



## Avalon Employment Inc.

277 Water Street, Suite 301  
709-579-4866  
www.avalonemploy.com

# Avalon Employment Resource Package

This resource is subject to change. Please check back for future updates. If you would like to submit a resource that is not listed in this document, please reach out to [aei@avalonemploy.com](mailto:aei@avalonemploy.com).

## Diagnosis

For adults, an assessment is usually done by a psychologist or Psychiatrist. Assessments are commonly accessed through a private provider. The cost for this service varies.

- Mindful Matters NL  
<https://www.mindfulmattersnl.com/assessment-and-diagnostic-services>
- Psychology Today  
<https://www.psychologytoday.com/ca/therapists/newfoundland-and-labrador?category=autism>
- Spectrum Consultants Group  
<http://www.spectrumconsultantsgroup.com/>



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### Advocacy

- Avalon Employment Inc  
<https://www.avalonemploy.com/>
- City of St. John's  
<https://www.stjohns.ca/en/city-hall/inclusion-advisory-committee.aspx>  
<https://www.stjohns.ca/en/city-hall/accessibility.aspx>
- Empower NL  
<https://empowernl.ca/service/advocacy-services/>
- Coalition of Persons with Disabilities  
[https://codnl.ca/https://codnl.ca/](https://codnl.ca/)
- Inclusion Canada NL  
<https://www.inclusioncanadanl.ca/>
- Autism Society of Newfoundland and Labrador  
<https://asnl.ca/advocacy/>  
<https://asnl.ca/rnc-voluntary-autism-registry/>
- Eastern Health  
<https://www.thrivecyn.ca/directory-of-services/health/community-supports-program-eastern-health/>



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- First Light  
<https://firstlightnl.ca/>
- Canadian Hard of Hearing Association NL  
<https://www.chha-nl.ca/>
- Newfoundland Association of the Deaf  
<http://www.nlad.org/>

## Pre-Employment and Employment Services

- Avalon Employment Inc  
<https://www.avalonemploy.com/>
- MentorAbility  
<https://supportedemployment.ca/initiatives/mentorability/>
- Waypoints  
<https://www.waypointsnl.ca/>
- Easter Seals  
<https://eastersealsnl.ca/>
- Autism Society of Newfoundland and Labrador  
<https://asnl.ca/programs/>
- Choices for Youth



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<https://www.choicesforyouth.ca/employment>

- Stella's Circle

<https://stellascircle.ca/>

- John Howard Society

<https://www.johnhowardnl.ca/services/employment/net-work-program/>

- Canadian Council for Rehabilitation and Work

<https://ccrw.org/>

- Service Canada

<https://www.canada.ca/en/employment-social-development/corporate/portfolio/service-canada.html>

- Coalition of Persons with Disabilities NL

<https://codnl.ca/>

## Community

- AC Hunter Library

[https://nlpl.ca/component/jumi/library.html?site\\_id=sjh&view=article&id=145&Itemid=413](https://nlpl.ca/component/jumi/library.html?site_id=sjh&view=article&id=145&Itemid=413)

- Association for the Arts in Mount Pearl

<https://aamp.ca/>



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- Quadrangle  
<https://www.thequadnl.com/>
- Rainbow Riders  
<https://www.rainbowridersnl.com/>
- Spirit Horse  
<https://www.spirithorsenl.com/>
- Anna Templeton Centre  
<https://www.annatempletoncentre.ca/>
- Art Force NL  
<https://artforcenl.org/>
- Sassy Tuna  
<https://www.sassytuna.com/>
- First Light  
<https://firstlightnl.ca/programs-calendar/>
- Autism Society of Newfoundland and Labrador  
<https://asnl.ca/programs/>
- Association for New Canadians  
<https://www.ancnl.ca/>
- Spectrum Queer Choir  
<https://spectrumqueerchoir.com/>



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- Shallaway  
<https://www.shallaway.ca/>
- YMCA  
<https://ymcanl.com/>
- Shine Music  
<https://shinemusic.ca/>
- St. John's Airport Accessibility and Autism Services  
<https://stjohnsairport.com/at-the-airport/accessibility/>
- NLPL Connect Pass  
<https://nlpl.ca/programs/nlpl-connect-pass/connect-pass.html>
- Status of Women's Council  
<https://sjwomenscentre.ca/>

## Education

- Private Training Institutions  
<https://www.gov.nl.ca/education/post-secondary-education/private-training/private-training-institution-directory/>
- Memorial University  
<https://www.mun.ca/>



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<https://www.mun.ca/student/about-us/units-and-contacts/accessibility-services---the-blundon-centre/>

<https://munsu.ca/neurodivergent>

- CNA

<https://www.cna.nl.ca/>

<https://www.cna.nl.ca/student-support/accessibility-services>

- Adult Basic Education

<https://discoverycentre.ca/adult-basic-education-program>

<https://www.gov.nl.ca/education/ged/>

- The Murphy Centre

<https://murphycentre.ca/>

- Canada Student Grant for Students with Disabilities

[https://www.canada.ca/en/employment-social-](https://www.canada.ca/en/employment-social-development/services/education/grants/disabilities.html)

[development/services/education/grants/disabilities.html](https://www.canada.ca/en/employment-social-development/services/education/grants/disabilities.html)

- English as a second language

<https://www.gov.nl.ca/education/k12/curriculum/guides/esl/>

## Health and Wellbeing

- Mental Health Committee

<https://www.gov.nl.ca/hcs/mentalhealth-committee/mentalhealth/>



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- Bridge the Gapp (directory mental health and addictions support)  
<https://nl.bridgethegapp.ca/adult/>
- Lifewise  
<https://lifewisenl.ca/>
- Planned Parenthood  
<https://www.plannedparenthoodnlshc.com/>
- Athena Health Centre  
**Email:** [athenahealthcentre@bellaliant.com](mailto:athenahealthcentre@bellaliant.com)  
**Facebook:** [Athena Health Centre Inc.](#)
- Quadrangle  
<https://www.thequadnl.com/>
- Aids Committee  
<https://acnl.net/>
- Safe Works Access Program  
<https://www.facebook.com/SafeWorksAccessProgramNL/>
- Health Line  
Dial 811
- Eastern Health  
[sexualhealthclinic@easternhealth.ca](mailto:sexualhealthclinic@easternhealth.ca)  
<https://www.gov.nl.ca/hcs/wellnesshealthyliving/sexualhealth/>





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- Prescription Drug Program  
<https://www.gov.nl.ca/hcs/prescription/>
- MCP  
<https://www.gov.nl.ca/hcs/mcp/>
- Community Supports  
<https://ltc.easternhealth.ca/about-us/contact-information/>

## Government Services

- Income Supports  
<https://www.gov.nl.ca/cssd/income-support/>
- Disability Tax Credit  
<https://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit.html>
- Registered Disability Savings Plan  
<https://www.canada.ca/en/revenue-agency/services/tax/registered-plans-administrators/registered-disability-savings-plans-rdsps/register-overview.html>
- Disability Policy Office



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<https://www.gov.nl.ca/cssd/disabilities/>

### Transportation and Travel

- Accessible Taxi Services  
709-744-4444 – Newfound Cabs  
709-722-2222 – Jiffy Cabs
- Accessible Buses  
[https://www.metrobus.com/ALF/gobus\\_info.asp](https://www.metrobus.com/ALF/gobus_info.asp)
- Metrobus Wheelchair Accessible Service  
<https://www.metrobus.com/ALF/prelaunch.asp>
- Wheelway Transportation Limited  
<https://www.wheelwaynl.ca/services>
- Marine Services  
<https://www.marineatlantic.ca/sailing-information/travel-information/accessibility>
- Accessible Vehicle Funding  
<https://www.gov.nl.ca/cssd/disabilities/accessible-vehicle-funding/>