

Mainstream is all about people supporting people.

It upholds the ideals of mutual respect, the value of individuality and an open mindedness towards the ever changing needs of people.

Our Mission

To improve quality of life for people with a developmental disability by providing a supportive environment that strives to empower individuals with the necessary skills and confidence for lifelong learning and growth.

The Supported Living and Supported Independent Living programs are funded by the Ministry of Community and Social Services.

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Mainstream Services

Contact



Interested in volunteering?
For more information on volunteer opportunities, please visit our website.



St. Catharines Mainstream

Non-Profit Housing Project



Overview of Residential Programs

Our goal is to provide the necessary level of supports to assist the person to live and participate in the community. Recognizing the unique skills and needs of each person we endeavor to assist in enhancing their independence, personal interests, physical and psychological well-being and personal growth through a wide range of residential supports and services.

- Supportive Independent Living Program
- Supported Living Program

These programs assist individuals to reach their desired level of independence by:

- using a person-centred planning approach to identify personal goals and plan for the future.
- promoting awareness of support networks in the community
- providing life skill training as an aid to personal growth

Supportive Independent Living Program

Purpose: To provide safe, affordable accommodation to individuals with a developmental disability, and the necessary supports and services to live independently as an active member of the community.

In order to achieve this goal, we offer:

- ✓ person-centred planning process to promote personal choice and responsibility
- ✓ skill training in all areas of independent living
- ✓ opportunities for community integration to promote the awareness of support networks in the community and increase social capital
- ✓ varying levels of support based on each person's needs and goals

Supported Living Program

Purpose: To provide a 24 hour supported living environment for individuals with a developmental disability. The goal of this program is to promote personal growth and independence in a safe and nurturing environment.

In order to achieve this goal, we offer:

- ✓ a lifestyle program that includes a person centred planning process, participation in home life, and community leisure activities
- ✓ a safe, supportive home like environment that promotes individual choice and responsibility
- ✓ an environment that promotes peer support and the development of interpersonal relationships

Who is Eligible

Applicants must...

- be 18 years of age or older
- have a developmental disability
- desire the service and its accompanying level of support
- have basic self-care skills compatible with the level of support available
- be eligible to receive funding from the Ontario Disability Support Program, Canada Pension Plan or have adequate income

If you are interested in the Supported Living or Supportive Independent Living programs, please apply through Contact Niagara at [905-684-3407](tel:905-684-3407)