

Therapeutic Recreation Services



Looking for general or specialized recreation opportunities in your community?

Contact a Recreation Therapist in your region. Call 705-748- 2337 or 1-888-779-9916

Peterborough/Northumberland County - Colleen Ristok x250 or email cristok@fivecounties.on.ca
Peterborough/City of Kawartha Lakes - Tanya Keast x251 or email tkeast@fivecounties.on.ca

Receive information about:

- *Specialized recreation programs such as; Sledge and Special Needs Hockey Teams, Track 3 Skiing
- *General recreation programs such as teen social programs or clubs
- *Community special events such as Sensitive Santa and many more



Like us on Facebook –Therapeutic Recreation at Five Counties

Benefits of TR

- Learn about your community
- Participate in activities and learn new skills
- Make new friends
- Increase self-esteem and self-confidence
- Increase independence
- Reduce stress
- Increase overall quality of life



Fitness & Wellness



Community Participation



Learn New Skills



Better Quality of Life





NEW Bowling League in Lindsay

for Children with special needs Ages 6-13

Saturdays

9:30am – 10:30am

Oct. 7- Dec. 16, 2017 & Jan. 13- May 26

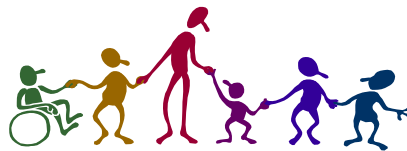
Strike Point Bowling Center
46 William Street South
Lindsay, Ontario

Bowling is a popular activity enjoyed by individuals of all abilities.

FUN, exercise, participation & socialization

Any questions or to register for this League
please contact Strike Point Bowling Center

Mike Hughes 705-324-7046





Monthly Family Recreation 2017 ***Fun for the whole family!***

**Family fun nights for
Therapeutic Recreation children ages 6-13
Dates: September 30, October 27, November 24
(February - May dates to follow)**

TIME: 6:00pm-7:30pm (times may change with activity)

**LOCATION: Peterborough community & Five Counties Children's Centre
872 Dutton Road, Peterborough**

**To register for the family fun evenings please call or email two weeks prior
to each monthly event
(Advance registration is required in order to run the program
we require a minimum of 4 families registered)**

Tanya Keast, Recreation Therapist
748-2337 ext. 251
tkeast@fivecounties.on.ca

Join the fun with your child, fun together as a family, learn new recreation ideas and build community relationships with other families.

Families are responsible for their children during programs and activities
The community events will have a fee/cost per family
(We will do our best to keep the fees low for each event)



Little Notes ~Fall Session
Parent & Child Music Program
with Jane Brglez, Music Educator

A Musically Fun Parent & Child program for children under 5 years old
Involved with Five Counties Children Centre

Join with Jane and other families
to sing, explore instruments and learn through music together
Theme “Trains & Travel”

Fridays 11:30am - 12:15 pm
October 6th - December 15th (no class Nov 24th)
Spoolon Room, Cobourg Community Centre, 759 D’Arcy Street, Cobourg
Program fee: \$15.00 paid to Five Counties Children’s Centre

If this fee is a barrier to your family participating in the program,
please speak with Colleen Ristok.

*This program is offered at a subsidized cost to families, thanks to a generous donation by
Weston Cares Cobourg campaign**

Requirements:

- * Children can tolerate and/or participate in a group setting with the sounds of music, singing and simple instruments.
- * Caregivers/parents will be actively involved in the program and encourage participation within group
- * Children are developing skills or able to follow instructions in a group environment, with parental support

To register contact Colleen Ristok, Recreation Therapist Coordinator
1-888-779- 9916 ext.250 or ristok@fivecounties.on.ca

Little Guppies Parent & Child Swim Time

This program provides an opportunity for caregivers and children under 6 years old, to enjoy dedicated play time together and build comfort in the water!

In this open swim time families can explore the world of water together, using songs and toys to have fun and meet other families from Five Counties Children's Centre.

A Recreation Therapist will be in attendance to facilitate the program.

Wednesdays 11:15- 12:15pm (alongside the Parent & Tot swim)

Fall Session - October 4th to December 13th

Therapy Pool, Jack Burger Sports Complex, 60 Highland Dr. Port Hope.

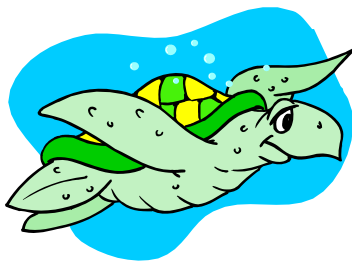
Participant Requirements: For clients of Five Counties Children's Centre. Children not yet toilet trained must wear pool pants. Diapers not permitted in the pool.

Cost: There is no fee; but families must pre-register for the program by contacting Colleen and completing registration package.

Colleen Ristok, Recreation Therapist Coordinator

ristok@fivecounties.on.ca

1-888-779-9916 Ext. 250.





Yoga & Mindfulness Program

for Five Counties Children ages 8-13

Yoga, mindfulness, meditation & socialization

Join us to explore basic yoga poses, breathing & games working on concentration, increase confidence, feeling of belonging, physical stretches & healthy movement

Yoga with Jan Graham, Physiotherapy Assistant &

Mindfulness with Sonja Martin from Rooted Lavender

Supported by Recreation Therapist, Tanya Keast

Wednesday's 4:30-5:30

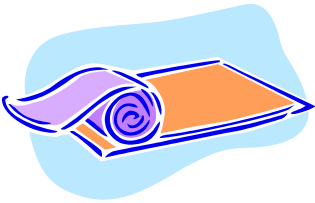
September 27, 2017- 8 week program

Cost: \$30.00

(If fee is a barrier please contact Tanya)

Location: Five Counties Children's Centre Gym

872 Dutton Rd. Peterborough



**For more information or to register for this program contact
Recreation Therapist, Tanya Keast 705-748-2337 ext. 251**

Participants Requirements:

- *Independent – able to participate on their own
- *Interested and motivated to learn yoga within a group setting
- *Able to follow 1 & 2 step directions and simple rules
- *Independently mobile with or without aids
- *Able to follow instructions in a group environment
- *Seeks and responds to social situations