



Autism Resource Guide

Southeastern New Brunswick

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The Autism Resource Centre does not endorse or recommend any particular products, treatments, services, or diagnoses, whether specifically or generally, and professional advice should be sought in relation to all health and treatment decisions.



Pre-School Age Children/

Speech/ communication

Talk With Me - Department of Education, Anglophone East ❁

Ages 0-5, no diagnosis, coaching, assessments, information, free, school district.

- Program of the NB Department of Education and Early Childhood Development, offering language assessment, training, and information for parents of children from birth to age five. Talk with me does NOT provide interventions for children who have already been diagnosed with ASD.
- Anglophone School District East - Moncton, Dieppe, Riverview and Area: 1-888-746-1333
- Directed to: Caregiver
- Tel: (506) 856-3617
- Email: talkwithmemoncton@nbed.nb.ca
- Web: https://www2.gnb.ca/content/gnb/en/departments/education/services/services_rendered/201503.Talk-With-Me-Program.html

Communication Disabilities Access Canada (CDAC) ❁

Speech/language/communication disabilities, resources, social justice, charitable organization.

- Charitable organization that promotes social justice, accessibility, and inclusion for people who have speech, language, and communication disabilities. Its online resources include a Communication Assistance Database, searchable by postal code, to connect persons seeking communication support with local, qualified assistants.
- Directed to: General
- Email: admin@cdacanada.com
- Web: <https://www.cdacanada.com/>

Metro Hearing and Speech Centre ❁

Speech, audiology, private clinic.

- Private clinic offering speech and audiology services to children and adults.
- Directed to: Client
- Tel: (506) 855-2014
- Email: info@metrohsc.com
- Web: www.metrohsc.com



Support Services

Early Childhood Family Resource Centre of Westmorland-Albert Inc. ★ ☆

Families, programs, activities, resources, support, government-funded organization.

- Government-funded organization that offers support, information, resources, programs, and activities to families.
- Directed to: General
- Tel: (506) 384-7874
- Email: admin@frc-crf.com
- Web: <https://www.frc-crfmoncton.com/>

Family and Early Childhood, Anglophone East ☆

Ages 0-8, home visits, parenting, play groups, screenings, referrals, transitions, school district.

- Agency contracted by the NB Department of Education and Early Childhood Development. Services are for families of children 0-8 years old and include home visits, group-based parenting programs, play groups, screenings, referrals, transition to school support, and more.
- Directed to: Caregiver
- Tel: (506) 853-3061
- Email: reception@fecae.ca
- Web: www.fecae.com
- Facebook - <https://www.facebook.com/faecae/>

Therapy & Mental Health

VIVA Therapeutic Services ★ ☆

Ages 0-5, autism, ABA, private agency under province.

- Private agency contracted by the NB Department of Education and Early Childhood Development. Provides intensive behavioural intervention (ABA) to preschool aged children with autism spectrum disorders throughout the province of New-Brunswick.
- Directed to: Caregiver
- Tel: (506) 872-2110
- Email: isabelle.cowan@ais-cia.ca
- Web: www.vivanb.ca



Pre-School & School Age Children / Enfants âge préscolaire & scolaire :

Occupational Therapy/ service de soutien

At Play Occupational Therapy ✨

Ages 1½-18, occupational therapy, early intervention, private practice.

- Private practice in Dieppe, owned and operated by Stacy McFadden, offering play-based Early Intervention for young children. Services are individualized and may be delivered 1:1 or in a small group of up to 3 participants, in-home, at school, or in the clinic.
- Directed to: Caregiver
- Tel: (506) 232-7529
- Web: www.atplayoccupationaltherapy.com

Support Services

Family Supports for Children with Disabilities ★ ✨

Financial support, training, respite care (over 12 years old), referral needed, provincial.

- Provides social work support and financial resources to families caring for a child with a disability. Service options include relief care reimbursement, supplementary childcare for children over the age of 12, assistance with medical transportation, rehabilitation equipment, interventions, and parent training. Letter of referral from a professional (physician, nurse practitioner, psychiatrist, psychologist, speech language pathologist, optometrist, occupational therapist, physiotherapist, social worker) required.
- Directed to: Caregivers
- Tel: (833) 733-7835
- Email: sd-ds@gnb.ca
- Web: https://www2.gnb.ca/content/gnb/en/services/services_renderer.10195.html

Inclusion Support Program ★ ✨

Early learning and childcare facilities, support, provincial government.

- Government program by the Department of Education and Early Childhood Development that provides support, resources, and training to licenced early learning and childcare facilities to increase accessibility for children with additional needs.
- Directed to: General & Childcare facilities

Kids

Teens / adults

All ages

★FR ✨EN



- Tel: 1-833-453-6645
- Email: edcommunication@gnb.ca
- Web: https://www2.gnb.ca/content/gnb/en/services/services_renderer.201351.html

NB Approved Daycare Centres Directory ★ ✿

Daycare, directory, provincial government.

- Directory of approved daycare centres in the province of New Brunswick.
- Directed to: General
- Web: Education and Early Childhood Development-Approved Daycares
<http://www.nbed.nb.ca/parentportal/en/search/elc>

School Age Children:

Social Inclusion

Best Buddies School Programs ✿

Intellectual/developmental disability, schools, friendship, private organization.

- National not-for-profit organization that partners with schools in every province to promote friendships between people with and without intellectual or developmental disabilities (IDD). Tools for starting a chapter in schools that are not yet members can be found on the Best Buddies website.
- Directed to: Schools
- Tel: 1-888-779-0061
- Email: info@bestbuddies.ca
- Web: www.bestbuddies.ca

BGC Dieppe ★ ✿

Ages 5-18, opportunities, programs, private organization.

- Organization that offers various programs and opportunities for kids, from sports to career development, in a fun and safe environment.
- Directed to: Client
- Tel: (506) 857-3807
- Email: info@dbgbc.org
- Web: <https://bgcdieppe.ca/>



Field of Dreams Moncton – Challenger Baseball ✿

Children with special needs, baseball, program, public group.

- Baseball program for children with special needs, run by the Moncton FisherCats in partnership with Challenger Baseball.
- Directed to: General
- Web: <https://www.facebook.com/groups/562698333776910/about/>

Support Services

Addiction & Mental Health Support and Services for Children and Youth in NB ★ ✿

Emotional/behavioural/mental health issues, psychologists, social workers, educators, provincial government.

- Free learning tool composed of psychologists, social workers, and educators for youth with emotional, behavioural, or mental health issues in school or community settings.
- Directed to: Caregiver & Youth
- Tel: (506) 856-2444, available from 8:00 am – 4:30 pm.

Web: <https://www2.gnb.ca/content/gnb/en/corporate/promo/isd.html>

Atlantic Wellness Community Centre ✿

Ages 12-21, mental health services, family support, free, private company.

- Directory of private social work practices in New Brunswick, searchable by location, area of expertise, and language.
- Directed to: General & Client
- Tel: (506) 382-0298 (Reception), or (506) 501-5504 (Clinic, between 8:30 am – 2:00 pm) to schedule an appointment.
- Email: info@atlanticwellness.org
- Web: www.atlanticwellness.org

Stan Cassidy Centre for Rehabilitation - Autism Team ★ ✿

Up to age 16, consultation, training, assessment, intervention, referral needed, provincial service.

- Provincial healthcare centre located in Fredericton. Services are provided by an interdisciplinary team and include assessment, family consultation, program development

Kids

Teens / adults

All ages

★FR ✿EN



and review, training/coaching in intervention techniques, and advocacy for supports and services. Referral form for children or adults found on the website (requires a physician's signature).

- Directed to: Caregiver
- Tel: (506) 452-5225
- Web: <https://horizonnb.ca/horizon-services/provincial-program/stan-cassidy-centre-for-rehabilitation/>

Adults:

Day Programs

Open Sky Co-op Therapeutic Agriculture and Gardening Day Program-Sackville 🌸

Adults, day program, co-operation, gardening, life skills, local, private company.

- Year-round day program, run by Open-Sky Co-Operative, that focuses heavily on therapeutic agriculture and gardening for adults aiming to develop life skills. Program participants are paired with a trained mentor.
- Directed to: Client.
- Tel: (506) 536-4565
- Email: info@openskyco-op.ca
- Web: <https://openskyco-op.ca>

YMCA Adult Day Program 🌸

Adults, day program, active, private organization.

- Program offered by YMCA of Greater Moncton, serving adults with special needs. Offers participants the opportunity to get active, both physically and mentally, create friendships, and have fun. Participants must be able to feed, use the bathroom, and change independently. Breakfast and lunch are provided.
- Directed to: General.
- Tel: (506) 857-0606 ext.2233
- Email: adulthoodprogram@ymcamoncton.ca
- Web: <https://moncton.ymca.ca/programs/community-initiatives/>



Employment

Canadian Council on Rehabilitation and Work (CCRW) - Moncton Office ★ ✿

Disability, employment, consulting services, workshops, private organization.

- Not-for-profit organisation serving unemployed or underemployed adults who have a physical and/or learning disability, and/or sensory (visual, hearing) impairment, and/or are autistic. Services include career exploration, career decision making, resume development, job search strategies, and skills enhancement.
- Directed to: Client.
- Tel: (506) 858-1650 ext. 103
- Email: moncton@ccrw.org
- Web: www.ccrw.org

Moncton Employment and Training Services (METS) ✿

Intellectual disability, employment, personal development, community, local, private organization.

- Not-for-profit organization that provides training, personal development, community placement, and employment services to adults who have an intellectual disability.
- Directed to: General.
- Tel: (506) 858-9404
- Email: info@metsinc.ca
- Web: www.metsinc.ca

Financial Support

Canada Pension Plan Disability Benefits ★ ✿

Under age 65, disability, benefit, federal government.

- Monthly payment made to persons under the age of 65 who have made CPP contributions in the past and who now have a long-term disability that prevents them from working. Dependent children of disabled CPP contributors are eligible to receive the Children's Benefit.
- Directed to: Client
- Web: <https://www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-disability-benefit.html>



Housing

Open Sky Co-op Transitional Residence (Sackville) ✨

Ages 18+, social/developmental/mental health challenges, residential, social, recreational, life skills, local, private organization.

- A co-operative providing residential support to adults who face barriers due to social, developmental, or mental health challenges. With the help of staff and volunteers, residents of the rambling historical farmhouse take turns with household responsibilities, gardening, farming, animal care, and also participate in social and recreational activities.
- Directed to: General
- Tel: (506) 536-4565
- Email: info@openskyco-op.ca
- Web: <https://openskyco-op.ca/services/transitional-residence/>

Support Services

Disability Support Program ★ ✨

Ages 19-64, flexible disability support, person centered approach, provincial government.

- Provides personalized, flexible disability support for adults (ages 19 to 64 years old). Services include supports within and outside the home, personal living skills training, transportation supports, assistive devices not covered under other programs, and residential facility services.
- Directed to: Client
- Web: https://www2.gnb.ca/content/gnb/en/services/services_renderer.200972.html

Therapy & Mental Health

Bounce Back ★ ✨

Ages 15+, depression, anxiety, skill-building, coaching over the phone or online videos, free, provincial.

- Skill building program managed by Canadian Mental Health Association (CMHA) to help manage low moods, mild to moderate depression, anxiety, stress, and worry. Conducted over the phone, or through online videos.
- Directed to: Client

Kids

Teens / adults

All ages

★FR ✨EN



- Tel: (506) 455-5231
- Email: info@cmhanb.ca
- Web: <https://cmhanb.ca/bounceback/>

Breelove Counselling ✨

Ages 16+, private counseling, art therapy, private company.

- Private counselling services in Moncton offering a variety of therapies to persons aged 16+, including art therapy with counsellor Ashlee Hollinger.
- Directed to: Client
- Tel: (506) 248-0639
- Web: www.breelove.ca

Clinic of Applied Psychology ★ ✨

Psychology, assessment, treatment, private practice.

- Psychology clinic that offers assessment and treatment for all ages, and additional therapeutic, intervention, and coaching services to adults. They also offer a range of corporate services such as consultation, coaching, workshops, and lectures.
- Directed to: General
- Tel: (506) 858-9184
- Email: info@cpamoncton.ca
- Web: <https://cpamoncton.ca/en/>

Maritime Psychology Clinic ✨

Psychology, assessment, psychotherapy, private practice.

- Psychology clinic offering assessments and psychotherapy for people of all ages.
- Directed to: General
- Tel: (506) 855-5515
- Email: info@maritimepsychologyclinic.ca
- Web: <https://www.maritimepsychologyclinic.ca/>

East Coast Psychology Clinic ★ ✨

Therapy, private practice.

- Psychology clinic offering therapeutic services for a wide range of issues.
- Directed to: General
- Tel: (506) 830-7444
- Email: info@eastcoastclinic.ca
- Web: <https://eastcoastclinic.ca/>



Transportation

Volunteer Driver Program ✨

Ages 18+, low-income, transportation, local.

- Program offered through the Volunteer Centre of Southeastern New Brunswick to low-income individuals who do not qualify for other available driving programs. Transportation is provided for these clients referred from other agencies, organizations, or medical departments.
- Directed to: Client & Volunteer,
- Tel: 962-3073
- Email: urbanruralrides@gmail.com
- Web: urbanruralrides.ca

All Ages:

Financial Support

Disability Tax Credit (DTC) ★ ✨

Disability, financial assistance, federal government.

- Helps persons with disabilities or their supporting persons reduce the amount of income tax they may have to pay. The tax credit amount includes a supplement for persons under the age of 18 at the end of the year. Being eligible for the DTC opens the door to other programs such as the Child Disability Benefit and the Registered Disability Savings Plans.
- Directed to: Client
- Tel: 1 (800) 959-8281
- Web: <https://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit.html>

Housing Assistance for Persons with Disabilities ★ ✨

Accessibility, homeowner, financial assistance, provincial government.

- Provides a forgivable loan, up to a maximum of 10,000\$, for homeowners in need of disabled accessible modifications. Additional assistance may be available in the form of a repayable loan based on household income.
- Directed to: General
- Web: https://www2.gnb.ca/content/gnb/en/services/services_renderer.19576.html



Registered Disability Savings Plan (RDSP) ✨

Disability, financial assistance, saving, federal government.

- Intended to help parents and others save for the long-term financial security of a person who is eligible for the Disability Tax Credit.
- Directed to: Client
- Tel: 1 (800) 959-8281
- Web: <https://www.canada.ca/en/employment-social-development/programs/disability/savings.html>

Social Assistance Program ★ ✨

Low income, financial assistance, provincial government.

- Provides financial assistance to people who have no other income to meet their basic needs of food, clothing, and shelter. May also help with other needs such as childcare, transportation, prescription drugs, and more.
- Directed to: Client

Health and Wellness

Acadie Dental Centre ★ ✨

Dentist, nitrous oxide, private practice.

- Dental centre that can use nitrous oxide for clients who find dental care difficult. Consultation may be necessary before an appointment is made.
- Directed to: Client
- Tel: (506) 858-8077
- Web: <https://www.cdacadie.com/en>

Dr. Nicole Brien's Children's Dentistry ✨

Pediatric dentistry, special needs, sedation, private practice.

- Dental centre practiced in special needs dentistry, they can also use nitrous oxide for clients who find dental care difficult.
- Directed to: Client
- Tel: (506) 859-7715
- Email: childdds@bellaliant.com
- Web: <https://www.childrensdentistrynb.ca/>



Forever Healthy Allergy Elimination Center ✿

Allergies, treatment, natural, private organization.

- A private organization providing a natural alternative for allergy treatment.
- Directed to: General
- Tel: (506) 386-4037
- Email: deanna@foreverhealthy.ca
- Web: <https://www.foreverhealthy.ca/page16/page6/index.html>

Ford's Family Pharmacy & Wellness Centre ✿

Compounding pharmacy, personalized, consultation, private organization.

- Private compounding pharmacy offering consultation and specialized treatments, along with various health and wellness products.
- Directed to: Client
- Tel: (506) 853-0830 or (888) 644-3673 (Toll free)
- Web: <https://www.fordrx.com/>

Forever Healthy Allergy Elimination Center ✿

Allergies, treatment, natural, private organization.

- A private organization providing a natural alternative for allergy treatment.
- Directed to: General
- Tel: (506) 386-4865
- Email: deanna@foreverhealthy.ca
- Web: <https://www.foreverhealthy.ca/page16/page6/index.html>

Lifemark Physiotherapy Moncton ✿

Physiotherapy, massage therapy, occupational therapy, kinesiology, private practice.

- A rehabilitation clinic with a team of experienced physiotherapists, massage therapists, occupational therapists, and acupuncturists, who work collaboratively with patients to reduce pain, avoid re-injury, and optimize overall health.
- Directed to: General.
- Tel: (506) 857-2144
- Email: moncton@lifemark.ca
- Web: <https://www.lifemark.ca/moncton>



New Brunswick Association of Dietitians ★ ✿

Dietitians, directory, provincial.

- Listing of all members currently registered with the NB Association of Dietitians.
- Directed to: General
- Web: <http://www.adnb-nbad.com/looking-for-a-dietitian/>

New Brunswick Association of Naturopathic Doctors ✿

Naturopathy, directory, provincial.

- List of all naturopathic doctors in New Brunswick.
- Directed to: General
- Web: <https://www.nband.ca/members>

Soul on Fire – Coaching and Equine Guided Wellness Center ✿

Equine therapy, coaching, personal development, holistic wellness, private practice.

- Wellness center that aims to serve overall well-being in a mind, body, and soul mindset. Services include leadership/personal development coaching, equine guided assisted facilitation and learning, reflexology, Indian head massage, and guided nature tours.
- Directed to: Client.
- Tel: (506) 871-1065
- Email: angela@soulonfirecoaching.ca
- Web: <http://www.angelageddes.com/>

Housing

Moncton Community Residences ★ ✿

Developmental challenges, housing, support, local.

- Provides residential options and support for individuals with developmental challenges.
- Directed to: General
- Tel: (506) 858-0550
- Email: mcric@nb.aibn.com
- Web: www.monctoncommunityresidences.com



Music Therapy

Alto Music Therapy ✨

Music therapy.

- Certified music therapist offering an autism specific curriculum in Moncton and at the Autism Resource Center in Riverview.
- Directed to: General.
- Tel: (506) 233-8004
- Email: Nick@AltoMusicTherapy.ca
- Web: www.AltoMusicTherapy.ca
- FB: AltoMusicTherapy
- IG: AltoMusicTherapy

UB Music-que Therapy Services - Dominique Piquard ★ ✨

Music therapy.

- Certified music therapist offering in-home individualized music therapy for all ages.
- Directed to: General
- Tel: (506) 233-0864
- Email: UBMusic-que@protonmail.com
- Web: <https://ubmusic-que.ca/>

Occupational Therapy

Canadian Association of Occupational Therapists ★ ✨

Occupational therapy, directory.

- Website includes database of occupational therapists in Canada, searchable by geographic location, area of expertise, and language.
- Directed to: General
- Web: <https://caot.ca/site/about/ot/FOT/termsfuse>

The New Brunswick Association of Occupational Therapists ★ ✨

Occupational therapy, professional and regulatory organisation.

- An organisation that represents occupational therapists province-wide and seeks to advance standards of education and practice in occupational therapy. They offer information on occupational therapy and on finding an occupational therapist.

Kids

Teens / adults

All ages

★FR ✨EN



- Directed to: general
- Tel: (506) 458-1001 OR 1-888-896-2244 (toll free within N.B.)
- Email: info@nbaot.org
- Web: <https://nbaot.org/>

CBI Health - Moncton Driscoll ★ ☆

Occupational therapy, private clinic.

- Private clinic offering occupational therapy services to clients of all ages.
- Directed to: General
- Tel: (506) 389-3560
- Web: <https://www.cbihealth.ca/locations/atlantic-pain-clinic>

Horizon Health Network - Occupational Therapy ☆

Occupational therapy, provincial.

- The Horizon Health Network is a provincial network that works with people who have difficulty performing daily tasks such as personal care, going to work or school, household chores, and transitions. They serve people of all ages, no referral needed.
- Directed to: General.
- Tel: 1 (833) 944-0860
- Web: <https://horizonnb.ca/services/support-and-therapy/therapeutic-services/occupational-therapy/>

Recreation

Access 2 Card Program ★ ☆

All ages, support person.

- Program of Easter Seals Canada, for people of all ages and types of permanent disabilities who require the assistance of a support person. The Access 2 card provides free or discounted admission to a support person accompanying the cardholder to a participating entertainment, cultural, or recreational venue. Cost is 20\$ for 3 years or 30\$ for 5 years.
- Directed to: General
- Tel: 1 (877) 376-6362
- Email: access2card@easterseals.ca
- Web: <https://access2card.ca/>

Kids

Teens / adults

All ages

★FR ☆EN



Olympia Allstar Cheerleading – Pillars (adaptive cheer team) ✿

All abilities, cheerleading, team sport, private company.

- Pillars, an all ages and abilities competitive cheerleading team at Olympia Allstar Cheerleading.
- Directed to: General.
- Tel: (506) 384-2433
- Email: hello@olympiacheerleading.com
- Web: <https://www.olympiacheerleading.com/allstar/>

Field of Dreams Moncton – Challenger Baseball ✿

Children with special needs, baseball, program.

- Baseball program for children with special needs, run by the Moncton FisherCats in partnership with Challenger Baseball.
- Directed to: General, Public.
- Web: <https://www.facebook.com/groups/562698333776910/about/>

Parasport New Brunswick ✿

Disability, accessible sports, not-for-profit.

- Not-for-profit organization offering a variety of sports suitable for individuals with physical and/or intellectual disabilities. The sports available in Moncton are wheelchair basketball, wheelchair rugby, wheelchair tennis, para-athletics, para-alpine, and goalball.
- Directed to: General.
- Tel : (506) 238-4311
- Email: sallyhutt@parasportnb.ca (Executive director)
- Web: <https://www.parasportnb.ca/our-programs>

Special Olympics NB ★ ✿

Disability, accessible sports, not-for-profit.

- Not-for-profit organization offering a variety of winter and summer sports programs throughout the province for individuals of all ages who have special needs. Programs in the Moncton area include multi-sport, swimming (athletes need to be able to swim one length of the pool on their own prior to joining), curling, power lifting, bowling, speed skating, and ActiveSTART gym class for kids ages 2-12. Registration fees 40\$/year, to be paid at time of registration (first practice of chosen sport).
- Directed to: General
- Tel: (506) 850-1583

Kids

Teens / adults

All ages

★FR ✿EN



- Web: www.specialolympicsnb.ca
- FB: Special Olympics NB-Southeast region
- Send inquiries via FB Messenger to Jason Agnew.

Social Inclusion & Advocacy

Autism Resource Centre (ARC) ★ ✿

Autism, resources, programs, not-for-profit.

- The Autism Resource Centre is a not-for-profit organization that provides recreational, social, and educational programs for families and individuals of all ages who are autistic or have autistic people in their lives. Contact us to be added to the members email list.
- Directed to: General
- Tel: (506) 855-9032
- Email: director@autismresource.ca
- Web: www.autismresource.ca
- FB: Autism Resource Centre - Sud-Est NB
- IG: autismresource

Inclusion Advocacy SENB ★ ✿

Intellectual disability, advocacy, access assistance, not-for-profit.

- Not-for-profit organization that works with and on behalf of children and adults with an intellectual disability and their families. Assists with access to disability supports, community participation, early learning, employment, financial planning, home life, post-secondary education, social inclusion, recreation and leisure, and self-advocacy.
- Directed to: General
- Tel: (506) 857-8899
- Email: contactus@inclusionadvocacy.ca
- Web: www.inclusionadvocacy.ca

Inclusion NB ✿

Intellectual disability, advocacy, access assistance, provincial.

- Provincial, not-for-profit organization that works with and on behalf of children and adults with an intellectual disability and their families. Assists with access to disability supports, community participation, early learning, employment, financial planning, home life, post-secondary education, social inclusion, recreation and leisure, and self advocacy.
- Directed to: General.
- Tel: 1 (866) 622-2548
- Email: info@inclusionnb.ca

Kids

Teens / adults

All ages

★FR ✿EN



- Web: <http://inclusionnb.ca>

The Autistic Self Advocacy Network ⚙

Autism, advocacy, social justice, not-for-profit.

- The Autistic Self Advocacy Network is a not-for-profit organization run by and for autistic people. They are a disability rights organization that fights for the rights of disabled people, as well as the involvement of autistic people in policymaking. They work to support all forms of self-advocacy to change the way people think about autism. Their team is made of autistic adults and youth, as well as non-autistic family members, professionals, doctors, and friends.
- Directed to: General
- Web: www.autisticadvocacy.org
- Email: info@autisticadvocacy.org

Support Services & Intervention

Access Home Care ⚙

Home care, residential services, private organization.

- Private organization providing a range of home care services, along with live-in residential services.
- Directed to: General
- Tel: (506) 874-0757
- Web: <https://www.accesshomecare.ca/>
- Email: Emily.davis@accesshomecare.ca

Support Match NB ★ ⚙

Disability, support person, matching database, private organization.

- A website designed to match individuals and families with support persons in their community through the creation of tailored job advertisements and online profiles.
- Directed to: General
- Tel: (506) 453-440
- Email: info@supportmatchnb.ca
- Web: <https://www.supportmatchsoutienjumelenb.ca/>



Hébert Centre Intervention and Learning Services

Social/language/learning/behaviour challenges, consultation, assessment, individualized intervention, support, private organization.

- Private agency offering consultation, assessment, individualized intervention, and supports to people of all ages with social, language, learning, and behaviour challenges.
- Directed to: General
- Tel: (506) 386-2262
- Email: reception@hebertcentre.ca
- Web: <https://hils.ca/>

Co-Aide Home Care and Support Services Ltd. ★ ✿

Home care, support, private organization.

- Private organization providing home care and support services to those with mental and physical disabilities, families, seniors, and more.
- Directed to:
- Tel: 1 (506) 389-2433 or 1-866-322-2433 (Toll free phone)
- Email: info@coaide.ca
- Web: <http://www.coaide.ca/>

Inclusion Support Program ★ ✿

Early learning and childcare facilities, support, provincial government.

- Government program by the Department of Education and Early Childhood Development that provides support, resources, and training to licenced early learning and childcare facilities to increase accessibility for children with additional needs.
- Directed to: General
- Tel: 1-833-453-6645
- Email: ISP.PAI@gnb.ca
- Web: https://www2.gnb.ca/content/gnb/en/services/services_renderer.201351.Inclusion_Support_Program.html

Jordan's Principle ✿

Ages 0-19, First Nations, public services.

- Aims to assure First Nation's children have access to public services without denial, disruption, or delay due to jurisdictional payment dispute.
- Directed to: General, First Nations
- Tel: 1-833-652-0210
- Email: principedejordanatl-jordansprincipleatl@sac-isc.gc.ca
- Web: www.sac-isc.gc.ca/eng/1568396296543/1582657596387#sec3

Kids

Teens / adults

All ages

★FR ✿EN



Les Chiens TOGO ★ ✿

Psychological assistance dog, autism, PTSD, generalized anxiety disorder, professional reference needed, private organization.

- Organization that trains psychological assistance dogs with a team of psycho-social interveners and canine educators.
- Directed to: General
- Email: admission@leschienstogo.com
- Web: <https://leschienstogo.com/en/les-chiens-togo-psychological-service-dogs/>

Maritime Assistance Canines ✿

Service dog, therapy dog, training, volunteer organization.

- Volunteer based organization that trains service dogs, helps individuals train their own service dog, and organizes therapy dog teams.
- Directed to: General.
- Email: m.assist.canine@gmail.com
- Web: <https://www.maritimeassistancecanines.org/>

MIRA – Service Dogs ★ ✿

Service/guide dogs, autism, free, non-profit organization.

- Non-profit organization offering free guide and service dogs to people living with visual impairments, physical disabilities, and youth who are autistic.
- Directed to: General
- Tel: (450) 759-3789
- Email: info@mira.ca
- Web: <https://www.mira.ca/en/>

National Service Dogs ✿

Service dog, autism, PTSD, intervention, private organization.

- Organization training certified service dogs for autism, PTSD, assisted intervention, and more.
- Directed to: General.
- Tel: (519) 623-4188
- Email: info@nsd.on.ca
- Web: <https://nsd.on.ca/>



Maritime Assistance Canine ✨

Service dog, therapy dog, training, volunteer organization.

- Volunteer based organization that trains service dogs, helps individuals train their own service dog, and organizes therapy dog teams.
- Directed to: General.
- Email: m.assist.canine@gmail.com
- Web: <https://www.maritimeassistancecanines.org/>

Lions Foundation of Canada Dog Guides ✨

Ages 3-12, assistance dog, autism, private organization.

- Private organization who breeds, trains, and matches Dog Guide's with clients to provide safety, companionship, and unconditional love.
- Directed to: General.
- Tel: (800) 768 3030
- Email: info@dogguides.com
- Web: <https://www.dogguides.com/programs/autism-assistance/>

New Brunswick Association of Social Workers ★ ✨

Social work, private practitioners, directory.

- Directory of social workers.
- Directed to: General
- Web: <https://www.nbasw-atsnb.ca>

Nicolas Hope Family Services ✨

Neurobehavioural disorder, intervention, social skills training, parent support, respite, recreation, private organisation.

- Nonprofit organization of professionals providing support and education to families with children and young adults with a neurobehavioral disorder.
- Directed to: Caregiver.
- Tel: (506) 378-4173
- Email: info@nhfs.ca
- Web: www.nhfs.ca



Therapy & Mental Health

Canadian Mental Health Association for New Brunswick (CMHA) ★ ✿

Mental health, resources, support, provincial.

- Facilitates access to resources required to maintain and improve mental health, support community integration, build resilience, and support recovery from mental illness.
- Directed to: General
- Tel: (506) 859-8114 (Moncton Office) or (506) 455-5231 (CMHA)
- Email: moncton@cmhanb.ca (Moncton Office) or info@cmhanb.ca (CMHA)
- Web: <https://cmhanb.ca/>

Clinic of Applied Psychology ★ ✿

Psychology, assessment, treatment, private practice.

- Psychology clinic that offers assessment and treatment for all ages, and additional therapeutic, intervention, and coaching services to adults. They also offer a range of corporate services such as consultation, coaching, workshops, and lectures.
- Directed to: General
- Tel: (506) 858-9180
- Email: info@cpamoncton.ca
- Web: <https://cpamoncton.ca/en/>

East Coast Psychology Clinic ★ ✿

Therapy, private practice.

- Psychology clinic offering therapeutic services for a wide range of issues.
- Directed to: General
- Tel: (506) 830-7444
- Email: info@eastcoastclinic.ca
- Web: <https://eastcoastclinic.ca/>

Maritime Psychology Clinic ✿

Psychology, assessment, psychotherapy, private practice.

- Psychology clinic offering assessments and psychotherapy for people of all ages.
- Directed to: General.
- Tel: (506) 855-5515
- Email: info@maritimepsychologyclinic.ca
- Web: <https://www.maritimepsychologyclinic.ca/>

Psychology Today-Directory ✿

Psychologists, directory.

- Directory of psychologists, identified by geographical location and specialty.

Kids

Teens / adults

All ages

★FR ✿EN



- Directed to: General, Anglophone.
- Web: <https://www.psychologytoday.com/ca/therapists>

Miscellaneous

Sensory Sensitive Times and Accommodations in Greater Moncton ★ ❁

Cineplex

- Sensory Sensitive Times: Once a month on a Saturday, usually the 2nd or 3rd Saturday of the month. Only available in Dieppe.
- Tel: (506) 853-8433 or 1-800-313-4461
- Email: email.groupsales@cinplex.com
- Web: <https://www.cineplex.com/theatre/cineplex-cinemas-dieppe>

Dieppe Aquatic and Sports Centre

- Sensory Sensitive Times: Tuesdays from 4:30pm – 5:30pm.
- The mushroom fountain and ship will be closed, reducing water sounds. There will be no music and children will be asked not to yell. Lighting will be reduced a bit. The pool will not be open to the entire public, reducing crowds.
- Tel: (506) 877-7881
- Email: centreaquatique@dieppe.ca
- Web: <https://www.dieppe.ca/en/explorer-et-samuser/centre-aquatique-et-sportif.aspx>
- Web: <https://www.dieppe.ca/fr/explorer-et-samuser/centre-aquatique-et-sportif.aspx>

CEPS Louis-J.-Robichaud

- Sensory Sensitive Times: When renting out the pool, sensory reductions are available upon request.
- Tel: (506) 858-4536
- Email: ceps@umoncton.ca
- Web: <https://www.umoncton.ca/umcm-ceps/en/node/1>

Fairlanes Bowling Centre

- Sensory Sensitive Times: Daytime hours.
- There will be no music or flashing lights.
- Tel: (506) 858-8740
- Email: moncton@fairlanesbowling.ca

Sobeys

- Dieppe Sensory Sensitive Times: Sundays from 6pm – 8pm.

Kids

Teens / adults

All ages

★FR ❁EN



- Riverview Sensory Sensitive Times: Sundays from 9pm – 10pm.
- Vaughan Harvey Sensory Sensitive Times: Sundays from 6pm – 8pm.
- Champlain Sensory Sensitive Times: Sundays from 6pm – 8pm.
- Northwest Sensory Sensitive Times: Sundays from 6pm – 8pm.
- Elmwood Sensory Sensitive Times: Sundays from 6pm – 8pm.

KP Quilting Studio ✨

Weighted blankets, custom quilts, online shopping, small business.

- Small business selling weighted quilts, located in Saint John, NB. Custom quilts available.
- Directed to: General.
- Tel: (506) 763-2560
- Email: kpquiltingstudio@gmail.com
- Web: <https://www.kpquiltingstudio.com/>

Online Resources:

General Information

Association for Science in Autism Treatment ✨

Autism, evidence-based, information summaries.

- The Association for Science in Autism Treatment contains summaries of autism treatment options for families and professionals. They aim to help this clientele make informed choices in relation to their children/patient's treatment options.
- Directed to: Caregiver.
- Web: <https://asatonline.org>

Autism Canada ✨

Autism, advocacy, support services.

- Autism Canada is a Canadian autism advocacy organization with a global view of the issues with which autistic people, their families, and other relations are faced. They offer family support services, advocacy, and various programs such as Autism Junction, Autism Conference, and SARA (Search and Rescue for Autism).
- Directed to: General
- Tel: (647) 362-5610
- Email: info@autismcanada.org
- Web: <https://autismcanada.org/>



Living Well with Autism ✿

Autism, caregiver, resources.

- Living Well with Autism is an online resource that provides parents and caregivers with ideas and free or inexpensive resources for living well with autism. Here, you'll find social stories, visual helpers, tips, and recommended resources.
- Directed to: Caregivers.
- Contact: Fill in comment and sharing form on site.
- Web: <http://livingwellwithautism.com/>
- Email: maryfletcherjones@yahoo.com

The Thinking Person's Guide to Autism ✿

Autism, evidence-based, information, articles.

- The Thinking Person's Guide to Autism is a source for evidence-based, neurodiversity-steeped information from autistic people, parents, and autism professionals.
- Directed to: General.
- Web: www.thinkingautism.com

Special Needs Toys ✿

Sensory, tools, toys.

- Selection of sensory items, educational supports, and supplies that support home-based physical activity and fitness for people with sensory processing disorders, autism spectrum disorders, and other disabilities in Canada.
- Directed to: General, Anglophone.
- Tel: (877) 509-7524
- Email: info@tfhcanada.ca
- Web: <https://specialneedstoys.com/can>

Living Well with Autism ✿

Autism, caregiver, resources.

- Living Well with Autism is an online resource that provides parents and caregivers with ideas, and free or inexpensive resources for living well with autism. Here, you'll find social stories, visual helpers, tips, and recommended resources.
- Directed to: Caregivers.
- Contact: Fill in a comment and sharing form on site.
- Web: <http://livingwellwithautism.com/welcome>



Learning Programs

Autism and Behavioural Intervention Programming ✨

Autism, program, learning, training, online, private organization.

- Various online programs, offered through the University of New Brunswick's College of Extended Learning, that aim to educate on how to provide more effective support to autistic people. Programs include an ABA Certificate, Autism Intervention Training, and a Behavioural Support Series, among others.
- Directed to: Caregiver, Professional.
- Tel: 1-888-259-4222
- Email: customerservice@unb.ca
- Web: <https://www.unb.ca/cel/career/behavioural-intervention/index.html>

Autism Learning Partnership ★ ✨

Autism, training, skill-development, Department of Education and Early Childhood Development.

- The Autism Learning Partnership is a branch of the New Brunswick Department of Education and Early Childhood Development and delivers to professionals and families high quality, evidence-based training that promotes a common understanding of autism and skill development to help learners with autism reach their full potential.
- Directed to: Caregiver
- Web: www.alp-paa.com/en

Autism Internet Modules-Free Learning Tool ✨

Autism, resources, training, private organization.

- Designed for those who support, instruct, work with, or live with someone who is autistic, the Autism Internet Modules (AIM) guide users through case studies, instructional videos, pre- and post- assessments, discussion questions, activities and more.
- Directed to: Caregiver.
- Web: www.autisminternetmodules.org

Triple P Parenting Program ✨

Parenting, parenting strategies and courses, private organization.

- Various programs providing tools and strategies for parenting, some are accessible in-person and others are accessible online. The site also provides short articles with helpful parenting tips and strategies.
- Directed to: Caregiver.
- Web: www.triplep-parenting.ca



Screening & Diagnostic Tools

DSM-5 ASD Diagnostic Criteria with Examples ✨

Autism, diagnostic criteria.

- The Diagnostic and Statistics Manual of Mental Disorders (DSM) is the book used by health care professionals in much of the world as the guide to the diagnosis of mental disorders. The DSM contains descriptions, symptoms, and other criteria for diagnosing mental disorders.
- Directed to: General, Child-focused, Anglophone.
- Web: <https://www.cdc.gov/ncbddd/autism/hcp-dsm.html>

CRUX Psychology – Atlantic psychologist ✨

Experts in forensic / legal, psychological and psychoeducational assessment

- Email: info@cruxpsychology.ca
- Phone: 1-844-888-2789

Adapt Centre ✨

legal, psychological and psychoeducational assessment

Téléphone : 506-872-4345

Website : <https://adaptatlantic.com>

MAISON DE LA FAMILLE ★ ✨

The services offered are for children and adolescents aged 0 to 15, as well as their parents. Our services are offered in French, as well as in English, and are delivered with rigor, ensuring that we respect new guidelines and research in the field of child psychology. With parental consent, we work as a team to maximize the effectiveness of our services.

- Phone: 874-7214
- Website: maisondelafamille.ca
- Email : info@maisondelafamille.ca

Balanced Reflections ✨

Phone : [506-789-3421](tel:506-789-3421)

Email : admin@balancedreflections.ca

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

Kids

Teens / adults

All ages

★FR ✨EN



INTAP 2025 ★✿

Intap is a private service specializing in autism and psychoeducation, offering teleconsultation services.

- Phone : 1-438-830-9945
- Email : intap2025@gmail.com
- Website : <https://www.intap2025.com/>

Facebook Groups:

Autism Discussion Page

Autism, caregivers, discussion page, public group.

- An autism discussion page that is meant to help parents and others who work with autistic people create safe and accepting environments for them, while also allowing them to demonstrate their competency.
- Directed to: Caregiver, Anglophone.
- www.facebook.com/autismdiscussionpage

Autistic & Trans

Autism, transgender, safe space, community, private group.

- A safe space for people who are transgender and autistic.
- Directed to: People who are both autistic and transgender, Anglophone.
- www.facebook.com/groups/1898519400392979

Autistics United Canada

Autism, self advocacy, social justice, private group.

- A self-advocacy organization dedicated to improving the lives of autistic people in what is colonially known as Canada. It is for autistic people and allies, as well as all those who are otherwise neurodivergent or disabled, to discuss advocacy, disability rights, and disability justice.
- Directed to: Autistic/neurodivergent/disabled people and allies, Anglophone.
- www.facebook.com/groups/AUCanadaAutisticsAndAllies

Autistic Women/Non-Binary Network | LGBTQIA+

Autism, Ages 16+, women, nonbinary, community, private group.

Kids

Teens / adults

All ages

★FR ✿EN



- A group for autistic women and nonbinary people aged 16+ from around the world.
- Directed to: Autistic women and nonbinary people, Anglophone.
- www.facebook.com/groups/2511027439174891

Ask Autistic Adults - Resources for Parents of Autistics

Autism, advice, caregivers, private group.

- A place where parents of autistic children can ask autistic adults for advice or perspective. Autistic adults are a great resource for parents of autistics as they have extensive experience in being autistic. Thus, they can give insight, tips, tricks, resources, and information as to what does or does not work in their experiences of being autistic.
- Directed to: Caregivers & Autistic adults, Anglophone.
- www.facebook.com/groups/2138776736451241

New Brunswick Autistics / Autistes du Nouveau-Brunswick

Autism, friendships, resources, connections, private group.

- A place to connect, receive and offer support, access resources, and create friendships.
- Directed to: Autistic people of New Brunswick, Anglophone & Francophone.
- www.facebook.com/groups/2248663358783723

New Brunswick Adult ADHD Group // Groupe d'adultes TDAH du N.B.

ADHD, adult, community, private group.

- A place to connect, find community, share in challenges and wins, and learn from and with ADHD adults of New Brunswick. Monthly meetups with potential virtual options.
- Directed to: ADHD adults of New Brunswick, Anglophone & Francophone.
- www.facebook.com/groups/656094945550731

Neurodivergent Collective of NB / Collectif neurodivergent du N.-B.

Neurodivergent, community, public group.

- A neurodiversity-affirming community geared towards collective care. An effort by neurodivergent volunteers to create links between neurodivergent communities. Self-diagnosed people are welcome.
- Directed to: Neurodivergent people of New Brunswick, Anglophone & Francophone.
- www.facebook.com/groups/379502513763059

Autism Support Group

Autism, caregiver, resources, information, support, private group.

- A group for parents/caregivers of autistic children looking for resources or support in New Brunswick, Canada. The group aims to reassure people that they are not alone in their experiences.
- Directed to: Caregivers, Anglophone.
- Web: <https://www.facebook.com/groups/autismparentsnb/>



Helplines:

CHIMO Helpline:

- Call: **1 (800) 667-5005** (24/7)
- Chat: Text **1 (800) 667-5005** (5:00 pm – Midnight)
- Language: English, Français.

First Nations & Inuit Hope for Wellness Helpline

- Call: **1 (855) 242-3310** (24/7)
- Chat: www.hopeforwellness.ca (24/7)
- Language: English, Français; Telephone only (not available 24/7): Cree, Ojibway (Anishinaabemowin), Inuktitut.

Kids Help Phone:

- Call: **1 (800) 668-6868** (24/7)
- Chat: Text CONNECT to **686868** (24/7)
- Language: English, Français, interpreters available for over 100 languages.

Talk Suicide Canada:

The Canadian population will have the opportunity to call **9-8-8**, a new three-digit number for help when they need it most, or send a text message to it. The 9-8-8 service will be free for anyone contemplating suicide, experiencing emotional distress, or concerned about someone they know.

- Call: **1 (833) 456-4566** (24/7)
- Chat: Text **45645** (4:00 pm – Midnight ET)
- Language: English, Français.

Contact 211

211 is a free and confidential helpline that connects individuals to local community, social, government, and health services. Available 24/7 in multiple languages, 211 provides support for a variety of needs, including housing, mental health, food insecurity, employment services, and more. Whether you're seeking help for yourself or someone else, 211 is here to guide you to the right resources.

- dial 2-1-1
- Toll-free line: 1-855-258-4126 (VRS)
- Toll-free Text-based line: 1-855-405-7446
- Email: 211nb@findhelp.ca