

Resilient Hearts Empowering Hub



Resilient Hearts empowers young adults with development disabilities by equipping them with essential skills for independent living. We create opportunities for fun, learning and community integration - teaching individuals self-advocacy and life skills to become self-reliant.

Get Support With:

- Life Skills Development
- Building Awareness
- Community Engagement
- Recreational Activities
- Volunteer Opportunities
- Arts & Crafts
- Employment Assistance
- Case Management
- Peer Support and Mentorship

Services Offerings:

- Life Skills Day Program
- Respite Services (*Evening & Drop-in Respite*)
- Sensory Room

Program Requirements:

- Be at least 16 years old
- Have a developmental or intellectual disability
- Able to pay service fee

*PDD and FSCD approved, but currently no direct billing, participants have to self-pay and request reimbursement

