



SUMMER THERAPEUTIC PROGRAMS 2026 GUIDE

Therapeutic, supervised activities
for children and youth

Register now for our 2026 Summer Therapeutic Programs!

The programs listed are available for clients currently receiving services at ErinoakKids. As these are therapeutic programs, please review the participant criteria carefully and discuss programs of interest with your ErinoakKids clinician to ensure they align with your therapeutic goals. Your clinician will support you with registration and can answer any questions about the programs and their requirements.

For more info, visit our website at
www.erinoakkids.ca/summer



Helping Hands

Ages 5 - 8

Helping Hands program provides an opportunity for children aged 5-8 years old with hemiplegia to optimize the functional use of their hands in everyday tasks through modified bimanual therapy and goal directed training. Children will engage in a variety of meaningful activities through participation in play-based activities, life skills, social and arts-based activities, as well as recreational/sports activities.

Participant Criteria

- Is receiving centre-based Occupational Therapy services at ErinoakKids
- Attends this program on the recommendation of their Occupational Therapist
- Has hemiplegia affecting an arm and/or hand, with some use of the affected hand with a MACS Level 1-3
- Has the ability to follow directions and participate in a group setting
- Medically stable for the last six months
- Must attend pre-program assessment and participate in home programming activities

ErinoakKids Brampton

10145 McVean Drive, Brampton

Dates: Jul 20 - Jul 31 (10 sessions, Mon - Fri)

Time: 8:30 a.m. - 12:30 p.m.

Program Fee: \$150

ErinoakKids Oakville

2000 Glenorchy Road, Oakville

Dates: Aug 10 - 21 (10 sessions, Mon - Fri)

Time: 8:30 a.m. - 12:30 p.m.

Program Fee: \$150

Please speak with your ErinoakKids Occupational Therapist if you are interested in this program.



Riverwood Explorers

Ages 8 - 12

This program, in partnership with Riverwood, lets children enjoy outdoor activities at Riverwood, 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 in a group setting.

Participant Criteria

- Is receiving centre-based physiotherapy service at ErinoakKids
- Is able to participate in a group setting, follow directions and attend to tasks
- Enjoys spending time outdoors, enjoys nature and willing to try new activities
- Is able to walk for at least five minutes with or without the use of crutches/canes/walker
- Is able to climb up and down two-three steps with a handrail with or without assistance
- Medically stable for the last six months

Riverwood Conservancy

4190 Riverwood Park Lane, Mississauga

Dates: Jul 6 - 17 (10 sessions, Mon - Fri)

Time: 9 a.m. - 3 p.m.

Program Fee: \$300

Please speak with your ErinoakKids Physiotherapist if you are interested in this program.



Gym & Swim

Ages 14 - 18

This is a fitness-based program in a gym and pool setting, designed to help build strength, endurance, flexibility, and cardiovascular health for youth aged 14 and older. Participants engage in guided workouts while learning safe equipment use and proper exercise techniques. They set personal fitness goals, develop confidence, and gain the knowledge and skills to maintain a healthy routine independently.

Participant Criteria

- Receiving centre-based physiotherapy services
- Able to mobilize independently with canes, crutches, walker, or wheelchair (manual or power); must have upper extremity movements to participate in modified gym programming
- Follow instructions and work in a group setting
- Maintain good bench sitting balance (i.e., trunk and neck control) and transfer independently or with one person assisting
- Comfortable in the water, and medically stable (Participants with a heart condition must have written consent from their physician)

**All swimmers who are incontinent must wear pool pants.*

Susan Fennell Sportsplex

500 Ray Lawson Blvd, Brampton

Dates: Aug 10 - Aug 14 (5 sessions, Mon - Fri)

Time: 12 p.m. - 4 p.m.

Program Fee: \$150

Please speak with your ErinoakKids Physiotherapist if you are interested in this program.



Taking Care of Business (TCOB)

Ages 14 - 18

This program enables youth 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/visitors. This provides an excellent opportunity for youth to explore individual interests and continue their journey toward independence. Each participant will apply for jobs such as in food preparation, money management or marketing. As well, participants will set their own goals and work toward them with guidance and support from ErinoakKids staff and volunteers. They will have the opportunity to develop skills in the areas of teamwork, communication, organization, money management, shopping, meal preparation.

Participant Criteria

- Is receiving centre-based occupational therapy services at ErinoakKids
- Attends this program on the recommendation of their Occupational Therapist
- Is able to participate in a group setting, including group discussions, following directions, attending to a task and problem solving
- Demonstrates basic literacy, math and organizational skills
- Motivated to develop employment skills
- Interested in applying for job opportunities mentioned in the program description
- Medically stable for at least six months
- Participate in a 30-minute virtual (TEAMS) interview.
 - Applicants will be contacted in April to schedule an interview.

ErinoakKids Mississauga

1230 Central Parkway West, Mississauga

Dates: Aug 10 - 21 (10 sessions, Mon - Fri)

Time: 9 a.m. - 3 p.m.

Program Fee: \$300

Please speak with your ErinoakKids Occupational Therapist if you are interested in this program.



iCan Bike

Ages 8 - 19



This program is offered in partnership with the Town of Milton. The goal of iCan Bike is to teach children with disabilities to ride a conventional two-wheeled bicycle and become lifelong independent riders. Children will use adapted bicycles and receive 75 minutes of specialized instruction from trained volunteers each day.

Participant Criteria

- Can walk independently without assistive devices
- Can sidestep to both sides
- Can pedal a bike with training wheels independently
- Can keep feet on pedals without straps and put foot back on pedal independently if it falls off
- Can follow basic instructions in a group setting
- Consistently responds to the word “stop”
- Is motivated to learn to ride a bike
- Has a properly fitted bike helmet
- Does not exceed the weight maximum of 220 lbs
- Has minimum inseam (inside leg length) of 20 inches
- Is able to attend all 5 days of the program, including caregiver/parent orientation

John Tonelli Sports Centre

217 Laurier Ave, Milton

Dates: Jul 20 - 24 (5 sessions, Mon - Fri)

Program Fee: \$150

***Note:** Caregiver/Parent must attend an orientation on July 19 from 4 - 5 p.m. at the John Tonelli Sports Centre*

Upon acceptance to the program, participants will indicate their top three-time session preferences.

For additional information and to register scan the QR code:



erinoakkids.ca/summer

Please contact your ErinoakKids clinician to discuss the program. They will provide the password to complete online registration.



Contact Us



905-855-2690



www.erinoakkids.ca

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