



PROGRAMS FOR PEOPLE WITH DEVELOPMENTAL DISABILITIES



adultsinmotion.org 



WHY A DAY PROGRAM?



Studies have shown that day programs can provide opportunities for social interaction, skill-building, and meaningful activities which can improve overall quality of life and reduce feelings of loneliness and isolation.

At Adults in Motion, we blend a person-centered approach within a collaborative group setting. Activities and goals are self directed by our members with a 5:1 staff support ratio.

MAKE YOUR SCHEDULE

Flexibility to choose a schedule and days that work for you!

HIGH SCHOOL STUDENTS

Try us during high school holidays or join after graduation.

WORK ASSESSMENTS

Join for an assessment period to receive feedback on work skills and job-readiness.





ACTIVE LOCATIONS

EXERCISE SPACE

Space to move, exercise and play is an essential part of our days that's why each location includes access to a gym, exercise room or dance studio.

FULL KITCHEN

Full kitchens at every site include a sink, stove, fridge and appliances which are integral parts of our life skills program.

GREEN SPACES

Parks, adjacent green space, school playgrounds, walking trails or lakes can be found within walking distance of our program locations.

COMMUNITY INCLUSION

Our activities promote community leadership, inclusion and contributing to the community.

GIVING IS CARING



VOLUNTEERS WELCOME

No specific skills required, just a big heart and a little time.



CARE TO DONATE?

As a not for profit we welcome all forms of donations.



ONLINE STORE

Shop our Online Store for hand-made products by our members.



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VIRTUAL PROGRAMS

Virtual programs provide a safe and inclusive space for individuals with developmental disabilities to connect with others and build skills. By participating in group activities and conversations, individuals can practice communication and interpersonal skills that can increase confidence while being comfortable at home.

Virtual programs offer access to a wide range of choices and opportunities with personalized flexibility. With the ability to connect with people from all over the world, members can learn about new topics, explore different interests and take on leadership roles while being entertained.

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LOCATIONS

KITCHENER • 317 Franklin St N

kitchener@adultsinmotion.org • 519-577-3723

  ADULTSINMOTIONKITCHENER

CAMBRIDGE • 653 King St E (Preston)

cambridge@adultsinmotion.org • 519-277-3723

  ADULTSINMOTIONCAMBRIDGE

HAMILTON • 627 Main St E

hamilton@adultsinmotion.org • 905-541-3723

  ADULTSINMOTIONHAMILTON

OAKVILLE • 141 Bronte Rd

oakville@adultsinmotion.org • 289-400-3723

  ADULTSINMOTIONOAKVILLE

