

MEMBERSHIP

To secure memberships, members will be able to contract for programming up to 12 hours a day, 7 days a week to be paid per visit, weekly, monthly or yearly. Discounts will apply to monthly and yearly memberships. Full and half-day programs are options for each of our members, with a minimum booking of four hours per day. Last minute bookings are subject to availability and at a premium rate.

Our staff ratio is one to five. Members who require one to one support will need to book in advance to ensure their needs are met.

At Wellspring, every need is anticipated. The moment you step inside our centre you will fall in love with the atmosphere, culture, and thoughtfully designed programs and amenities.



If we did all the things we are capable of, we would literally astound ourselves.

- Thomas Edison

NOW ACCEPTING APPLICATIONS.

w www.thespring.ca
e info@thespring.ca
p **416.284.1969**
f 416.284.2969
a 4679 Kingston Road, Scarborough

WELLSPRING CENTRE

ADULT DAY & RESPITE PROGRAMS

WELLSPRING FEATURES

We promote self care and personal maintenance through on-site salon days, where members can get haircuts and manicures.

Look out for our monthly newsletter and calendar outlining special events such as movie nights, dances, and parties.

Search for [@cometothspring](#) to connect with us on social media.

FLEXIBLE HOURS

Our day program is available to our members:

WEEKDAYS 8 am to 4 pm
Full and half-day options available

In addition, we also offer respite programs:

WEEKDAYS 5 pm to 9 pm
WEEKENDS 9 am to 9 pm

WELLSPRING CENTRE



WELLSPRING CENTRE



We are a team of dedicated, passionate, and highly skilled professionals trained in complementary fields that enable us to serve varying abilities and exceptionalities.

Our Associates (staff) continue to upgrade skills to remain on the cutting edge of the social services industry.

AVAILABLE PROGRAMS

The Wellspring Centre is proud to offer a range of programs to persons with varying abilities and exceptionalities. Our newly renovated adult-only facility is fully wheel-chair accessible.

Our programs include:

- Life Skills: computer training, budgeting, menu planning, grocery shopping, and cooking.
- Arts: crafts, music, and drama.
- Physical Activity: sports, exercise, and dance.
- Social Skills: dances, movie nights, and the introduction of the The Spring Café where members will be offered the opportunity to socialize with their peers.
- Coping Skills: integrated throughout all of our programs, Associates support members to develop strategies in coping with highly charged emotional situations through one-to-one support and the use of our state of the art multi-sensory room.

NEED MORE INFORMATION?

w. www.thespring.ca
e. info@thespring.ca
p. 416.284.1969
f. 416.284.2969
a. 4679 Kingston Road, Scarborough

PHILOSOPHY OF CARE

We believe in the value of inclusion for the healthy and personal development of individuals with intellectual and varying degrees of physical abilities. Our objective is to enhance the quality of one's life in a valued and meaningful way.

We are committed to provide a safe and caring environment by promoting respect, dignity, and cooperation. The principle of flexible, individualized, and specialized programming underpins the philosophy of excellence and specialized services.

The Wellspring Centre is designed and catered to meet your specific need.



Once we accept our limits, we go beyond them.

- Albert Einstein

PROGRAM OBJECTIVES

- Support individuals to reach personal goals, make friends, learn, work and play.
- Celebrate Toronto's cultural, social, and economic diversity through outings and on-site activities.
- Foster a culture of inclusion by creating opportunities for individuals with varying degrees of intellectual and physical abilities to interact, engage, and participate in activities within the community.
- Provide opportunities for individuals to attend scheduled programs, group activities, or volunteer at the same place each week.
- Provide a level of expertise and support consistent with the needs of each individual.
- Offer comprehensive evening and weekend respite services for our members, and those who support them.