

HOW TO APPLY

Not-for-profit fee-for-service opportunities are available at a 1:10 staff to participant ratio.

To learn more, please contact us:
Phone: 416-340-7929 ext. 303
Email: intake@core-toronto.ca

To apply for funded supports at CORE, contact DSO:

Developmental Services Ontario
Toronto Region

1-855-DS-ADULT
(1-855-372-3858)

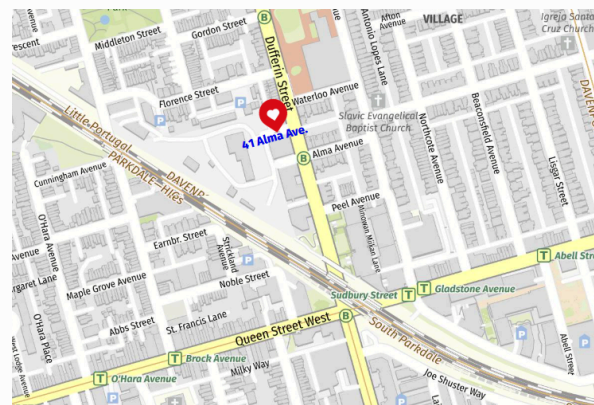
CORE is committed to being a welcoming, inclusive space for everyone.

Please share your accessibility needs so we can support your participation.



**41 Alma Avenue, 2nd Floor
Toronto, Ontario
M6K 3L6**

**416-340-7929 ext. 303
intake@core-toronto.ca**



CORE is located downtown Toronto near Queen St. W. and Dufferin Ave.



**Centre for
Opportunities, Respect,
and Empowerment**

www.core-toronto.ca



WHO WE ARE

CORE is a day program that supports adults (18+) who have a developmental disability or dual diagnosis. More than 100 adults create a welcoming, social, and supportive community at CORE.



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

Participants at CORE are supported to explore their unique interests, build skills, and work towards their personal goals.

Our staff team works alongside participants to provide individualized and meaningful opportunities for growth in a safe and inclusive environment.



OUR PROGRAM

At CORE, participants focus on building relationships, developing skills, and increasing their independence. The program also supports emotional, mental, and physical wellness.

Participants determine their own program plan with the support of staff, and take part in a mix of groups, activities, outings, and individualized experiences. Participants have opportunities to learn and practice hands-on life skills such as:



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

Program Hours:

**Mondays,
Wednesdays,
Thursdays
9:00am - 3:00pm**

**Tuesdays,
Fridays
9:00am - 2:00pm**



OUR SPACE



Located in downtown Toronto, CORE is an accessible space designed to support a variety of daily activities. Our space includes:

- **bright multipurpose rooms**
- **a workout gym**
- **an industrial kitchen**

Participants who are interested in food service can learn and build skills in the industrial kitchen.



The vibrant surrounding neighbourhood provides countless opportunities for engaging community outings.