2023

[Camp Kirk](#) (Kirkfield)

Ages: 6-18

Contact: 416-782-3310 or [Email](#)

Our campers and leaders-in-training are neurodiverse kids and youth. Camp Kirk offer programs designed specifically for kids and youth with autism, attention deficit disorder, learning disabilities, and other types of exceptionalities. Participants do not need a formal diagnosis to be eligible for Camp Kirk. The traditional overnight camp experience- all within a nurturing and non-competitive environment.

Camp Kirk's Leader-in-Training (LIT) program is designed to support neurodiverse youth as they navigate the transition to adulthood. Geared to graduated campers, the LIT Program helps participants develop their leadership potential, independence, and employment skills – all within the support of the Camp Kirk community. The LIT Program is a 2-year training program. The experience is designed to provide practical work experience in a supportive and nurturing environment, while providing ongoing tailored support and mentorship. The program runs in stages over two summers. Each year of the program focuses on a different set of skills. You must be a former Camp Kirk camper and be 17-18 years old by June. [Explore this camp option.](#)

Support:

- 2:1 camper to staff ratio.
- Camp is designed for campers with disabilities.

Registration:

- Registration is open
- [Application Process](#)



[Camp Maple Leaf](#) (Jacob Island, Ennismore)

Ages: 7-16

Contact: 905-338-5200 or [Email](#)

Camp Maple Leaf operates week-long camp sessions that bring together children who share similar unique life challenges. Maple Leaf has sessions dedicated to children of Canadian military families, children of first responder families living with OSI, children who are grieving, children with: skin disorders, Tourette syndrome, Dwarfism, Alopecia, facial differences, and limb differences. [Explore Camp Options.](#)

Support:

- 3:1 camper to staff ratio.
- Some weeks of camp are designed for campers with disabilities.

Registration: Opens December 1, 2023

[Camp Shalom Special Support Program](#) (Cambridge, ON)

Ages: 18 plus

Contact: 519-623-4860 or [Email](#)

Special Support program offers a specialized summer vacation experience for adults with developmental disabilities who are reasonably independent with their personal care routines. Special Support programming offers a general camp, or a week to focus on art, sports, or outdoor adventures. Camp Shalom believes that each guests deserve to have fun and experience new things. Guests can experience the pool, waterslide and spray pad, sing campfire songs and participate in worship times, eat great food and meet caring counselors, all while making new friends and learning about their saviour Jesus Christ.

Support:

- 5:1 camper to staff ratio.
- Camp is designed for campers with disabilities.
- Camp has an inclusive philosophy; campers can provide their own support worker for a \$50 fee.

Registration: Opens November 2023

[Camp Towhee](#) (Haliburton)

Ages: 10-18

Contact: 416-603-1827 ext. 5230 or [Email](#)

Towhee is an innovative, therapeutic overnight summer program for children and youth with learning disabilities and mental health issues (LDMH). Through adventure and arts-based programming, we support the



social, physical and emotional development of participants, helping them build confidence, self-esteem and positive coping skills.

Towhee provides participants with an immersive experience where they can learn to express themselves, regulate their emotions, and experience success through adventure-based learning programs complete with canoe tripping, waterfront activities, music, art, a high ropes course and a climbing wall. At Towhee, we work hard to ensure every participant feels accepted and is celebrated for their unique talents. Through our intentionally crafted programs, led by our specially trained staff, we help participants to maximize their social success and enjoy the magic of belonging.

Support: ☑ 2:1 camper to staff ratio.

Registration:

- Opens October 1, 2023
- In order to establish the presence of a specific learning disability, we require a psychological assessment conducted by a Registered Psychologist. If you are new to CDI, please contact our main intake by calling 416-603-1827 ext. 2254.

[Camp Winston](#) (Sparrow Lake, Kilworthy)

Age: 7-17

Contact: 416-487-6229 or [Email](#)

Camp Winston is a unique retreat for children with complex neurobiological disorders who need highly specialized support. Sessions are held from June to August. Camp provides youth with an amazing opportunity to learn new skills in a beautiful Muskoka setting. Campers practice goal setting as well as social skills, recreational skills, domestic skills (employability) and self-care including mental health strategies.

Camper Summer Programs for youth who are 7-13 years of age. The Camp Winston Camper Summer Programs encourage and support youth to work on their conversation skills, flexibility, goal setting, positive mental health and coping strategies, behaviour management skills, problem-solving, creativity, and the opportunity to develop strong friendships. Campers explore a variety of recreational activities including; swimming, canoeing, art, music, gardening, etc.

Leadership in Training Program for youth who are 14-17 years of age. The LIT Program is a structured work program for neurodiverse youth to set them up for success in the workplace. The program is developed to help teens gain new skills, grow their networks, teach them how to identify networking opportunities, gain valuable work experience in a safe and supportive environment and learn how to self advocate in the workplace. The program provides teens with the opportunity to join life-skills workshops with volunteer professionals.



Increased Barriers to Program Participation for youth who are 7-17 years of age. The Camp Winston Autism Program is designed for neurodiverse youth who live on the higher needs end of the Autism Spectrum. This program works on practical skill building with trained staff who look forward to providing fun and meaningful experiences for our campers. This program provides a healthy and safe outdoor respite, from our morning walks to skill-building hours, leisure times, and specially designed evening programs.

Supports:

- Low camper to staff ratio
- Camp is designed for campers with disabilities.

Registration: Registration is open

[Club Kodiak](#) (Burk's Falls, ON)

Ages: 19 plus

Contact: 905-569-7595 or 877-569-7595 (Toll Free) or [Email](#)

Club Kodiak is a unique vacation resort experience for young adults with ADD/ADHD, LDs and ASD Level 1. We offer an in-depth life skills program, with a focus on social skills and recreational activities. Club Kodiak provides a safe and structured environment tailored to meet the needs of young adults 19+. Club Kodiak is not a children's summer camp; we are a cottage resort for young adults. We offer our guests many of the same activities we provide for our Camp Kodiak campers, but in an adult resort environment. There are more choices, less obvious supervision, more freedom, and an integrated life-skills program. Advisors are there to assist your guests in all aspects of our program. Guests select most of their own activities and there are weekly interesting and exciting excursions to a variety of local attractions.

Support: 3:1 camper to staff ratio.

Registration: Opens October 1, 2023

[Easter Seals Ontario Individual Camp](#) (Camp Merrywood, Perth & Camp Woodeden, London)

Ages: 6-26

Contact: 1-800-668-6252 or [Email](#)

An 8-day overnight camp where campers with physical disabilities can discover new physical capabilities while making friends, trying new activities, and navigating a world designed for their special needs. Programs offered include swimming, sports & games, music & drama, arts & crafts, life skills, environmental studies, and leadership skills. Multiple programming options and two camp locations allow families to select the camp that best meets their camper's interests and needs.

Campers must be registered with Easter Seals Ontario; be able to make choices, express their own needs, understand what is being communicated to them, follow directions, and be aware they are participating in a



recreation program; have the physical and mental stamina to participate in a challenging outdoor program; be able to communicate a consistent yes and no (verbally or through the use of augmentative communication or signing) and have a desire to fully participate in the daily activities of camp.

Support:

- 2:1 camper to staff ratio.
- Camp is designed for campers with disabilities.

Registration: Opens January 15, 2024, at 9 a.m.

[Easter Seals Ontario Family Camp](#) (Camp Merrywood, Perth & Camp Woodeden, London)

Ages: 1-18

Contact: 1-800-668-6252 or [Email](#)

Family Camp is a 5-day camp for families who have a child with a physical disability between the ages of 1 and 18 years. This camp gives families an opportunity to meet other families, have a family vacation in an accessible setting and to become familiar with overnight camping. Families will have the opportunity to participate in a wide range of programs that are geared to various age groups. Campers must be register with Easter Seals Ontario. Priority will be given to first-time families and then to all returning families on a first come first served basis. Youth who do not meet the criteria for the Individual Camping Program are encouraged to apply to Family Camp.

Support: Camp is designed for campers with disabilities.

Registration: Opens January 15, 2024, at 9 a.m.

[Easter Seals Ontario Leader-In-Training Camp](#) (Camp Merrywood, Perth & Camp Woodeden, London)

Ages 17-26

Contact: 1-800-668-6252 or [Email](#)

The Leaders in Training (LIT) program helps young adults with a physical disability develop leadership and other practical skills, which can be used throughout their lives for their own personal growth. The program is both challenging and fun. The LITs live together, hang out together, and participate in activities designed to build leadership skills as well as participate in regular camp programs, as LITs. There are also plenty of opportunities for everyone to practice their newly developed leadership skills within the camp community.

Participants must be able to direct their own care, participate in team building activities and interested in developing leadership skills. Easter Seals Ontario counsellors will be able to provide campers with any care they may require, however, campers should feel comfortable directing their own care, as the counsellors will take their direction from them.



Support: Camp is designed for campers with disabilities.

Registration: Opens January 15, 2024, at 9 a.m.

[Easter Seals Ontario Voyager Camp](#) (Camp Merrywood, Perth & Camp Woodeden, London)

Ages: 19-39

Contact: 1-800-668-6252 or [Email](#)

An overnight camp program for young adults with physical disabilities. Campers will participate in all regular camp activities, specifically tailored for young adults. This will provide campers the opportunity to mingle and connect with others of a similar age group while enjoying all the activities and amenities of camp.

Campers must be register with Easter Seals Ontario; be able to make choices, express their own needs, understand what is being communicated to them, follow directions, and be aware they are participating in a recreation program; have the physical and mental stamina to participate in a challenging outdoor program; be able to communicate a consistent yes and no (verbally or through the use of augmentative communication or signing) and have a desire to fully participate in the daily activities of camp.

Support:

- 2:1 camper to staff ratio.
- Camp is designed for campers with disabilities.

Registration: Opens January 15, 2024, at 9 a.m.

[Extend-A-Family Summer Vacation Program](#) (Drumbo)

Ages: 15 - 25

Contact: 519-741-0190 or [Email](#)

The Summer Vacation takes place at a scenic, rural camp and emphasizes time spent in nature enjoying the outdoors together. Vacationers create their own daily activities with the support of staff. The week is filled with music, swimming, games, campfires and self-made fun.

Vacationers will be living alongside a small number of "peer vacationers", high school students without labeled disabilities, as well as the program staff/leaders.

Supports:

- Limited 1:1 inclusion support workers are available for a fee.
- 3:1 camper to staff ratio
- Camp is designed for campers with disabilities.
- Camp has an inclusive philosophy; campers can provide their own support worker.

Registration:

- Registration opens March 4, 2024
- Register on [My Community Hub](#).

[Hidden Acres Mennonite Camp Supported Young Adults Camp \(SYAC\)](#) (New Hamburg)

Ages: 16- 35

Contact: 519-625-8602 or [Email](#)

This overnight summer getaway for young adults with special needs is a great opportunity to meet new friends and take part in both traditional camp activities as well as activities that are unique to this program. We are interested in the development of the whole person and are committed to providing a fun, healthy, stimulating and safe experience for all campers. Campers participate in a variety of activities including rotational activities that everyone moves through (ex. canoeing, swimming, drama, crafts, nature) as well as choice activities they sign up for (ex. basketball, rock-climbing, board games, etc.). Other activities include group games, a talent show or game show, evening campfires and much more! Campers also take a break from the busy schedule during Quiet Time after each meal. Campers participate in several faith-based activities each day including singing, games, drama, crafts, sharing and stories. SYAC campers should be able to complete most aspects of personal care (including toileting and showering) independently or with minimal assistance. Parents and campers will be required to provide detailed instruction for any assistance or reminders that Cabin Leaders need to provide.

Support: 3:1 camper to staff ratio.

Registration:

- Opens February 1, 2024, at 7 a.m.
- Before being accepted into the Inclusion Program, a detailed registration form must be submitted and a home, site or virtual visit will take place with a staff member from Hidden Acres.

[Independent Living Waterloo Region – Summer Youth Retreat](#) (New Hamburg)

Ages: 16 – 25

Contact: 226-220-2920 or [Email](#)

Dates: Friday, August 9th – Sunday, August 11th

Join us for two nights of fun at Hidden Acres Retreat Centre in beautiful New Hamburg. We will be staying in the wheelchair accessible Woodhouse Building. Most of the activities during the day will be on the upper floor, which again is fully accessible and has accessible washrooms.

Our activities for the weekend will include a movie night on Friday, a costume dance party on the Saturday evening, and the opportunity to participate in games, crafts and light recreation throughout the day Saturday. Meals are provided.

Support:

- 4:1 (minimum) participant to staff ratio – some support available for feeding, assistance with dressing, and transfers.
- Retreat is designed for campers with disabilities.
- Retreat has an inclusive philosophy; participants can provide their own support worker if more extensive support is required.

Registration:

- Registration begins April 1, 2024.
- You will be asked to complete an intake form after registration.
- There is no cost associated with this retreat
- To register [email](#) Sheri or call 226-220-2920

[Shadow Lake Centre](#) (Stouffville)

Ages: 7 to adult

Contact: 905-640-6432 or [Email](#)

Embark on an Adventure: Shadow Lake Summer Camp – Where kids, youth, and adults with developmental disabilities dive into the Enchantment of Camp. Owned and operated by Community Living Toronto since 1965, Shadow Lake Centre offers a year-round facility that provides those with special needs a chance to experience the magic of camp.

The summer camp is self-directed, meaning guests choose the activities they participate in. Parents and caregivers can have peace of mind that their camper will have an adventure all their own. Our enthusiastic staff are dedicated to making the campers' experiences one they will never forget.

Support:

- 4:1, 5:1 or 8:1 camper to staff ratio options. Camp fee vary depending on support option.
- Camp is designed for campers with disabilities.

Registration:

- Registration opens December 5, 2023
- Register on [My Community Hub](#).