



Fun Changes Behaviour!

Therapeutic recreation is taking something that is good for your overall social, physical, emotional and mental well being and turning it into something engaging and fun, with positive outcomes, which are critical for overall quality of life.

Skills

Therapeutic recreation can offer an extension of traditional therapy services involving young children or young adults, their parents or care givers, creating a family centered approach. Some of the therapeutic recreation goals considered in both our Just for Kids and our Young Adults programs, include:

- Life Skills
- Social Skills
- Community Integration
- Boundaries And Safety
- Behavioral Redirection
- Coping Strategies
- Physical Wellness

Just for Kids

Ages: 5-13

Play is one of a young child's most powerful cognitive and social learning tools. Building these skills in young children with various special needs, will maximize their capacity for positive interactions, overall recreational and social engagement. Our Just for Kids program involves the design and implementation of therapeutic recreation programs that can contribute greatly to a child's growth and help with a variety of social, motor, physical and cognitive skills.

Young Adults

Ages: 14-21

A young Adult with special needs, disorder or challenge may need the skill of therapeutic recreation to ensure that their strengths and interests are considered in day to day activities, either at home or in the community. The goals that are pertinent to the young Adult are considered and developed within a recreational model of therapy. Goals are set and monitored and changes are made as needed based on desired outcomes. These therapeutic recreation programs range from the interests of: art, music, computers, RecreACTIVE programs (group based programs), literacy, cooking and many more.

RecreACTIVE:

Community Programs
Recreational Respite has identified a need in the community for therapeutic recreation group based programs that we call, RecreACTIVE. These programs have been developed to support the unique needs of each of our participants. They are offered in a variety of communities throughout Ontario and they have been developed to provide a supportive, creative, educational and inclusive environment.

Partnerships

To optimize the accessibility of our RecreACTIVE programs in the community, we have partnered with a number of organizations, such as: Children's Treatment Network, Community Living, Autism Ontario and various Schools.

Just for Kids: LEGO builders, Gamers Club, Cooking Club, Art, Music Movement, Drama, Yoga for Children

Young Adults: Cooking Club, Gamers Club, Teen Tuesday, Art, Yoga, Wellness Workshops

We welcome this continued model with other organizations to maximize community options for those in need.