



Who we are:

The Abilities Centre is a fully accessible, state-of-the-art, multi-purpose facility that is committed to the development of an inclusive and integrated environment, where respect, cooperation, innovation and education form the core values.

Background:

The Centre officially opened its doors in June 2012 and is the result of the visionary work of the late Honourable Jim Flaherty whose goal was to create a facility for people of all ages and abilities

We Believe in:

- Equal access for all citizens of our community.
- Raising the level of discourse about full inclusion and how to achieve it.
- Learning how to relate to one another. Not by being separated, but by being together.

Profile:

The Abilities Centre is an incredibly accessible building, eliminating physical barriers for those with disabilities. We are unique from other recreation facilities in that we not only offer state of the art sports & fitness equipment and program spaces, but also a comprehensive arts & life skills floor which includes a theatre, music room, art room, lounge, sensory room and life skills apartment. This literally means that we can offer all activities for all ages and all abilities. As incredible as the physical structure is, what makes the Abilities Centre truly special are the people inside the building. Our staffs, volunteers, members and guests all embrace our inclusion philosophy and the result is a Centre where everyone feels welcome and has a sense of belonging.



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55 Gordon Street Whitby, Ontario L1N 0J2

www.abilitiescentre.org

905-665-8500



Membership and Services:

Over the past two and a half years, the Centre has seen a significant growth in membership and programs. Membership has soared from an initial 200 members to 3,300 members.

As a Centre of Excellence, the Abilities Centre has been committed to promoting a culture of inclusivity and diversity by offering services designed to facilitate the needs of all community groups. Several strategic programs and partnerships have been forged that help ensure the Centre is able to house people of all abilities. For example, the Membership Assistance Program reduces financial barriers by providing subsidized aid to 276 individuals and families who otherwise would not be able to participate in programs.

Programs:

Thrive is an adult day program that enables individuals with disabilities, aged 21 and over, the opportunity to spend the day engaged in integrated programming in the areas of sports/fitness, arts, life skills and social recreation. The focus of **Thrive** is to improve health, well-being, community access and independence of participants through a variety of activities.

Time is a community-based exercise program for people with a range of neuromuscular conditions such as a stroke, multiple sclerosis or acquired brain injury. Benefits of **Time** help participants improve or maintain their ability, improve quality of life while receiving support from other members as well as staff.

Follow the link to find a complete list of programs offered at the Abilities Centre.

<http://www.abilitiescentre.org/whats-on>

Future:

The Abilities Centre will soon be seen on the world stage as one of the venues for the 2015 Para Pan Am Games. The centre will host two events, Boccia and Judo.



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