

## My Vision

My Center is a safe and fun environment for individuals to make friends, build confidence, learn important life skills, and gain independence.

## My Mission

My Center uniquely provides a daily routine of indoor and outdoor recreational activities, supports, and educational opportunities.

## About Us

My Center is a community-based Day Program for mid – high functioning individuals experiencing life with a disability, and display little to no aggressive behaviours.



## Day Program

*"A fun place to have fun and socialize with friends"*

## My Programs

### Adult (18+) Full Day Program

- Full Time (5 days/week)
- Part Time (specific days)

### Youth (14-18) Program

- Summer Day Program (Full Time and Part Time available)
- School Holidays (PA days and breaks)

*\*All programs include indoor/outdoor recreation, socialization, and education components.*



My Center

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52 Gill St, Sudbury ON  
P3E 1W5

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705-675-5000

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mycentersudbury@outlook  
.com

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mycentersudbury.wixsite.  
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## My Center

My Center offers a wide range of daily activities. Our facility features:

- Large outdoor yard with access to hiking trails.
- Gymnasium
- Movie Lounge
- Computer Lab
- Arts & Crafts
- Games Room
- Music Exploration

## My Community

My Center strongly believes in the overall betterment of our community within our program and within the developmental sector. We establish this by:

- Participating in activities with other day programs
- Encourage our members/staff to participate in the Special Olympics
- Plan outings within our community



**Contact us to book a tour of our facility!**

## My Activities

My Center is a very interactive and physically active environment. Monthly activities can include:

- Sports (basketball, hockey, soccer, bowling, ping pong, etc.)
- Public Outings (Science North, Sudbury 5 games, visiting a farm, etc.)
- Weekly walk to Bell Park
- BBQ Lunches

Plus much more!



*“My Center is a fun place with happy people!”*

*“I like to play sports and cards with my friends”*



## My Staff

Staff at My Center have the following:

- Years of experience
- Developmental Services Worker (DSW) or Social Services Worker (SSW) diplomas
- Background in Education
- CPR/First Aid Training
- Behaviour Management Skills

