

FALL/WINTER RECREATION THERAPY GROUPS

2023 GUIDE

REGISTER TODAY!

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

In this guide, you'll find a list of our **fall/winter** Recreation Therapy Groups that run anywhere between September 2023 - January 2024.

To ensure this program is the right fit, participants must be 'group ready'. Please read participant criteria for each program.



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Circle Time

This program provides an opportunity for children 0- 5 years old and their families to enjoy socializing, music, movement and stories virtually with other clients and families. Siblings are welcome to attend.

Participant Criteria:

- Ages 0 - 5 years
- Enjoy songs and stories
- Able to attend with a caregiver

Date:

Thursdays | Sept 14 - Dec 14
(excludes Oct 5, 12)

Time:

10:00 - 11:00 a.m.

Location:

ErinoakKids Oakville site



Call to register

Deanne Clipperton

905-855-2690 ext. 2034

Fit and Fun Mini

A sport/fitness social group for children ages 2-5 years with mobility devices and unique physical needs. 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 2-5 years
- Able to participate in group activities and discussion with minimal support
- Interested in trying and/or learning about adapted sport

Brampton Site

Date:

Mondays | Oct 16 - Dec 11

Time:

10:30 - 11:30 a.m.

Mississauga Site

Date:

Wednesdays | Oct 18 - Dec 13

Time:

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

Register for Brampton:

Marisa Leung

905-855-2690 ext. 2433

Register for Mississauga:

Deanne Clipperton

905-855-2690 ext. 2034



Multi Sport

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. All of this while participating in a fun and safe environment.

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

Date: Thursdays | Oct 26 - Dec 14

Time: 5:30 - 6:50 p.m.

Location: ErinoakKids Oakville Site



Call to register

Deanne Clipperton

905-855-2690 ext. 2034

Adapted Skate

This program, in partnership with the City of Mississauga, is designed for children ages 4-13 with disabilities that require accommodations to help them learn the basics of skating or to improve their skating skills.

Each participant is required to provide their own support person to be on the ice with them. The support person must wear skates and be a strong enough skater to assist the participant and perform skills with them.

Skaters progress at their own pace. A CSA approved hockey helmet is mandatory for the participant and the support person. Please bring your own skates, gloves and warm clothing. No equipment rentals are available.

Participant Criteria:

- Ages 4 - 13 years
- Has disabilities that require accommodations to help learn/improve basics skating skills

Date: Saturdays | Jan 6 - Mar 9, 2024

Time: 12:20 - 12:50 PM

Location:

Erin Mills Twin Arena, Rink 1
3205 Unity Drive, Mississauga



Register on the [City of Mississauga's website](#)

Fit and Fun

A sport/fitness social group for children ages 6+ with mobility devices and unique physical needs. 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

Brampton Site

Date:

Mondays | Oct 16 - Dec 11

Time:

4:30 - 5:45 p.m.

Oakville Site

Date:

Tuesdays | Oct 17, 24,
Nov 14, 21, 28 , Dec 12, 19

Time:

5:30 - 6:45 p.m.

Mississauga Site

Date:

Wednesdays | Oct 18 - Dec 13

Time:

5:30 - 6:45 p.m.



Register for Brampton:

Marisa Leung

905-855-2690 ext. 2433

Register for Oakville:

Deanne Clipperton

905-855-2690 ext. 2034

Register for Mississauga:

Deanne Clipperton

905-855-2690 ext. 2034

Robotics

This program provides an opportunity to develop and refine STEM (Science Technology Engineering Math) skills and learnings, all while making friends. In this program you will build a model used to demonstrate various STEM concepts and share and present your model with the team to practice presentation skills and receiving feedback.

Participant Criteria:

- Ages 6-10 years
- Able to safely and successfully participate in a structured large group program
- Interest in learning about STEM

Brampton Site

Date:

Tuesdays | Nov 7 - Dec 12

Time:

4:30 - 6:00 p.m.

Mississauga Site

Date:

Wednesdays | Oct 25 - Dec 13

Time:

4:15 - 5:30 p.m.

Register for Brampton:

Marisa Leung

905-855-2690 ext. 2433

Register for Mississauga:

Deanne Clipperton

905-855-2690 ext. 2034



Children In Motion

Children ages 6 - 12 with learning, intellectual or physical disabilities will feel inspired! Join the physical and social activities that grow and develop fitness, sport and cooperation.

This safe and supportive environment will support physical literacy confidence and participant successes. Support persons are welcome in the program to assist participants if required. This program is offered in partnership with Variety Ontario and City of Mississauga.

Participant Criteria:

- Ages 6 - 12 years
- Intellectual or physical disability
- Enjoys being active

Date:

Mondays | Nov 6 - Dec 11

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

Location:

Huron Park Recreation Centre,
Gym A
830 Paisley Blvd W, Mississauga



Register on the [City of Mississauga's website](#)

Little Chefs

This program will allow children ages 9-13 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 9-13
- Able to participate in group activities and discussion with minimal support
- Able to demonstrate awareness of safety precautions in a kitchen environment

Dates 1: Thursdays | Sept 28 - Nov 2
-OR-

Dates 2: Thursdays | Nov 9 - Dec 16

Time:

4:30 - 6:30 p.m.

Location:

ErinoakKids Brampton Site



Call to register

Marisa Leung

905-855-2690 ext. 2433

Teen Social Conect

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

In Person

Date:

Sept 5, Oct 3, Nov 7, Dec 5

Time:

5:30 - 7:00 p.m.

Location:

ErinoakKids Mississauga Site

Virtual

Date:

Sept 19, Oct 17, Nov 21, Dec 19

Time:

4:30 - 5:30 p.m.

Register for In Person:

Deanne Clipperton
905-855-2690 ext. 2034

Register for Virtual:

Deanne Clipperton
905-855-2690 ext. 2034





Contact Us



905-855-2690



erinoakkids.ca

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