



# Leisure Exploration

## Social Group Program



**7-weeks - 1.5 hour sessions**

**March 6<sup>th</sup> – April 24<sup>th</sup>**

**Please Note: There will be no program on April 10<sup>th</sup>**



**Join us each week for an opportunity to explore a variety of leisure and recreation activities in a supportive and inclusive setting that fosters social opportunities and builds on strengths!**

Each week participants will be introduced to a new leisure and recreation theme including arts/crafts, physical activity (cooperative group games/activities), social group games (card games, board games), STEM, adaptive sports, and mindfulness/yoga.

**WHEN:** Mondays from 4:00pm-5:30pm

**WHERE:** Five Counties Children's Centre – Peterborough Gym

### **GOALS:**

- Explore new recreation and leisure interests
- Learn new skills and expand recreation experiences
- Practice individual skill development
- Opportunity to build social connections

### **PARTICIPANT CRITERIA:**

- Five Counties clients aged 7+ receiving Therapeutic Recreation services
- Children must be able to participate in a structured group program with shared support
- Children must be interested and motivated to participate in a variety of activities
- Children must be able to follow 1-2 step directions and simple rules

**PLEASE NOTE:** Children who require dedicated 1:1 support are invited to attend with a support worker/caregiver.

**Please register in advance** with Caitlin Ivany, Recreation Therapist

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