

# RECREATION THERAPY SPRING PROGRAMS 2024



# Contents

- Foreword ..... 3
- Circle Time (age 2 - 5 years) ..... 4
- Fit and Fun Mini (age 2 - 5 years) ..... 4
- Multi Sport (3+ years) ..... 5
- Wheelchair Tennis Try It Day (4+ years) ..... 5
- Fit and Fun (6+ years) ..... 6
- Hero Circle (6+ years) ..... 6
- FIRST Lego League Explore (8 - 12 years) ..... 7
- Preteen Social Connect (10 - 13 years) ..... 7
- Teen Social Connect (14 - 18 years) ..... 8

## Foreword

Our recreation therapy groups focus on skill development and social interaction with peers.

To ensure this program is the right fit, participants need to be 'group ready'. Consider whether your child is able to do the following without 1:1 supports:

- Interact with peers in a group environment in a safe way for themselves and others.
- Take direction and instruction from a Group Leaders and Volunteers.
- Participation in programs is based on the child's individual needs; however participants need to demonstrate an ability to participate in at least 50% of the program activities.

### Please note:

- Space for on-site groups is limited. Please only register if you are able to attend most or all of the dates.
- Clients new to Recreation Therapy will be contacted to complete an initial assessment.
- Registrations will be accepted until one week before the program start date or until the program reaches capacity.

## Introduction to Recreation Therapy - Virtual Workshop for Parents

If you require more in-depth information about Recreation Therapy, we will be holding a workshop in May.

In this workshop you will learn about how Recreation Therapy services at ErinoakKids can support your child's development. We will discuss the benefits of recreation, how to overcome barriers to participation and provide a variety of community resources.

**Date:** Tuesday, May 14      **Time:** 12:00 - 1:30 p.m.

To register, please contact Marisa Leung: 905-855-2690 ext. 2433

## Recreation Therapy Groups Contact

**Deanne Clipperton, *Recreation Therapist***  
**905-855-2690 ext. 2034**

**Marisa Leung, *Recreation Therapist***  
**905-855-2690 ext. 2433**

## Circle Time (age 2 - 5 years)

This program provides an opportunity for children up to 5 years old and their families to enjoy socializing, music, movement and stories with other clients and families. Siblings are welcome to attend.

### Participant Criteria:

- Ages 2 - 5 years
- Enjoy songs and stories
- Able to attend with a caregiver

### ErinoakKids Mississauga Site

**Date:** Mondays, Apr 15 - Jun 24  
(Excludes May 20)

**Time:** 10:00 - 11:00 a.m.

### ErinoakKids Oakville Site

**Date:** Tuesdays, Apr 16 - Jun 25  
(Excludes Apr 30)

**Time:** 10:00 - 11:00 a.m.

**To register, call Deanne Clipperton  
905-855-2690 ext. 2034**

## Fit and Fun Mini (age 2 - 5 years)

A social/movement group for children with mobility devices and unique physical needs.

Activities include circle time, active games, movement stations and free play. Siblings are welcome!

**Please note: one parent/guardian must attend and participate with their child.**

### Participant Criteria:

- Ages 2 - 5 years
- Interested in trying and/or learning about adaptive sport
- Able to attend with a caregiver

### ErinoakKids Mississauga Site

**Date:** Wednesdays, Apr 17 - Jun 26

**Time:** 11:00 a.m. - 12:00 p.m.

**To register, call Deanne Clipperton  
905-855-2690 ext. 2034**



## Multi Sport (3+ years)

Multisport is a fun and exciting way to introduce a variety of adapted schoolyard games and fun activities.

Children as young as 3, along with family members, will get a chance to develop and practice wheelchair skills, communication skills as well as develop hand eye coordination.

**Please note: one parent/guardian must attend and participate with their child.**

### Participant Criteria:

- Ages 3+ years
- Interested in trying and learning about adapted wheelchair sports

### ErinoakKids Oakville Site

**Date:** Thursdays, Apr 18 - Jun 20  
(Excludes May 2)

**Time:** 6:00 - 7:00 p.m.

**To register, call Deanne Clipperton  
905-855-2690 ext. 2034**

## Wheelchair Tennis Try It Day (4+ years)

Come join ErinoakKids and ONPARA for a fun and supportive afternoon of wheelchair tennis. Siblings and parents are welcome to participate.

Try wheelchair tennis, explore the equipment, meet coaches and athletes and have fun!

### Participant Criteria:

- Ages 4+ years

### ErinoakKids Mississauga Site

**Date:** Saturday, Apr 6

**Time:** 1:00 - 3:00 p.m.

**To register and to ensure we have enough equipment available, call Deanne Clipperton: 905-855-2690 ext. 2034**



## Fit and Fun (6+ years)

Fit and Fun is a sport/fitness social group for children with mobility devices and unique physical needs. Each session will have fitness stations for the first 45-60 minutes, followed by 20-30 minutes of the sport of the week.

**Please note: one parent/guardian must attend and participate with their child.**

### Participant Criteria:

- Ages 6+ years
- Able to participate in group activities and discussion with minimal support
- Interested in trying and/or learning about adapted sport

### ErinoakKids Brampton Site

**Date:** Mondays, Apr 15 - Jun 17  
(Excludes May 20)

**Time:** 4:30 - 5:45 p.m.

**To register, call Marisa Leung  
905-855-2690 ext. 2433**

### ErinoakKids Oakville Site

**Date:** Tuesdays, Apr 16 - Jun 18  
(Excludes Apr 30)

**Time:** 5:30 - 6:45 p.m.

**To register, call Deanne Clipperton  
905-855-2690 ext. 2034**

### ErinoakKids Mississauga Site

**Date:** Wednesdays, Apr 17 - Jun 19

**Time:** 5:30 - 6:45 p.m.

**To register, call Deanne Clipperton  
905-855-2690 ext. 2034**

## Hero Circle (6+ years)

This program, delivered by specially trained black belt martial artists, teaches children breathing, visualization, relaxation techniques and traditional martial arts moves to empower children beyond the pain and trauma of childhood diseases and conditions.

### Participant Criteria:

- Ages 6+ years
- Able to participate in a group program for 45-60 minutes
- Able to attend to a task for a minimum of 5 minutes

### ErinoakKids Brampton Site

**Date:** Thursdays, Apr 18 - Jun 20

**Time:** 4:30 - 5:30 p.m.

**To register, call Marisa Leung  
905-855-2690 ext. 2433**

### ErinoakKids Oakville Site

**Date:** Thursdays, Apr 18 - Jun 20

(Excludes May 2)

**Time:** 5:00 - 6:00 p.m.

**To register, call Deanne Clipperton  
905-855-2690 ext. 2034**

### ErinoakKids Mississauga Site

**Date:** Mondays, Apr 15 - Jun 24

(Excludes May 20)

**Time:** 5:30 - 6:30 p.m.

**To register, call Deanne Clipperton  
905-855-2690 ext. 2034**

## FIRST Lego League Explore (8 - 12 years)

Welcome to MASTERPIECE! Participants will explore how people share their hobbies and interests in creative and captivating ways.

Participants will build stages where different types of performances can take place. They will explore coding and motorizing their team model.

*Materials and technology for this program has been generously donated by FIRST Robotics Canada.*

### Participant Criteria:

- Ages 8-12
- Able to work cooperatively with peers in a large group program
- Able to attend to a task for a minimum of 5 minutes
- Interest in Lego and coding

### ErinoakKids Brampton Site

**Date:** Tuesdays, Apr 16 - June 11

**Time:** 4:30 - 6:00 p.m.

**To register, call Marisa Leung  
905-855-2690 ext. 2433**

### ErinoakKids Mississauga Site

**Date:** Mondays, Apr 15 - June 10

**Time:** 4:00 - 5:30 p.m.

**To register, call Deanne Clipperton  
905-855-2690 ext. 2034**

## Preteen Social Connect (10 - 13 years)

This program provides opportunities for preteens ages 10-13 to socially connect and interact with peers.

During the group they have the opportunity to play games and get to know each other through various interactive activities.

### Participant Criteria:

- Ages: 10 - 13 years
- Able to participate in group activities and discussion with minimal support

### ErinoakKids Mississauga Site

**Date:** Wednesdays, Apr 3, May 1, Jun 5

**Time:** 5:30 - 7:00 p.m.

### Virtual Sessions

**Date:** Wednesdays, Apr 17, May 15, Jun 19

**Time:** 4:30 - 5:30 p.m.

**To register, call Deanne Clipperton  
905-855-2690 ext. 2034**



## Teen Social Connect (14 - 18 years)

This program provides opportunities for teens 14 and up, to socially connect and interact with peers.

During the group they have the opportunity to play games and get to know each other through various interactive activities.

### Participant Criteria:

- Ages 14-18 years
- Able to participate in group activities and discussion with minimal support

### ErinoakKids Mississauga Site

**Date:** Tuesdays, Apr 2, May 7, Jun 4

**Time:** 5:30 - 7:00 p.m.

### Virtual Sessions

**Date:** Tuesdays, Apr 16, May 21, Jun 18

**Time:** 4:30 - 5:30 p.m.

**To register, call Deanne Clipperton  
905-855-2690 ext. 2034**



## Contact

### Contact Us



General line: 905-855-2690



[erinoakkids.ca/recreationtherapy](http://erinoakkids.ca/recreationtherapy)

### Follow Us @erinoakkids

