

Attend the Toronto Flower Market

Community Activities | Outdoor Activities |
Events



Connect**ABILITY**.ca

WHAT MAKES IT MEANINGFUL

An engaging outdoor outing that connects participants with vibrant, seasonal flowers, local growers, and a friendly community atmosphere. It promotes sensory exploration, choice-making, and social interaction. Plus, it supports local farming and sustainability.

TIME

- **1–2 hours**, depending on pace, shopping, and rest stops
- Monthly event: May–October on a Saturday from **10 a.m.–3 p.m.**

MATERIALS

- Water bottle & sun protection (hat/sunscreen)
- Optional: small bag or basket for flower purchases
- Cash or card (most vendors accept both, cash is quicker)
- Sensory supports: headphones, sunglasses
- Visual schedule or simple checklist



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INSTRUCTIONS

1. **Arrive by 10 a.m.** to enjoy vendors setting up and avoid crowds.
2. **Orient yourselves** using familiar stalls or a meeting point under a tree/blue tent.
3. **Explore vendor booths**—encourage smelling, touching flowers, and choosing favourites.
4. **Purchase flowers (optional)**: help with transactions and explaining prices.
5. **Enjoy vendor interactions**: wave or say “hello” and ask simple questions (“What is this flower called?”).
6. **Take breaks** on nearby benches or shaded areas.
7. **Reflect**: talk about colours, smells, or favourite flowers before heading home.

RESOURCES

- <https://www.torontoflowermarket.ca>

SUPPORTS NEEDED

- Visual itinerary or image-based journey map
- One-on-one assistance with navigating stalls and handling money
- Sensory supports: headphones, sunglasses, shaded breaks

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- Choice prompts: "Would you like pink or yellow flowers?"
- Physical support to carry purchases or steady walking on paved paths
- Social guidance: greeting vendors, polite queueing
- Emotional encouragement and positive praise
- Safety reminders: stay within sight, no pulling petals

OTHER THINGS TO NOTE

- **Dates:** May 10 · June 14 · July 12 · Aug 16 · Sept 13 · Oct 11, 2025
- **Time:** 10 a.m.–3 p.m.
- **Location:** TD Commons @ CAMH, 1001 Queen St W (SW corner of Queen & Shaw)