

# 2017

# Summer Programs



Therapeutic,  
supervised  
activities  
for children  
and youth  
ages 5-19



Register online [Erinoakkids.ca/summer](http://Erinoakkids.ca/summer) by April 15

2695 North Sheridan Way | Suite 120  
Mississauga L5K 2N6 | 905.855.2690 | [Erinoakkids.ca](http://Erinoakkids.ca)

**ERINOAK**KIDS  
Centre for Treatment and Development

# Time to sign up for summer!



## ErinoakKids Summer Activities

The activities listed in this booklet are available for clients **currently receiving services at ErinoakKids**. Since these are therapeutic programs, please be sure that your child meets all of the indicated requirements for that activity before registering. Enrolment is limited, but we will do our best to accommodate all requests. You may also be asked to provide a support person for your child.

For more information, please go to [erinoakkids.ca](http://erinoakkids.ca). Please indicate your specific choices when you **register online at [erinoakkids.ca/summer](http://erinoakkids.ca/summer)**. (You will need a password provided by your therapist. You will also be asked to provide your therapist's name).

Families will receive confirmation of their requests in May 2017.

## Contact for all Summer Therapy Activities

### Summer Program Registrar

Tel: 905.855.2690 ext. 2918

Fax: 905.855.9404

Email: [summerprograms@erinoakkids.ca](mailto:summerprograms@erinoakkids.ca)

ErinoakKids Centre for Treatment and Development  
2277 South Millway, Mississauga, ON L5L 2M5

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# Children's Programs





## Programs for Children

### Helping Hands (ages 5 – 10)

This activity is for children with a diagnosis of cerebral palsy with hemiplegia. During the program, Constraint Induced Movement Therapy (CIMT) is used to help children with impaired hand and arm function participate in a variety of activities using their affected hand and arm. The child's unaffected arm is restrained by a splint. A parent or caregiver must attend some of the sessions and be willing to ensure the child continues to wear the splint for the prescribed period of time at home. Your child will need to attend a pre-group assessment.

#### Your child should:

- be receiving occupational therapy or physiotherapy services at ErinoakKids
- have been recommended to enrol in this program by his/her therapist
- have hemiplegia affecting an arm and hand, but have some use of the affected limb
- have the ability to follow directions and participate in a group setting, and
- be seizure free for at least six months.

#### Dates:

July 31 – August 11 (9 sessions, Monday to Friday)

#### Location and time:

Mississauga: 9:30 a.m. – 1:30 p.m.

ErinoakKids South Millway location

2277 South Millway, Mississauga

**Program fee: \$30**



## Programs for Children

### Riverwood Explorers (ages 8 – 13)

This program, in partnership with and supported by the Mississauga Garden Council, lets children enjoy outdoor activities at the Riverwood Conservancy, a 150-acre property with trails and wildlife and an indoor air conditioned facility. Participants will develop walking skills, endurance and cardiovascular fitness while engaging in walks and other fun and recreational activities.

#### Your child should:

- be receiving physiotherapy service at ErinoakKids
- be able to participate in a group setting, follow directions and attend to a task
- enjoy spending time outdoors, enjoy nature and be willing to try new activities
- be able to walk for at least five minutes with or without the use of crutches, canes or a walker
- be able to climb up and down four steps with a hand rail with or without assistance
- be seizure free for at least six months, and
- be medically stable.

#### Dates:

July 10 – July 21 (10 sessions; Monday to Friday)

#### Location and time:

9 a.m. – 3 p.m.

Riverwood Conservancy

4300 Riverwood Park Lane, Mississauga

**Program fee: \$60**



## Programs for Children

### Supporting Kids in Leisure & Life Skills (SKILLS) (ages 9–13)

This program will provide participants with the opportunity to develop and practice skills related to recreation, leisure and independence. While working at ErinoakKids and in the community on valuable life skills such as transportation, planning outings, budgeting, money management, cooking and self-help skills, participants will develop leisure pursuits.

#### Your child should:

- be able to set goals and communicate needs effectively
- be able to transfer independently or with one person assisting
- be independent or require only minimal assistance with mobility and toileting, and
- be medically stable and seizure free for at least six months.

#### Dates:

July 24 – August 4 (10 sessions, Monday – Friday)

#### Location and time:

Mississauga: 9 a.m. – 4 p.m.

ErinoakKids South Millway location

2277 South Millway, Mississauga

and in the community

**Program fee: \$200**



# Children & Youth Programs





## Programs for Children & Youth

### Movin' and Groovin' Multi-Arts Program (ages 8 – 18)

This program offers varied means of creative expression through drama, dance and visual arts, to build communication skills, encourage development of social skills, and enhance self-esteem – along with the joy of being creative and having fun.

#### Your child should:

- be able to participate in a group setting
- be able to follow directions, and
- be able to attend to a task.

Online registration is not available for Movin' and Groovin'.  
For more details and to register:  
[www.dramaway.com](http://www.dramaway.com)  
[dramawayoffice@gmail.com](mailto:dramawayoffice@gmail.com)  
416-614-1078

\* Please note: Your child may be invited to a pre-group assessment to determine if the activity is suitable for him or her. You may also be asked to provide a support person if supervision is required for personal hygiene or safety.

#### Dates:

July 10 – July 14 for ages 8 – 10

July 17 – July 21 for ages 11 – 13

July 24 – July 28 for ages 14 – 18

#### Location and time:

Mississauga: 9 a.m. – 3 p.m.

ErinoakKids South Millway location  
2277 South Millway, Mississauga

**Program fee: \$400**



# Programs for Children & Youth

## iCan Bike (ages 8 – 18)

The goal of iCan Bike is to teach children with disabilities to ride a conventional two-wheel bicycle and become lifelong independent riders. Children will use adapted bicycles and receive 75 minutes of specialized instruction each day.

### Your child should:

- be able to walk independently without assistive devices
- be able to side step to both sides
- wear a properly fitted bike helmet
- not exceed the weight maximum of 220 pounds
- have a minimum inseam (inside leg length) of 20 inches
- be able to follow basic instructions in a group setting
- be motivated to learn to ride a bike, and
- be able to attend all five days.

\* Please note: Parents must attend an orientation on July 23 from 4 to 5 p.m. Participants will receive instruction during a 75-minute daily session (see chart, below). Upon acceptance to the program, we ask clients to indicate their top three session preferences.

### Dates:

July 24 – July 28 (5 sessions, Monday to Friday)

### Location:

Carmen Corbasson Community Centre  
1399 Cawthra Road, Mississauga

**Program fee: \$150**

Session	Start	End
1	8:30 a.m.	9:45 a.m.
2	10:05 a.m.	11:20 a.m.
3	11:40 a.m.	12:55 p.m.
4	2 p.m.	3:15 p.m.
5	3:35 p.m.	4:50 p.m.



## Programs for Youth

### Taking Care of Business (ages 14 – 18)

Taking Care of Business (TCOB) enables young people with physical disabilities to develop pre-vocational skills while developing and implementing a business plan. Participants are challenged to create and run a food service business to serve ErinoakKids staff. This provides an excellent opportunity for youth to explore individual interests and continue their journey toward independence. Each participant will apply for jobs in food preparation, money management or marketing, be encouraged to set their own goals and work toward them with guidance and support from ErinoakKids staff and volunteers, and have the opportunity to develop skills in the areas of teamwork, communication, organization, money management, shopping, meal preparation and computer use.

#### Your child should:

- be seeing an ErinoakKids occupational therapist who recommends this camp
- have the ability to participate in a group setting, including group discussions, following directions, attending to a task and problem solving
- demonstrate basic literacy, math and organizational skills
- be motivated to develop employment skills, and
- have an interest in applying for one of the above mentioned job opportunities.

#### Dates:

July 10 – July 21

(10 sessions, Monday to Friday)

#### Location and time:

9:30-3:30 p.m.

ErinoakKids South Millway location

2277 South Millway, Mississauga

**Program fee: \$50 for materials**



## Programs for Youth

### Pump and Swim (ages 14 – 18)

In the Pump and Swim program, teens learn to improve their fitness level while participating in an individual workout program in a weight room and pool environment. Participants will develop fitness goals in the areas of strength, cardiovascular fitness and flexibility, and learn to achieve them while improving their self-image and confidence. They will learn to exercise and safely use gym equipment, and acquire the skills and knowledge to continue with a fitness routine on their own.

#### Your child should:

- be receiving services from an ErinoakKids physiotherapist
- be able to walk independently with canes, crutches or a walker, or, if using a wheelchair, must have independent arm movements to perform exercises
- be able to follow instructions, and participate and work in a group setting
- be able to maintain good bench sitting balance (i.e., trunk and neck control)
- be able to transfer independently or with one person assisting
- be comfortable in the water, and medically stable  
(participants with a heart condition must have written consent from their physician).

\* Please note: All swimmers who are incontinent must wear pool pants.

#### Dates:

August 8 – 18

(9 sessions Monday – Friday  
excludes civic holiday Monday)

#### Location and time:

Mississauga: 12:30– 4 p.m.

ErinoakKids South Millway location 2277  
South Millway, Mississauga

South Common Community Centre 2233  
South Millway

**Program fee: \$90**





## Programs for Youth

### Independent Living Program (ages 16 – 19)

The Independent Living Program (ILP) offers clients of ErinoakKids aged 16-19 an opportunity to learn life skills while living in an accessible apartment with access to 24 hour attendant services for personal care needs provided by AbleLiving Services Thrive Group. Participants learn essential skills to prepare them for greater independence, including: using attendant care services, directing their own services, using accessible transportation, managing money, meal preparation and planning and more. Information sessions cover a variety of relevant topics such as accessible housing options, recreational opportunities, advocacy skills, employment, community safety and relationships.

Enrolment is limited. Applicants will be interviewed prior to acceptance into the program in order to determine specific goals and attendant service needs.

#### Your child should:

- be seeking an independent living experience
- Participate in a one hour interview to identify goals related to independent living, employment and/or post-secondary education;
- Be prepared to work toward identified goals and motivated to learn independent living skills;
- Problem-solve and participate in group experiences.

#### Dates:

July 9 - 19 (11 days, 10 nights)

#### Location:

U of T Mississauga (UTM)  
3359 Mississauga Road, Mississauga

**Deadline for applying:**  
**February 18, 2017**  
Please visit [erinoakkids.ca/ILP2017](http://erinoakkids.ca/ILP2017)

**Program fee: \$800 registration  
+ \$150 brought to the program**



# Respite for Families

## Out of Home Respite Camp

ErinoakKids Respite Adventure Camp provides short periods of respite for families with children and youth who have significant special needs. Children enjoy a wide range of activities such as community outings, games, crafts and swimming. This is only for families who receive Enhanced Respite Funding.

**Location:**

Central West Specialized Developmental Services  
53 Bond Street, Oakville.

**Dates:**

July 10 – 14, July 17 – 21, July 24 -28

July 31 – August 4, August 14 – 18, August 21 - 25

**Beginning April 4, registrants can go online to choose their preferred week at [www.erinoakkids.ca/respitiform](http://www.erinoakkids.ca/respitiform)**

**Program fee: \$250 (day) \$350 (overnight)**



**Register at [ErinoakKids.ca/summer](https://ErinoakKids.ca/summer) by April 15**

**You will need a password. Please ask your therapist.**



**For information on community summer programs, please visit:**

**[ErinoakKids.ca/CommunityPrograms](https://ErinoakKids.ca/CommunityPrograms)**

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