



Physical Lifestyle for Autistic Youth

What is PLAY?



PLAY is a non-profit organization dedicated to facilitating the wellbeing of families living with Autism. Focusing on healthy lifestyles by means of physical education and the development of essential social skills.

What makes our program unique?

Unlike most programs designed for Autistic youth; PLAY provides personal 1 on 1 support for each student. Our staff is dedicated in helping to bring out the best in each individual. The friendships that we develop help to build confidence and trust that will initiate communication and social skills amongst their peers all while having FUN.

Program Structure

The PLAY program services autistic youth, teaching them the fundamentals of soccer and basketball while having fun. Our dedicated staff of volunteers support the PLAY Program Coordinator in weekly sessions that encourage the development of motor and social skills for autistic youths.



In Class Weekly Sessions

Tuesday 6:30Pm - 7:30Pm
Parkholme School
10750 Chinguacousy Road,
Brampton, ON L7A2Z7

In Class Weekly Sessions

Thursday 6:30Pm - 7:30Pm
Briarwood Public School
1065 Mississauga Valley
Blvd, Mississauga, ON L5A
2A1



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