

Resource Document for Accessibility Counsellors at York University

AUTISM AND NEURODIVERSITY SUPPORTS FOR POST-SECONDARY STUDENTS IN TORONTO

Overview

Post-secondary students with Autism and other neurodiverse profiles often face challenges that extend beyond academic range from social communication and executive functioning to transitioning to independent living and employment. In Toronto, a variety of external service providers complement campus-based support by offering clinical interventions, peer support, academic coaching, and employment bridging programs. Many of these services are funded partly through government initiatives (e.g., the Ontario Autism Program [OAP]) or provided by non-profit organizations, making them accessible either free of charge or on a subsidized fee basis. This document provides both a concise table and detailed descriptions for each organization, serving as a practical reference for Student Accessibility Services staff members at York University.

TABLE OF SERVICES

Organization	Website	Phone Number	Physical Address	Services Offered	Paid/Free	Age Range
Strides Toronto Autism and Developmental Services	stridestorontoautismservices.ca	416-438-3697 ext. 19055	Not specified	Individual & group therapy, caregiver support, workshops; developmental programmes from pre-natal to young adulthood	Both (free via OAP and fee-based options)	Pre-natal to 29
Surrey Place Toronto Autism Services	surreyplace.ca	1-833-575-KIDS (5437)	2 Surrey Place, Toronto, ON, M5S 2C2	Applied behaviour analysis (ABA) therapy, occupational therapy, speech-language pathology, mental health supports; customised service plans	Both (OAP, private insurance, or out-of-pocket)	2–18

The Autism Centre of Toronto	autismtoronto.ca	416-544-8228	2180 Bayview Ave, Toronto, ON	Early intervention ABA therapy, developmental kindergarten, school readiness, school inclusion support, social skills training	Not specified (approved OAP provider)	Primarily children (with some programmes for young adults)
Autism Ontario – Toronto Chapter	autismontario.com/toronto	Not specified	Not specified	Workshops, support groups, advocacy, and information on accessing funding and services	Not specified (information/advocacy resource)	Not specified
Neurodiversity Peer Support Group – Hope + Me	hopeandme.org	416-486-8046	2300 Yonge St, Suite 1600 Unit 17, Toronto, ON, M4P 1E4	Peer support groups for neurodiverse individuals facing mental health challenges	Not specified (community/peer-based)	18+

Toronto Neurodevelopmental Centre	torontonc.com	416-362-2003	67 McCaul Street, Toronto, ON, M5T 2W7	Diagnostic assessments, individual and family therapy, clinical & psychological assessments, online therapy options	Not specified (typically fee-based)	All ages
The Redpath Centre	redpathcentre.ca	416-920-4999 (Fax: 416-920-2597)	40 Holly Street, Suite 201, Toronto, ON, M4S 3C3	Diagnostic and therapeutic support for individuals across the neurodiversity spectrum, specialising in Autism support	Not specified (fee-based, private payment)	All ages
Lotus Beacon of Hope Psychotherapy Services	lotusbeaconofhope.org	905-667-9837 or 289-892-7067	Not specified	Online counselling and psychotherapy tailored for adults and teens with neurodiverse needs	Not specified (fee-based)	Adults and teens

Dori Zenner & Associates	dorizener.com	(289) 207-7928*	Primary in-person location: TS Medical Centre, 692 Euclid Ave, Toronto, ON	Neurodiversity-affirming individual therapy, coaching, training, consultation, and peer support groups (e.g., Chilling on the Spectrum, Navigating Work, Good Company)	Fee-based (individual sessions typically start around \$200; group rates vary)	Primarily adults and young adults (group programmes for 18–29)
Possibilities Clinic	possibilitiesclinic.com	1-833-482-5558	1910 Yonge Street, Suite 115, Toronto, ON, M4S 3B2	Autism coaching and therapy integrating therapeutic techniques with coaching strategies; group workshops and parent support	Fee-based	Children, teens, and adults

ASO (formerly Asperger's Society of Ontario)	asontario.org	Not specified (see website)	Not specified; Ontario-based	Advocacy, resource sharing, and education for individuals with Level 1 Autism and their families; operates the “AsperLink” resource hotline	Primarily free (non-profit, charitable services)	Primarily adults (supports Level 1 Autism)
Specialisterne Canada (Students Program)	ca.specialisterne.com/students/	+647 946 5215	Not specified; Ontario-based	Employment bridging, career support, and mentorship programmes that connect neurodiverse post-secondary students with inclusive employers	Programmes are generally free for students	Post-secondary students

Individual Organization Descriptions

1. Strides Toronto Autism and Developmental Services

Overview:

Strides Toronto has supported individuals with Autism and developmental disabilities in Toronto for over 20 years. Their comprehensive services include individual and group therapy, caregiver support, and educational workshops. They offer developmental programmes that support individuals from the pre-natal stage through to young adulthood, emphasising independence, social skills development, and community integration.

Funding & Access:

Many programmes are funded through the Ontario Autism Program (OAP), which can make services available free of charge or at a subsidised rate. Fee-based options are also available for additional or specialised services.

Contact:

- **Phone:** 416-438-3697 ext. 19055
 - **Website:** stridestorontoautismservices.ca
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2. Surrey Place Toronto Autism ABA Services

Overview:

Surrey Place is an established organisation offering a range of clinical services including applied behaviour analysis (ABA) therapy, occupational therapy, speech-language pathology, and mental health supports. They customise service plans to meet the individual needs of clients, primarily serving children and youth. Their programmes include various forms of ABA interventions—both group and one-on-one—to help build functional skills and behavioural improvements.

Funding & Access:

Services may be accessed using OAP funding, private insurance, or out-of-pocket payments. Parents and caregivers are advised to confirm funding eligibility prior to enrolment.

Contact:

- **Phone:** 1-833-575-KIDS (5437)
 - **Address:** 2 Surrey Place, Toronto, ON, M5S 2C2
 - **Website:** surreyplace.ca
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3. The Autism Centre of Toronto

Overview:

This non-profit organisation is dedicated to providing evidence-based support for children with Autism. Their programmes include early intervention ABA therapy, developmental kindergarten, school readiness initiatives, school inclusion support, and social skills training. Although their primary focus is on younger children, some of their interventions may benefit young adults transitioning into post-secondary environments.

Funding & Access:

As an approved provider for the Ontario Autism Program, many of their services are subsidised. Detailed funding options can be discussed during initial consultations.

Contact:

- **Phone:** 416-544-8228
 - **Address:** 2180 Bayview Ave, Toronto, ON
 - **Website:** autismtoronto.ca
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4. Autism Ontario – Toronto Chapter

Overview:

Autism Ontario – Toronto Chapter is part of a broader provincial network that provides educational workshops, support groups, advocacy, and resource information to individuals with Autism and their families. Their work helps guide families on accessing government-funded services such as the OAP.

Funding & Access:

The organisation primarily functions as an information and advocacy resource; specific funding for individual services is not detailed, so users should contact them for guidance on available supports.

Contact:

- **Website:** autismontario.com/toronto
 - **Email:** info@autismontario.com
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5. Neurodiversity Peer Support Group – Hope + Me

Overview:

Hope + Me is a long-standing organisation with nearly 40 years of experience in mental health support. Their Neurodiversity Peer Support Group is designed to offer a safe, virtual space where neurodiverse individuals can share experiences, provide mutual support, and develop coping strategies for mental health challenges.

Funding & Access:

The group meets on a regular schedule; while specific funding details are not provided, the service is community-based and likely offered free of charge or on a donation basis.

Contact:

- **Phone:** 416-486-8046
 - **Address:** 2300 Yonge St, Suite 1600 Unit 17, Toronto, ON, M4P 1E4
 - **Website:** hopeandme.org
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6. Toronto Neurodevelopmental Centre

Overview:

The Toronto Neurodevelopmental Centre specialises in the assessment and treatment of neurodevelopmental disorders, including Autism, ADHD, and related conditions. Their multidisciplinary team offers diagnostic assessments, individual and family therapy, and clinical evaluations tailored for children, adolescents, and adults. They also provide online therapy options for clients who cannot attend in person.

Funding & Access:

Services are typically fee-based and may require payment via private insurance or out-of-pocket. Some centres offer sliding-scale fees based on income; prospective clients should inquire directly about available options.

Contact:

- **Phone:** 416-362-2003
 - **Address:** 67 McCaul Street, Toronto, ON, M5T 2W7
 - **Website:** torontonc.com
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7. The Redpath Centre

Overview:

The Redpath Centre is a private mental health organisation that offers a comprehensive range of diagnostic and therapeutic services. With a particular focus on Autism support, they provide counselling, coaching, and psychological assessments through multiple modalities (in-person, phone, and secure video). Their services are designed to support individuals across the neurodiversity spectrum in managing mental health challenges.

Funding & Access:

Clients should expect fee-based services; payment methods may include private payment,

insurance, or sliding-scale fees. Specific pricing details can be obtained directly from the centre.

Contact:

- **Phone:** 416-920-4999; **Fax:** 416-920-2597
 - **Address:** 40 Holly Street, Suite 201, Toronto, ON, M4S 3C3
 - **Website:** redpathcentre.ca
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8. Lotus Beacon of Hope Psychotherapy Services

Overview:

Lotus Beacon of Hope provides compassionate online psychotherapy services designed specifically for neurodiverse individuals. Their sessions address challenges such as anxiety, procrastination, perfectionism, and difficulties with executive functioning. The service is tailored for adults and teens, aiming to improve overall mental health and daily functioning.

Funding & Access:

While specific funding details are not provided on the website, sessions are fee-based. Prospective clients are encouraged to contact the service to discuss payment options and any available sliding-scale rates.

Contact:

- **Phone:** 905-667-9837 or 289-892-7067
 - **Website:** lotusbeaconofhope.org
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9. Dori Zenner & Associates

Overview:

Led by Dori Zenner, a Registered Social Worker, this practice is dedicated to a neurodiversity-affirming approach. They offer individual therapy, single session therapy, and specialised coaching. In addition, Dori facilitates several peer support groups—including Chilling on the Spectrum (for young adults), Navigating Work (for job-seeking adults), and Good Company (support for autistic women and nonbinary individuals). Their strengths-based, person-centred approach is designed to empower clients to embrace their neurodiversity and overcome life's challenges.

Funding & Access:

Services are fee-based, with individual session rates typically beginning around \$200. Group programme fees vary. Consultations are available virtually and in-person.

Contact:

- **Phone:** (289) 207-7928
 - **Primary In-Person Location:** TS Medical Centre, 692 Euclid Ave, Toronto, ON
 - **Website:** dorizener.com
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10. Possibilities Clinic

Overview:

Possibilities Clinic offers a unique integration of therapeutic interventions with coaching strategies to support neurodiverse individuals. Their Autism Coaching and Therapy service addresses academic, social, and employment-related challenges and includes both individual sessions and group workshops. They also provide parent support programmes designed to assist families in navigating the complex transition to post-secondary education and employment.

Funding & Access:

The clinic's services are fee-based. Clients can book appointments online or by calling the clinic directly. Flexible coaching packages are available to suit different needs.

Contact:

- **Phone:** 1-833-482-5558
 - **Address:** 1910 Yonge Street, Suite 115, Toronto, ON, M4S 3B2
 - **Website:** possibilitiesclinic.com
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11. ASO (formerly Asperger's Society of Ontario)

Overview:

ASO is a non-profit organisation dedicated to supporting individuals with Level 1 Autism and their families through advocacy, education, and resource sharing. It offers a toll-free resource line ("AsperLink") that connects callers with essential services and information. The organisation's mission is to empower individuals with Level 1 Autism to achieve their full potential and contribute actively to their communities.

Funding & Access:

As a charitable organisation, many of ASO's services are offered free of charge. Funding is primarily through donations and government support.

Contact:

- **Website:** asontario.org

- (For current contact details, please refer to the official website.)
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12. Specialisterne Canada (Students Program)

Overview:

Specialisterne Canada bridges the gap between neurodiverse job seekers and employers by offering employment and career support programmes. Their Students Program specifically targets post-secondary students with Autism and other neurodiverse profiles, providing opportunities for work experience, career development, and mentorship through partnerships with inclusive employers.

Funding & Access:

These programmes are designed to be accessible for students and are typically offered at no cost, funded through partnerships and charitable contributions.

Contact:

- **Phone:** +647 946 5215
 - **Website:** ca.specialisterne.com/students/
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Additional Commentary and Insights

General Observations:

- **Diverse Support Spectrum:** The organisations detailed above collectively cover clinical interventions, peer support, academic coaching, and employment transition. This multifaceted approach ensures that students receive comprehensive support tailored to their individual needs.
- **Funding and Accessibility:** Many services are subsidised through government funding such as the Ontario Autism Program (OAP) or provided by non-profit organisations. It is important for counsellors to advise students on eligibility and to verify payment or funding options with each provider.
- **Integration with Post-Secondary Needs:** Several providers offer programmes aimed specifically at easing the transition from high school to post-secondary education or supporting academic and employment success. Accessibility Counsellors can leverage these resources to complement internal services at York University.
- **Therapeutic Approaches:** While some organisations utilise ABA as an intervention, it is essential to recognise that some members of the Autism community express concerns

regarding its methods. Counsellors should consider each student's unique profile and preferences when recommending interventions.

- **Peer and Mentorship Opportunities:** Peer support and mentorship are emphasised in many programmes (e.g., Dori Zenner's groups, Specialisterne's Students Program). These initiatives are valuable for reducing isolation and fostering community among neurodiverse students.

Relevance for Accessibility Counsellors at York University:

- This document provides a curated list of external service providers that can be recommended to students requiring specialised clinical, academic, or employment supports.
- Detailed descriptions and contact information enable counsellors to quickly identify providers that best match the needs of individual students.
- The integration of commentary on funding, access, and therapeutic approaches can assist counsellors in guiding students through discussions with their families and in navigating available supports.
- Given that the landscape of neurodiversity support is continuously evolving, maintaining up-to-date contact with these providers will further enhance the support network available to York University students.

Final Summary

This comprehensive resource document includes:

1. **An Overview** of the challenges faced by neurodiverse post-secondary students and the range of external supports available in Toronto.
 2. **A Detailed Table of Services** summarizing key information about each provider.
 3. **Individual Descriptions** for each organization with their overviews, funding and access details, and contact information.
 4. **Additional Commentary and Insights** tailored specifically for Accessibility Counsellors at York University to assist in referral processes and to support student success.
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