

SPRING/SUMMER THERAPEUTIC PROGRAMS GUIDE 2023

REGISTER
TODAY



Spring Programs



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 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 onsite 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 refer to the registration for spring programs as the registration process differs for summer programs.
- For spring registration, call ErinoakKids' main number **905-855-2690** and then enter the extension referenced in the spring program.

new

FIRST Lego League

This program inspires young people to experiment and grow their confidence, critical thinking, and design skills through hands-on learning. This season's theme of "SUPERPOWERED" will allow participants to explore the entire energy journey, where energy comes from to how energy is used and all the steps in between.

Dates: Thursdays | April 13-Jun 1

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

Ages: 10-13 yrs

Location: Brampton site

Registration: Marisa Leung ext. 2433

Participant Criteria:

- Able to safely and successfully participate in a structured large group program
- Interest in learning about STEM (science, technology, engineering, math)

Spring Programs



Sweet Treats

Participants will learn the basics of following a recipe and measuring ingredients to create a variety of sweet treats to share with friends and family.

Dates: Tuesdays | April 18 – May 23

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

Ages: 10-13 yrs

Location: Mississauga site

Registration: Marisa Leung ext. 2433

Dates: Wednesdays | April 19 – June 7

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

Ages: 10-13 yrs

Location: Brampton site

Registration: Marisa Leung ext. 2433

Participant Criteria:

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



Hero Circles

The Heroes Circle program, delivered by specially trained black belt martial artists is partnering with ErinoakKids and teaches children breathing, visualization, and relaxation techniques. In addition to traditional martial arts moves, to help empower children beyond the pain and trauma of childhood diseases and conditions.

This program is open to all children in pain, regardless of their cause and our program is free of charge to the families who join us.

Sensei Ilze van der Merwe will be teaching the program by Zoom for children of all abilities. This hybrid program will be offered at our Brampton and Oakville sites, and virtually at the same time.

Dates: Wednesdays | April 19-June 14

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

Ages: 8-14 yrs

Location: Brampton site, Oakville site and virtual

Registration: Marisa Leung ext. 2433 or Deanne Clipperton ext. 2034

Participant Criteria:

- Able to participate in group program for 45-60 minutes
- Able to attend to a task for a minimum of 5 minutes

Spring Programs



We Do Lego Robotics

This program provides an opportunity to develop and refine STEM 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.

Dates: Mondays | April 17-June 19

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

Ages: 6-10 yrs

Location: Mississauga site

Registration: Deanne Clipperton ext. 2034

Dates: Wednesdays | April 12-June 7

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

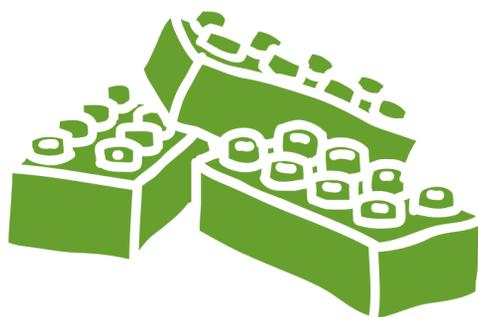
Ages: 6-10 yrs

Location: Oakville Site

Registration: Deanne Clipperton ext. 2034

Participant Criteria:

- Able to safely and successfully participate in a structured large group program
- Interest in learning about STEM (science, technology, engineering, math)



Boccia

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!

Dates: Mondays | April 17-June 19

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

Ages: 8+ yrs

Location: Mississauga site

Registration: Deanne Clipperton ext. 2034

Participant Criteria:

- Able to participate in group activities with minimal support
- Able to attend to a task for a minimum of 5 minutes
- Interested in learning about adapted sport

Spring Programs



Teen Social Connect

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.

Dates: Tuesdays | April 18, May 16, June 20
Time: 4:30-5:30 p.m.

Ages: 14-18 yrs

Location: Virtual

Registration: Deanne Clipperton ext. 2034

Dates: Tuesdays | April 4, May 2, June 6

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

Ages: 14-18 yrs

Location: Mississauga site

Registration: Deanne Clipperton ext. 2034

Participant Criteria:

- Able to participate in group activities and discussion with minimal support

Game On!

Participate with peers in active playground games and sport-based activities with the goal of staying active and having fun!

Dates: Tuesdays | April 18, 25, May 16, 23, 30

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

Ages: 8-12 yrs

Location: Oakville site

Registration: Deanne Clipperton ext. 2034

Participant Criteria:

- Able to safely and successfully participate in a structured large group program without 1:1 support
- Able to attend to a task for a minimum of 5 minutes



Spring Programs



Preteen Social Connect

Provides opportunities for preteens ages 10-13, 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.

Dates: Tuesdays | April 25, May 23, June 27

Time: 4:30–5:30 p.m.

Ages: 10-13 yrs

Location: Virtual

Registration: Deanne Clipperton ext. 2034

Dates: Tuesdays | Apr 11, May 9, Jun 13

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

Ages: 10-13yrs

Location: Oakville site

Registration: Deanne Clipperton ext. 2034

Participant Criteria:

- Able to participate in group activities and discussion with minimal support

Virtual Introduction to Recreation Therapy Workshop

In this workshop you will learn about Recreation Therapy services at ErinoakKids and how they 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.

Dates and Times:

Tuesday, April 4 | 1:00–2:30 p.m.

Thursday, May 11 | 5:30–7:00 p.m.

Tuesday, June 6 | 1:00–2:30 p.m.

Registration: Marisa Leung ext. 2433 or Deanne Clipperton ext. 2034



Summer Programs



The programs listed are available for clients currently receiving services at ErinoakKids. Since these are therapeutic programs, please be sure that your child meets all of the criteria before registering. Enrollment is limited. **All Summer programs will be offered in person this year.**



Please note

- If you have any questions, please connect with your ErinoakKids' clinician and review eligibility criteria before registering
- The registration process differs for summer programs.
- Please indicate your specific choices when you register online at erinoakkids.ca/summerprograms2023
- Families will receive confirmation of their requests in May 2023

Summer Programs Contact

Sara Moosa, Summer Program Registrar
905-855-2690 ext. 2918

In partnership with the Town of Milton



iCan BIKE (ages 8-19)

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.

To be ready for the program, your child should:

- Walk independently without assistive devices
- Side step to both sides
- Pedal a bike with training wheels independently
- Keep feet on pedals without straps; able to put foot back on pedal independently if it falls off

- Follow basic instructions in a group setting'
- Consistently respond to the word "stop"
- Be motivated to learn to ride a bike
- 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 attend all 5 days of the program

Caregiver/Parent must attend an orientation on July 30 from 4 to 5:00 p.m.

Dates: July 31–August 4 (5 sessions, Monday to Friday)

John Tonelli Sports Centre
217 Laurier Ave., Milton

Program Fee: \$100

- Participants are assigned a 75 minute session which they must attend each day
- Personal health information will be shared securely with iCanShine'

Summer Programs



Sports and Games (ages 4- 12 years old)

This program is for children to experience a variety of sports and cooperative games in a supportive and fun environment. Participants will take part in sport-based sessions to promote motor skill development such as balance, and ball skills, while learning to work with peers in a social setting.

Your child should:

- Be receiving centre-based physiotherapy and/or occupational therapy service at ErinoakKids
- Be able to safely and successfully participate in a structured large group program
- Be able to walk independently or with an assistive device
- Be seizure free for at least six months, and Be medically stable

Dates: July 10–14 (5 sessions, Monday to Friday)

Location, Ages and Time:

Oakville site

Age 4-8 (8:30 a.m.–11:30 a.m.)

Age 9-12 (12:30 p.m.–3:30 p.m.)



Helping Hands (ages 5-10)

Helping Hands is an intensive program is for children 5-10 years old with a diagnosis of hemiplegia. Clients participate in a variety of fun therapeutic activities that encourage the child to use their affected hand/arm only Constraint Induced Movement Therapy - (CIMT) to support functional outcomes.

Your child should:

- Be receiving centre-based Occupational Therapy services at ErinoakKids
- Attend this program on the recommendation of their Occupational Therapist
- Have hemiplegia affecting an arm and/hand , with some use of the affected hand
- Have the ability to follow directions and participate in a group setting
- Be seizure free for at least six months
- Attend pre-program assessment and participate in home programming activities

Location: Brampton site

Dates and Time:

July 17–28 (10 sessions, Monday to Friday) 8:30 a.m.–12:30 p.m.

Location: Oakville site

Dates and Time:

August 14–25 (10 sessions, Monday to Friday) 8:30 a.m.–12:30 p.m.

Program Fee: Cost of splint for CIMT (if required)

Summer Programs



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 centre-based 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 17- 28 (10 sessions, Monday to Friday)

Location and Time:

Riverwood Conservancy
4190 Riverwood Park Lane, Mississauga 9:00
a.m.–3:00 p.m.

Supporting Kids in Leisure & Life Skills (SKILLS) (ages 10 – 13)

This program will provide participants with the opportunity to develop and practice skills related to recreation, leisure and independence. Participants will work on-site 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 receiving centre-based occupational or physiotherapy service at ErinoakKids
- 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: August 14–25 (10 sessions, Monday to Friday)

Location and Time:

Oakville site
9:00 a.m.–3:30 p.m.

Program Fee: \$150

Scan to register
for summer
programs!

