

Neurodevelopmental Resources for Families

Autism, ADHD, and Related Supports in Ontario and Canada



Government Programs & Navigation (Ontario)

AccessOAP — Ontario Autism Program Registration

The independent intake organization that manages registration and service navigation for the Ontario Autism Program (OAP). Families start here to enrol a child, access funding, and be connected to core clinical and family services.

Website: <https://accessoap.ca/> | Phone: 1-888-444-4530

Ontario Autism Program: Foundational Family Services

Free services available to any family registered in the OAP, including caregiver workshops and coaching, peer and family mentoring, brief targeted consultations, transition supports, and family resource days. Delivered by regional provider agencies across the province.

Website: <https://www.ontario.ca/page/ontario-autism-program-foundational-family-services>

Ontario.ca — Children with Special Needs

The provincial government hub for families of children with autism and other special needs, linking to funding programs, therapy services, respite, school supports, and community programs.

Website: <https://www.ontario.ca/page/children-special-needs>

Developmental Services Ontario (DSO)

The single access point for adults (16+) with a developmental disability to apply for provincially funded community supports such as residential, day, and employment programs. Nine regional offices serve every part of Ontario.

Website: <https://www.dsontario.ca/>

Ontario.ca — Adults with Developmental Disabilities

Overview of provincial supports for adults with developmental disabilities, including Passport funding, the Host Family Program, employment supports, and how to connect with a local DSO office.

Website: <https://www.ontario.ca/page/adults-developmental-disabilities-ontario>

Autism — Provincial & National Organizations

Autism Ontario

Ontario's largest autism organization, with a province-wide chapter network. Offers free parent and caregiver support groups, sibling programs, social and recreational events, workshops, and a bilingual information and referral service for families and autistic individuals of all ages.

Website: <https://www.autismontario.com/>

Autism Canada

National charity that works with provincial and territorial partners to advance ASD priorities across Canada. Runs Autism Junction, a Canada-wide searchable directory of services and resources for autistic people and the people who care for them.

Website: <https://autismcanada.org/>

Kerry's Place Autism Services

Canada's largest autism-specific service provider, supporting autistic children, youth, and adults and their families. Programs include foundational family services, caregiver and sibling support groups, educational webinars, respite, service coordination, and residential and community supports.

Website: <https://kerrysplace.org/>

Geneva Centre for Autism

Toronto-based centre offering family education, early intervention, social-skills groups, behaviour and communication services, parent and sibling support, adult support groups, and respite. Also provides professional training for educators and clinicians.

Website: <https://www.autism.net/>

Surrey Place

Toronto provider of assessment, therapy, and clinical services for autistic children, youth, and adults, and people with developmental disabilities. Delivers OAP core clinical services (including ABA) and hosts widely used caregiver education tools.

Website: <https://www.surreyplace.ca/>

Toronto Autism Services Network

A coalition of Toronto-area organizations working to build a coordinated system of care for children, youth, and families affected by autism. Useful for families looking to map local services and referral pathways in the GTA.

Website: <https://torontoautismservices.ca/>

York Simcoe Autism Network (YSAN)

A partnership of ten service providers across York Region and Simcoe County offering a shared entry point to autism supports, including assessment, foundational family services, and clinical programs.

Website: <https://ysanetwork.ca/providers/>

ADHD — National Organizations

CADDAC — Centre for ADHD Awareness, Canada

National charity focused on ADHD awareness, education, and advocacy for individuals and families. Programs include an executive functioning course, group coaching, a resource navigator, parent and adult education events, and school and workplace advocacy resources.

Website: <https://caddac.ca/> | Phone: 416-637-8584

CADDRA — Canadian ADHD Resource Alliance

National alliance of ADHD clinicians and researchers that publishes the Canadian ADHD Practice Guidelines and provides an eToolkit, patient handouts, and links to reliable resources for parents, adults, and educators.

Website: <https://www.caddra.ca/>

ADHD Central (CADDAC)

CADDAC's curated online learning hub with structured modules on ADHD across the lifespan — diagnosis, treatment, parenting, school, work, and relationships — designed for families, individuals, and educators.

Website: <https://caddac.ca/resource/adhd-central/>

Learning Disabilities & Related Neurodevelopmental Conditions

Learning Disabilities Association of Ontario (LDAO)

Provincial charity supporting people with learning disabilities and ADHD and their families. Runs LD@home (family tools and tip sheets), LD@school (educator resources), and LD@learning (self-paced courses), and coordinates a network of local chapters across Ontario.

Website: <https://www.ldao.ca/>

LDAO Chapters

Directory of local LDAO chapters offering in-person and virtual parent workshops, tutoring referrals, advocacy support, and community events tailored to each region.

Website: <https://www.ldao.ca/contact-us/ldao-chapters/>

Caregiver Navigation & Directories

Learning Disabilities Association of Ontario (LDAO)

The Ontario Caregiver Organization

Provincial hub for anyone caring for a family member or friend. Offers a 24/7 helpline, peer support, webinars, and curated caregiver guides for autism, developmental disability, and mental health.

Website: <https://ontariocaregiver.ca/>

ConnectABILITY.ca

Free online community and resource hub for people with intellectual and developmental disabilities and those who support them. Includes visual supports, tip sheets, and a directory of family support groups.

Website: <https://connectability.ca/>

Partners for Planning

National network offering webinars, toolkits, and one-on-one guidance to help families of people with disabilities plan for the future — including relationships, housing, finances, and estate planning.

Website: <https://www.partnersforplanning.ca/>

eMentalHealth.ca

Bilingual national directory of mental-health and neurodevelopmental services searchable by postal code, plus clinician-reviewed information sheets on ADHD, autism, anxiety, and related conditions for parents and caregivers.

Website: <https://www.ementalhealth.ca/>