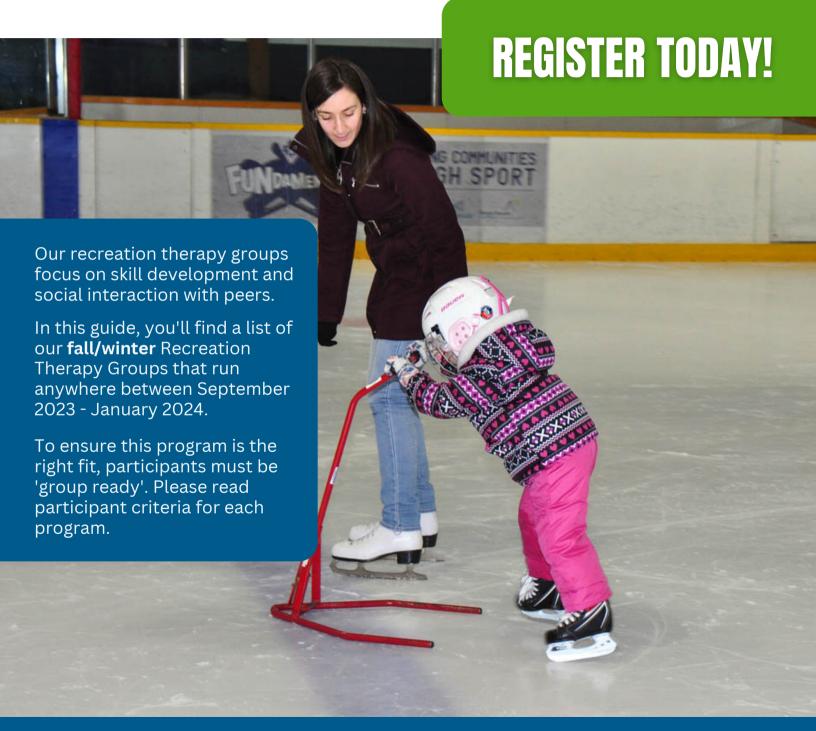
# FALL/WINTER RECREATION THERAPY GROUPS 2023 GUIDE







# 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:**

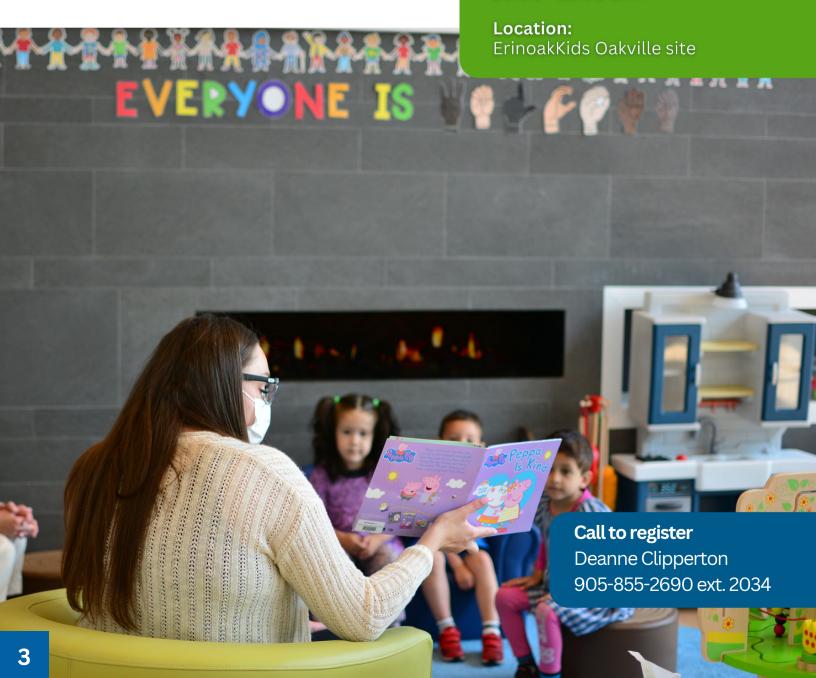
- Ages 0 5 years
- Enjoy songs and stories
- Able to attend with a caregiver

#### Date:

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

#### Time:

10:00 - 11:00 a.m.



# Fit and Fun Mini

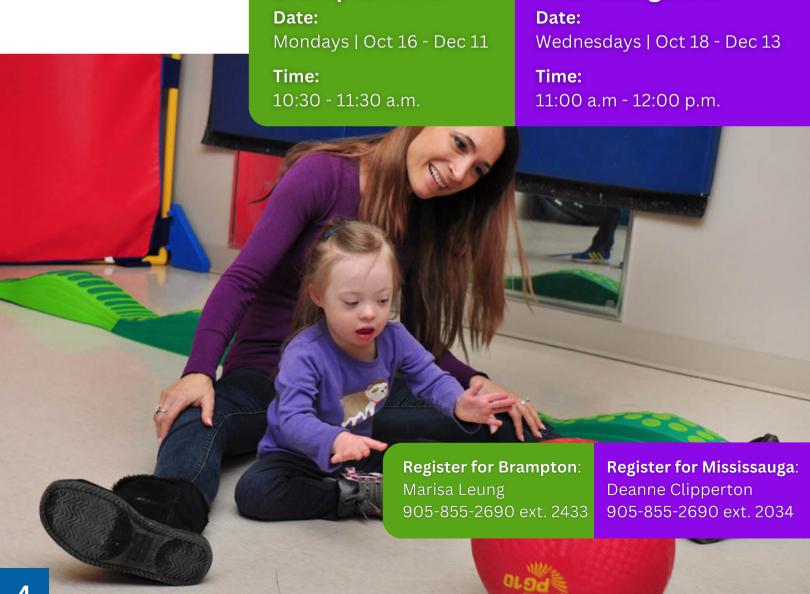
A sport/fitness social group for children ages 2-5 years with mobility devices and unique physical needs. Fitness stations for the first 45-60 minutes, followed by 20-30 minutes of the sport of the week.

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





# **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.



• Ages 3+ years

Date: Thursdays | Oct 26 - Dec 14

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



# **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



# 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.



# 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:

# Mississauga Site

Date:

Wednesdays | Oct 25 - Dec 13

Time:



# 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.



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



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

Location:



# **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.



# **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

#### Time:

4:30 - 5:30 p.m.









# **Contact Us**



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