

RECREATION THERAPY WINTER PROGRAMS 2025



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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.

Please connect with your therapist for a referral to recreation therapy.

Introduction to Recreation Therapy - Virtual Workshop for Parents

If you require more in-depth information about Recreation Therapy, we will be holding a workshop on March 5, 2025.

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: Wednesday, March 5

Time: 12:00 - 1:30 p.m.

To register, please contact scheduling: 905-855-2690 ext. 3

For general inquiries, please contact: 905-855-2690

Deanne Clipperton, ext. 2034

Marisa Leung, ext. 2433

Circle Time (age 2 - 5 years)

This program provides an opportunity for participants 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 Oakville Site

Date: Tuesdays, Jan 14- Mar 25
(Excludes Mar 11)

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

ErinoakKids Mississauga Site

Date: Mondays, Jan 13- Mar 31
(Excludes Feb 17, Mar 10)

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



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
- Able to attend with a parent/guardian to support
- Interested in trying and/or learning about adapted sport

ErinoakKids Mississauga Site

Date: Thursdays, Jan 16 - Mar 27
(Excludes Mar 13)

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

ErinoakKids Oakville Site

Date: Wednesdays, Jan 15 - Mar 26
(Excludes Mar 12)

Time: 11:30 a.m. - 12:30 p.m.

ErinoakKids Brampton Site

Date: Tuesdays, Jan 14 - Mar 25
(Excludes Mar 11)

Time: 10:30 a.m. - 11:30 a.m.

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 Mississauga Site

Date: Thursdays, Jan 16 - Mar 27
(Excludes Feb 6, Mar 6, Mar 13)

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

Fit and Fun (4 - 10 years)

Fit and Fun is a sport/fitness social group for children with mobility devices and unique physical needs.

Participants will engage in a variety of cooperative games with the focus on healthy, active living.

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

Participant Criteria:

- Ages 4 - 10 years
- Able to participate in group activities and discussion with minimal support
- Interested in trying and/or learning about adapted sport

ErinoakKids Mississauga Site

Date: Thursdays, Jan 16 - Mar 27
(Excludes Mar 13)

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



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 Mississauga Site

Date: Mondays, Jan 13- Mar 31
(Excludes Feb 17, Mar 10)

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

ErinoakKids Brampton Site

Date: Tuesdays, Jan 14 - Mar 25
(Excludes Mar 11)

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

ErinoakKids Oakville Site

Date: Tuesdays, Jan 14 - Mar 25
(Excludes Feb 4, Mar 4, Mar 11)

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

Lego Robotics (8 - 12 years)

In Lego Robotics, participants will explore science, technology, engineering and math (STEM) through fun and engaging Lego robotic projects.

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

Participant Criteria:

- Ages 8 - 12 years
- Able to work cooperatively with peers in a large group program
- Able to attend to a task for a minimum of 10 minutes
- Interest in Lego and coding

ErinoakKids Brampton Site

Date: Wednesdays, Feb 19 - Mar 26
(Excludes Mar 12)

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

Little Chefs

This program will allow participants the opportunity to develop the knowledge and skills in meal preparation.

Simple weekly menus will be planned and prepared, while learning kitchen safety, hygiene and clean up.

Participant Criteria:

- Ages 9 - 18 years
- Able to participate in group activities and discussion with minimal support
- Able to demonstrate awareness of safety precautions in a kitchen environment

ErinoakKids Brampton Site (Ages 9 - 13)

Date: Wednesdays, Jan 15 - Feb 12

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

Cost: \$50 (for 5 week session)

ErinoakKids Oakville Site (Ages 13 - 18)

Date: Wednesdays, Jan 22 - Feb 26

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

Cost: \$60 (for 6 week session)

Boccia (12- 16 years)

This active program is being offered to encourage daily physical activity with the fun game of boccia. It will provide participants with the opportunity to develop fundamental movement skills while learning how to play.

Boccia is an adapted sport that can be played by all, no matter your ability and level. Work on your physical, social and mental skills while having fun and staying active with your peers.

Boccia is a co-ed sport of accuracy and precision similar to curling and lawn bowling but played on an indoor court. New activities each week will work on different skills such as communication, balance, object manipulation, and more so that athletes will gain physical skills that will help them stay active for life!

Participant Criteria:

- Ages 12- 16 years
- Able to participate in group activities and discussion with minimal support
- Able to attend to a task for a minimum of 5 minutes
- Interested in trying and/or learning about adapted sport

ErinoakKids Oakville Site

Date: Jan 14, Feb 11, Feb 25, Mar 25

Time: 4:30 - 5:20 p.m.

Preteen Social Connect (10 - 13 years)

Preteen Social Connect is a group for preteens to come together in order to socialize, interact and engage in various activities and games, while connecting with peers.

This program provides a supportive environment with the aim to foster independence and a sense of belonging, as well as to promote social connections, confidence building and provide opportunities for personal growth and development.

Participant Criteria:

- An active client with ErinoakKids or with an OAP number
- Ages: 10 - 13 years
- Able to participate in group activities and discussion with appropriate support and accommodations
- Participants requiring support with social goals/ personal care may attend with a support person
- Complete an initial telephone assessment which includes a questionnaire that reviews the program format/ goals, as well as any individual social objectives

ErinoakKids Mississauga Site

Date: Jan 9, Feb 6, March 6

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

**To register, call Andrea Cachia
905-855-2690 ext. 2684**

Teen Social Connect (14 - 18 years)

Teen Social Connect is a group for teens to come together in order to socialize, interact and engage in various activities and games, while connecting with peers.

This program provides a supportive environment with the aim to foster independence and a sense of belonging, as well as to promote social connections, confidence building and provide opportunities for personal growth and development.

Participant Goals/Eligibility:

- Active client with ErinoakKids or with an OAP number
- Ages 14 - 18 years
- Able to participate in group activities and discussion with appropriate support and accommodations
- Participants requiring support with social goals / personal care may attend with a support person
- Complete an initial telephone assessment which includes a questionnaire that reviews the program format/goals, as well as any individual social objectives

Virtual Sessions

Date: Jan 21, Feb 18, Mar 18

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

ErinoakKids Mississauga Site

Date: Jan 7, Feb 4, Mar 4

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

**To register, call Andrea Cachia,
905-855-2690 ext. 2684**



Contact

Contact Us



General line: 905-855-2690



erinoakkids.ca/recreationtherapy

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