

Parent Information Package for Autism Family Respite Weekends at the Kinark Outdoor Centre



KINARK OUTDOOR CENTRE

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'CREATING A CLIMATE
FOR CHANGE'



Welcome to the Kinark Outdoor Centre! We are looking forward to working with your family while you are at the Outdoor Centre for your Autism Families Respite Weekend. Attached is some information about our Centre to help you and your family prepare for your visit this summer. Please don't hesitate to call the Centre should you have any questions. We look forward to seeing you soon!



Kinark
CHILD AND FAMILY SERVICES
CARING • HELPING • HEALING

Site and Program Information

Site Location

The Kinark Outdoor Centre is located near the town of Minden, approximately 2 1/2 hours northeast of Toronto. The site is a wilderness based setting, located on a small, forested private lake. Amidst this beautiful setting, the centre boasts modern and comfortable facilities. There are roads and trails throughout the site so families may easily drive from their cabins to the various locations on the site.

Program Information

Upon arrival to the Centre, your family will be met by the Kinark Outdoor Centre staff assigned to support your family for the duration of your stay. They will show you to your cabin and give you a site tour en route to dinner. Your first evening will be a time for your family to get to know your Outdoor Center staff and settle in at the Outdoor Center. On Saturday and Sunday we will be offering respite periods for parents and the Outdoor Centre staff assigned to your family will work 1:1 with your child with ASD, as well as offering a program for any siblings. We prefer that infants remain with their parents. During the scheduled respite times, this is a great opportunity for parents to network and share strategies. There are also lots of family activities over the weekend including campfires, arts and crafts, canoeing, paddleboats, high ropes and nature hikes. Your families participation in these activities is of course optional.



Site Information

Accommodation

Families stay in cabins located in the Lakeview Cabin Area. Each family is assigned one cabin. Each cabin contains 2 bunk beds and 1 single bed, playpens are available for children who require them. Please be prepared to bring your own bedding and towels. All cabins are equipped with a 2 pc. washroom (toilet and sink) with a shower house with showers and additional toilets and sinks located close by. All cabins have heat, hydro and electrical outlets. Laundry facilities are located close by the Lakeview Cabin area and are available at no cost, please provide your own laundry soap. The cabins do not have locking doors, valuables can be locked up in your vehicle outside your cabin or we would be happy to provide you with a lockbox for the duration of your stay.



Site Information cont'd...

Food Service

Families eat meals in the Dining Hall. The Outdoor Centre provides all breakfasts, lunches, dinners and evening snacks during your visit. Each family will be assigned a table for the duration of their visit. The Outdoor Centre staff assigned to your family will meet you at all breakfasts and lunches. Food service is family style. We are happy to accommodate your family's dietary needs. Additionally, if you would like to bring up any of your own drinks or food items for your children, there is a refrigerator available for you to store such items. Please note we are a nut-free site.



Important Things to Know...

EMERGENCY SUPPORT

Kinark Outdoor Centre staff provide a wide variety of program experiences from 8:30 AM until the end of evening program at approximately 8:00 PM. After this time, there is an identified Kinark staff on-site each night to assist in the event of an emergency.

TELEPHONES:

There is contact for wireless (cell) phones.

EMERGENCY AND SAFETY PRACTICES:

Kinark program staff are trained and certified in all aspects of emergency first aid and are responsible for ensuring a safe environment at all times. They will assume a leadership role in all emergency situations, and each carry a personal first aid kit on them at all times.

Additional fully stocked First Aid kits are located in key locations throughout the Centre.

Kinark program staff will be supervising all activities and programs during your stay. When providing activities such as the climbing wall, swimming or canoeing, each staff has access to a two-way radio, and has the ability to contact the main Kinark office for assistance if needed.

In the unlikely event there is a medical emergency, there are two hospital emergency departments located within 30 minutes of the Centre.

Please note we are a nut-free site and ask that no food be brought onto site that may contain nuts.

Please note that we are an alcohol free site.

SMOKING

Smoking is permitted in designated areas on site and we ask that you use the cigarette receptacles provided. Smoking is not permitted in any of the buildings.

Directions to the Centre

From the southeast : Take Hwy 404 to Newmarket, turn right onto Davis Drive and continue to stoplights at Hwy 48. Proceed north on Hwy 48 until the stop light where Hwy 48 merges with Hwy 12. Take Hwy 12 north (left) for approximately 15 kms. Then Hwy 48 veers off to the right and continues on its own again. Continue on Hwy 48 until it stops at Hwy 35 in Coboconk. Drive north on Hwy 35, past the town of Minden to the town of Carnarvon (approx. 13 kms) where Hwy 35 intersects with Hwy 118 (stop lights). Turn west onto Hwy 118 and proceed 7 kms to the Queens Line. Turn south on the Queens Line and proceed 1.5 kms to the entrance for the Centre (first opening on your left).

OR

From the southwest : Take Hwy 401 to Hwy 400 driving north. Between Barrie and Orillia Hwy 400 forks and you take the left fork "Hwy 11 to North Bay". Continue driving north – where the road forks again and you want to take the right fork "North Bay". Proceed until you see the Bracebridge-Vankoughnet-Haliburton exit. Go east on Hwy 118 for 55 kms (approx 45 min.) to the Queens Line. [you'll know you are getting close when you pass the Bobcaygeon Road on your right] (if you find yourself at the stop lights in Carnarvon you've gone too far east) Turn south on Queens Line and proceed 1.5 kms to the entrance for the Centre (first opening on your left).

From Ottawa : Drive north on Hwy 17 to Renfrew. Turn left on Hwy 132 – it turns into Hwy 41. At Denbigh, turn right on Hwy 28. Go to Bancroft, straight through lights and continue on Hwy 28. Turn right on 118/121 (signage will say Haliburton). At Tory Hill, again turn right on 118/121 and proceed to Haliburton. At stoplights, proceed straight on Hwy 118 and follow to stoplights at Carnarvon (intersects with Hwy 35). Continue straight for approx. 6 km. To Queens Line. Turn south on Queens line and proceed 1.5 kms to the entrance for the Centre (first opening on your left). (Approx. 4 hrs)

A map is also located on our website at: <http://www.koc.on.ca/location.htm>