

HOW TO APPLY

Not-for-profit fee-for-service opportunities are available, with flexible schedules and staffing ratios based on support needs.

For details please call 416-340-7929 or email- intake@core-toronto.ca

Applications for funded supports at CORE are processed through: Developmental Services Ontario Toronto Region

1-855-DS-ADULT
(1-855-372-3858)
www.dsontario.ca

Contact us to request a personalized tour
416-340-7929

www.core-toronto.ca



**160 Springhurst Ave., Suite 300
Toronto, Ontario
M6K 1C2**

Phone: 416-340-7929

Email: information@core-toronto.ca



CORE is located in Parkdale, Toronto at King St. W. and Jameson Ave.



**CENTRE FOR
OPPORTUNITIES,
RESPECT, AND
EMPOWERMENT**

*Because everyone has strengths
and is worthy of respect*

www.core-toronto.ca

WHO WE ARE

CORE is a day program that supports adults (18+) who have a developmental disability or dual diagnosis. Over 100 adults create a social, warm, and safe community at CORE.



CORE's mission is to engage individuals with developmental disabilities in lifelong learning activities that encourage self-determination and social inclusion.

The staff team at CORE is a multi-disciplinary group of dedicated individuals each with unique experience and skills.

Aligned in a common goal and vision, CORE staff are committed to engaging with and supporting participants to achieve the best of their personal abilities.



OUR PROGRAM

CORE focuses on relationship building, social development, life skills, fostering independence, and maintaining emotional, mental, and physical wellness.

Participants determine their own program plan with the support of staff, and participate in various groups, outings, and individualized activities. CORE supports participants to learn and practice hands-on life skills such as:

- community safety
- cooking
- social boundaries
- cleaning
- money skills
- physical fitness
- recreation and leisure



Many of the activities at CORE are adapted to meet the needs of a senior population.



Hours of service:

**Mon, Wed, Thurs
8:30—3:00**

**Tues, Fri
8:30—2:00**

OUR SPACE



Located in the Parkdale community in downtown Toronto, CORE is an accessible facility that is equipped with:

- computer lab
- music and garden room
- workout gym
- industrial kitchen
- home-style kitchen
- dining area
- work and recreational spaces

The vibrant surrounding neighbourhood provides countless opportunities for interesting outings and day trips.

