

Visit a Cat Cafe

Community Activities | Social



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WHAT MAKES IT MEANINGFUL

Offers a calm and enjoyable social outing that promotes emotional well-being through gentle interaction with cats. It's great for building social skills, developing routines, and connecting with the broader Toronto community.

TIME

- 30 minutes to 1 hour in the cat room
- Additional 30–60 minutes for café time (drinks, snacks, socializing)

MATERIALS

- Comfortable seating
- Tableware and café menu
- Clean shoe covers, hand sanitizer, and washing station
- Toys, scratching posts, cat trees in a dedicated cat play area

(Will be provided by the café)



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INSTRUCTIONS

1. Book ahead (Lazy Cat Café and Vintage): choose cat room session (30 min–1 hr) and optional café time.
2. Arrive 10–15 min early to wash hands, don shoe covers, and receive a brief orientation.
3. Enjoy café time: order a drink/snack, explore the space, follow posted cat-care rules.
4. Transition to cat room: Respect its strict no-food/no-drink policy; quiet voices and gentle movement foster a calm atmosphere.
5. Interact thoughtfully: Sit, gently pet or let cats approach. Avoid chasing or loud noises. Staff are available for guidance.
6. Wrap up: When time's up, wash hands and return to café or checkout.

RESOURCES

- <https://www.blogto.com/cafes/vintage-cat-cafe-toronto/>
- <https://www.vintagecatcafe.com/>

SUPPORTS NEEDED

1. Social Guidance: explain café decorum and boundaries—e.g. quiet voices, gentle petting.
2. Visual Structure: use a checklist or picture schedule showing each step from arrival to departure.

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3. Hand-over-Hand & Physical Support: assist with shoes, hand-washing, or gentle petting as needed.
4. Sensory Adaptations: allow breaks or quiet area access for those who may find feline sounds or movement overstimulating.
5. Choice Prompts: present simple options (“Would you like hot chocolate or tea?”) to support autonomy.
6. Emotional Encouragement: provide reassurance and positive feedback—“The cats really like when you sit quietly.”

OTHER THINGS TO NOTE

- Vintage Cat Café (Corso Italia) – 1274 St Clair Ave W, Toronto – cozy vintage ambiance, requires booking for cat room