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Therapeutic Recreation Services Newsletter

Celebrate the Season: Cool Time to Be Active!

Winter is here, and it's no time to hibernate. Instead discover cool activities for children and youth of all ages and abilities available at Five Counties Children's and in our community.



Therapeutic Recreation at Five Counties

Children's Centre works to promote and support the participation of children with disabilities in recreational activities. Services available to our clients include:

- Assisting children with developing leisure skills and knowledge.
- Offering loans of adapted recreation equipment.
- Working closely with community recreation providers to include children with special needs.

One-on-one Sessions with Recreation Therapist

Individual sessions are a way to explore recreation/leisure interests, target therapy goals and build specific skills needed to take part independently and successfully. **Call your Recreation Therapist to book a 1:1 session and learn more about the services available to you**

Community Partnerships and Resources

We promote community programs/resources, while working with other partners to identify and fill service gaps.



Visit our [Community Rec Resources web page](#) to view **Summer Camp 2024 Listings!!**



Did You Know?

February is **Therapeutic Recreation Awareness Month**. Discover the benefits of **recreation therapy**:

- Promotes leisure independence.
- Helps develop healthy living strategies.
- Improves physical and cognitive abilities.
- Increases confidence and self-esteem.
- Fosters greater involvement in community.
- Strengthens interpersonal relationships.
- Improves coping and adaptation skills.
- Enhances well-being.
- Encourages sense of accomplishment.
- Gain benefits of healthy leisure lifestyle.

In This Issue:

- Family Adventure comes to Peterborough and Minden
- Little Notes Virtual Program
- Activity Kits from Project Sunshine
- TelePlay Remote Play Programming
- Community Programs and Recreation Funding Grants



Family Adventure Group... Coming to Peterborough

**Monthly accessible recreation events & exploration for
Therapeutic Recreation Clients
Ages 6 – 12 years
Fun for the Whole Family!
Thursdays 4:30- 5:30pm**

**Join together as a family to learn about new community recreation opportunities
and build relationships with other families while having fun!**

**Program focus includes:
expanding recreation opportunities
and building social connections 😊**

Dates: Feb. 29, March 21, April 25 and May 30

**Monthly themes and special guests.
Location: Five Counties in Peterborough**

Please confirm participation one week prior to each monthly event.

Contact Colleen Ristok, Recreation Therapist by:

**Email: cristok@fivecounties.on.ca
Call (705) 748-2337, ext. 250, or 1-888-779-9916, ext. 250**



Little Notes ~ Parent & Child Music Time with Melissa *Live Virtual Program*

A Musically Fun Parent & Child program
for children six years and younger
involved with Therapeutic Recreation at Five Counties.

Join with **Melissa Hope, Music Therapist**, along with other families
to sing, explore instruments and learn through music together

**Fridays: 10:00- 10:30 am
6-week program ~ January 19 to March 1, 2023**

(No program on Feb 16)

Consent to participate in this virtual platform is required before participation link sent

*This program is available to families thanks to a generous donation
by Weston Cares Cobourg campaign**

**For questions regarding registration, contact:
Colleen Ristok at cristok@fivecounties.on.ca**

“Music washes away
from the soul the
dust of everyday
life.”
- Berthold Auerbach



Family Adventure Group... *Coming to **Minden***

Let's get active!



When: Wednesdays (Feb. 28, March 27 + April 24)
Time: 1:30-2:30 pm
Location: S.G. Nesbitt Memorial Arena
(55 Parkdale St., Minden)

Join us each month to get our bodies moving, as we walk along the indoor track

**Program is flexible and adapted to best meet participant's
interest, attention and physical abilities.**

**Recreation Therapist and Physiotherapist will be in attendance to
facilitate program and support everyone's participation**

Program Requirements:

- Clients receiving Physiotherapy and Therapeutic Recreation Services
- Families and siblings are invited to take part too!

Program Goals:

- Promote physical activity
- Promote social interactions and practice being in a social group setting
- Promote community connections and build relationships with other families

Register by Feb. 15, 2024, with Caitlin Ivany, Recreation Therapist:

Email: civany@fivecounties.on.ca

Call: (705) 748-2337, ext. 249 or 1-888-779-9916, ext. 249



PROJECT
sunshine



TelePlay is a live and interactive virtual program, bringing play, games, and activities to children, teens, and their families!

We are excited to partner with **Project Sunshine** to provide TelePlay for clients ages 7+ receiving Therapeutic Recreation Services at Five Counties Children Centre!

TelePlay will be offered to two age groups, for 5 weeks:

TelePlay for ages 7-12 years:

When: Tuesdays from 6-6:45 pm

Start Date: Tuesday, Feb. 6

End Date: Tuesday, March 5

Where: These sessions will be provided through Microsoft TEAMS

TelePlay for ages 13+ years:

When: Thursdays from 6-6:45 pm

Start Date: Thursday, Feb. 8

End Date: Thursday, March 7

Where: These sessions will be provided through Microsoft TEAMS

Program Goals

- Practise social skills through peer-to-peer interactions and engagement
- Promote friendships and build social connections
- Explore new recreation/leisure interests and expand participation experiences

Participant Requirements:

- Five Counties clients aged 7+ receiving Therapeutic Recreation services
- Children must be able to participate in a structured group program with shared virtual support
- Children must be able to follow 1-2 step directions and simple rules
- Children must be interested and motivated to participate in a variety of virtual games and activities (independently or with support from a caregiver at home)

Please register in advance with Caitlin Ivany, Recreation Therapist

Email: civany@fivecounties.on.ca

Phone: 705-748-2337 Ext. 249

Please Note: A registration form/consent is required to participate in this virtual platform



Activity Kits at Home

Five Counties Children Centre is partnering with Project Sunshine to provide clients, receiving Therapeutic Recreation Services, a variety of Activity Kits to enjoy.

Activity Kits deliver safe, creative play directly to YOU!

Here are some activity kits currently available to you:

- ❖ **Mandala Craft:** Includes a foil leaf velvet mandala, pack of 8 crayons, project sunshine journal, and a velvet sticker sheet.
- ❖ **Sensory Kit:** Includes a smiley face stress ball, model magic clay, bandy balls, pom-poms, and a fidget keychain.
- ❖ **STEAM Kit:** Includes linking blocks, dice-in-dice, foam alien sheet, crayons and a Project Sunshine journal.
- ❖ **Scrapbook Craft Kit:** Includes a scrapbook, velvet word stickers, velvet art posters, markers and a Project Sunshine journal.

Please contact your Recreation Therapist to order an Activity Kit today!

Colleen Ristok, Recreation Therapist:
cristok@fivecounties.on.ca or 705-748-2337 Ext 250

Caitlin Ivany, Recreation Therapist:
civany@fivecounties.on.ca or 705-748-2337 Ext. 249

We will be happy to drop off an Activity Kit at your nearest Five Counties Children's Centre site.

Please Note: Activity Kits are only available while supplies last.



What's Happening in our Community – Winter 2024

Please check with organization for program details



Image by Rawpixel.com on Freepik

Resource Listings in Peterborough, Kawartha Lakes, Northumberland, Haliburton/Minden

For Recreation Funding/Grants, see Pg 12



Winter... Time to Embrace the Season!

Learn about community listings for winter across our region for kids/youth of all ages and abilities!

Community Support (Quick Links)

- **Autism Ontario Events**
Visit: www.autismontario.com/events
Subscribe to **Autism Ontario Newsletters**
Email: centraleast@autismontario.com
- **Kerry's Place East Region**
Visit: www.kerrysplace.org/support-and-services/east-region
- **Council for Persons with Disabilities**
Visit: www.pcpd.ca
- **Canopy Support Services**
Visit: www.canopysupport.ca
- **Community Living Trent Highlands:**
Visit: www.clth.ca
- **Peterborough Child & Family Centres**
Visit: <https://ptbocfc.ca>
- **EarlyON Child and Family Centre**
Visit www.nevc.ca/index

Spotlight: Special Olympics Winter Programs

Active Start: (ages 2-6): Tues, 6:15-6:45 pm

FUNDamentals: (ages 7-12): Thurs, 7-7:45 pm

Special Olympics
Peterborough



Children of all abilities take part, and they all benefit! Special Olympics Young Athletes, Active Start, is a sport and play program for children with intellectual disabilities, ages 2-6. Active Start introduces basic sport skills, like balance, running, kicking, throwing and striking. Active Start offers families, caregivers and community members the chance to share the joy of sports with all children. This is a 'parented' program where caregivers assist the athlete in developing essential skills by following the coach's directions/instructions, model skills and otherwise participate fully in activities alongside the athlete. Physical activity is essential for healthy development.

Dates: This program will run for 6 weeks beginning in February 2024.

Location: St. Alphonsus Catholic Elementary School Gym (875 St. Marys St., Peterborough)

Contact: Danielle Walters – Peterborough.youth@specialolympicsontario.ca



Community Programs – In the Spotlight

Kawartha Gymnastics



- Kawartha Gymnastics has moved to a new facility at 1575 Chemong Road in Peterborough
- Expanded programming is coming and the gym club encourages everyone to ensure they are registered for their waitlists to get first shot at a spot. Kawartha Gymnastics will run birthday parties and “After Hours Parties” in its new facility – stay tuned for details!
- More news to come about private adaptive sessions and Family Gymnastics program for children with special needs
- **Visit:** www.kawarthagymnastics.ca or email admin@kawarthagymnastics.ca with any questions!

ParaSport Ontario Online Resource Hub and Support Centre

- Find parasport content for participants and athletes with disabilities, coaches, students, activity leaders, caregivers, educators and health care professionals.
- With a click on the sport or recreational activity of interest, you can access: Sport Leaders, Experts and Ambassadors, 35+ Different ParaSports, 180+ Clubs by Region or by Sport Fitness and Equipment Resources and more!
- **Visit:** www.parasportontario.ca





**MONDAY NIGHTS
5-6 PM
\$5.00 PER FAMILY**

**SPORTS EQUIPMENT
AVAILABLE FOR USE**



**ADAPTIVE
SPORT
DROP IN**

**ALL ABILITIES
WELCOME**

peterborough
Recreation and Parks Services

Snow sold separately...

**This winter, hit the trails
with confidence!**

**Our Hippocampe Chair* is
available for no-charge loan
(includes skis + other
attachments)**

**Learn more at:
1-888-779-9916, ext. 249 or 250**



**Five Counties
CHILDREN'S CENTRE**
www.fivecounties.on.ca

***In partnership with
Pathways to Stewardship**





Community Programs – In the Spotlight

CanSkate Program

- Geared to beginners of all ages, whether kids, adults, newcomers to Canada and athletes with a disability (AWAD). Whether you are looking to improve basic skating skills for figure skating, hockey, ringette or speed skating, or wish to skate for recreation, fitness or fun, CanSkate will get you there.
- **Visit:** www.skatecanada.ca/learn-to-skate/canskate/
- **Find a Club:** www.skatecanada.ca/learn-to-skate/find-a-club

Adaptive Yoga for all Bodies & Abilities



MEDITATION
MINDFULNESS
MOVEMENT

with Yoga Instructor Angela Demeester

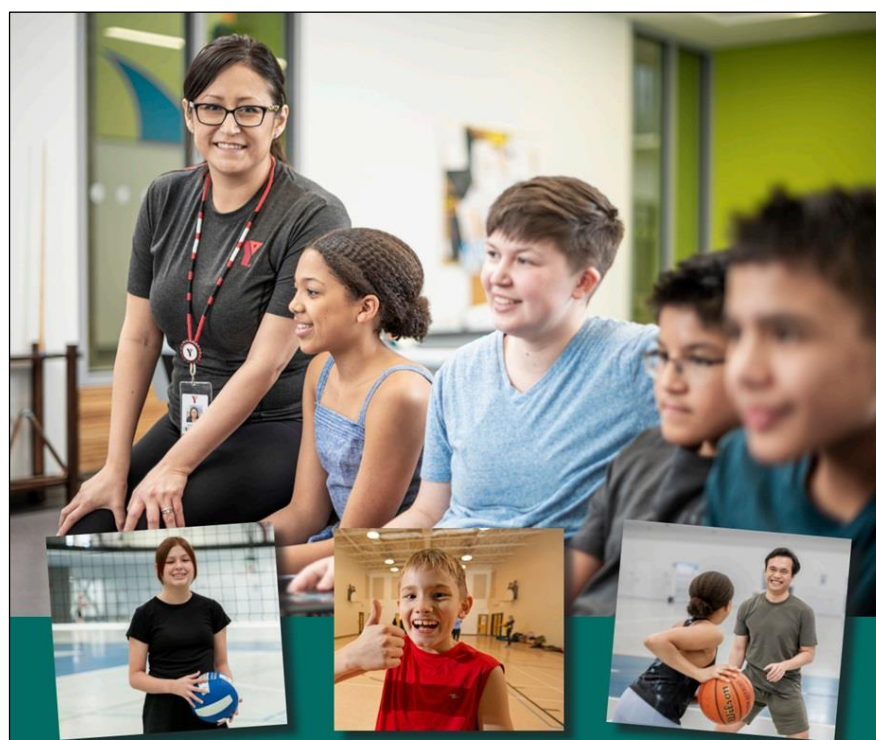
AGES 7-14
ALL ABILITIES



ONLINE
SATURDAYS 10AM
\$60 for 4 weeks

IN PERSON
1:1 and Group Sessions
Contact for details

647-892-1770 / angelajdemeester@gmail.com / www.angelajune.com



KIWANIS ADVENTURE PROGRAM

Tuesdays 5:00-6:00pm

KAP is a 10-week program focusing on teambuilding and communication. Participants will enjoy a safe and inclusive environment where they will work on motor skills, communication skills and fitness. With support from Kiwanis Club of Scott's Plains we have developed opportunities to allow children with exceptionalities or disabilities to participate in many different sports, yoga and other great opportunities around the facility.



YMCA of Central East Ontario | Balsillie Family Branch | ymcaofceo.ca



Community Programs – Peterborough/Northumberland

- **Peterborough Recreation Services**
Visit: www.peterborough.ca/en/explore-and-play/recreation-programs.aspx
- **YMCA of Central East Ontario (Peterborough/Trenton)**
Visit: <https://ymcaofceo.ca/>
- **Kawartha Gymnastics Club (Specialized/Adaptative Programs)**
Visit: www.kawarthagymnastics.ca/specialized
- **Peterborough Public Library**
Visit: www.ptbolibrary.ca/en/index.aspx
- **Peterborough Child & Family Centres**
Visit: <https://ptbocfc.ca/>
- **YMCA Northumberland (Cobourg)**
Visit: <https://ymcanrt.org/>
- **Epic Gymnastics (Port Hope)**
Visit: <http://epicgym.ca/>
- **Child and Family Centres EarlyON - Northumberland County**
Visit: www.northumberland.ca/en/living-here/child-and-family-centres-earlyon.aspx
- **Cobourg Library**
Visit: www.cobourg.ca/en/home-and-property/Children-and-Families.aspx
- **P.L.A.Y. Sports Peterborough – Multisport Program, Physical Literacy and Pop-Up Play**
Visit: www.playsportsptbo.com/





Community Programs – Kawartha Lakes/Haliburton

- **BGC Kawarthas**
Visit: www.bgckawarthas.com
- **City of Kawartha Lakes (Activities and Recreation)**
Visit: www.kawarthalakes.ca/en/activities-and-recreation.aspx
- **Township of Minden Hills (Recreation Programs)**
Visit: www.mindenhills.ca/en/things-to-do/recreation-programs.aspx
- **EarlyON Child and Family Centre**
Visit: <https://www.kawarthalakes.ca/en/living-here/earlyon-child-and-family-centres.aspx>
- **Lindsay Gymnastics Centre:**
Visit: www.lindsaygc.ca
- **Kawartha Lakes Sports and Recreation Council (Adaptive Recreation Options):**
Visit: https://klsr.ca/activity-result/?_sft_post_tag=adaptive-recreation-options
- **City of Kawartha Lakes Aquatics – Lindsay Recreation Complex pools and the Forbert Memorial Pool in Bobcaygeon:**
Visit: www.kawarthalakes.ca/en/things-to-do/pools-and-swimming.aspx
- **Lindsay Makerspace – Kawartha Lakes STEAM Education, Activities and Camps:**
Visit: <https://pinnguaq.com/makerspaces/lindsay>
- **Kawartha Lakes Public Library:**
Visit: www.kawarthalakeslibrary.ca/en/index.aspx
- **Haliburton County Public Library:**
Visit: www.haliburtonlibrary.ca

Spotlight: Therapeutic Horse Riding

- **PARD Therapeutic Riding (in Warsaw)**
Visit: www.pard.ca
- **Heal With Horses (in Prince Edward County)**
Visit: www.healwithhorses.ca
- **Walk About Farm Therapeutic Riding (in Minden)**
Visit: <https://walkaboutfarmtra.com/>
- **Therapeutic Horse Riding in Lindsay (T.H.R.I.L.)**
Visit: <https://thrill.ca/>





Recreation Funding/Grants

City of Peterborough: Recreation Fee Subsidy Program

- Assists low-income families and families receiving social assistance who live in Peterborough to offset registration costs for recreational programs offered by the City or other organizations within the City of Peterborough.
- Funds available, but not limited to: sports activities, aquatic programs and camps for dependent children 18 years and under.
- Apply for multiple programs at once, for one or more participants. The maximum subsidy per child is \$100 (or \$200 per year depending on the low-income cut off per household).
- **Learn more:** <https://forms.peterborough.ca/Recreation-Division/Subsidy/Recreation-Fee-Subsidy>

KidSport Canada

- Provides grants to kids from families facing financial barriers so they can participate in registered sport programs and experience the lifelong benefits of a season of sport.
- Grants of up to \$250/eligible kid, per year (Jan. 1-Dec. 31) towards sport registration fees.
- **Visit:** <https://kidsportcanada.ca/ontario/provincial-fund/>

Ontario Growing Up Through Sports

- Offers financial assistance to low-income families across communities in Ontario.
- *Ontario Growing Up Through Sports* believes that no matter the situation at home, all kids should be able to enjoy what playing sports has to offer in their local communities.
- **Visit:** www.oguts.net/eligibility

Canadian Tire Jumpstart (Individual Child Grants)

- Jumpstart is committed to helping all families access a range of activities, from boxing to bowling and skating to skiing, and more.
- Individual Child Grant system is closed for the 2023 funding year. Please visit the Jumpstart website for an update on the reopening date in 2024.
- **Visit:** <https://jumpstart.canadiantire.ca/pages/individual-child-grants>

Connect With Us

Therapeutic Recreation is located at:
Five Counties Children's Centre

To reach our Recreation Therapists:

Toll-Free: 1-888-779-9916 or local: (705) 748-2337

- **Colleen Ristok, Ext. 250** ristok@fivecounties.on.ca
- **Caitlin Ivany, Ext. 249** civany@fivecounties.on.ca

Visit: www.fivecounties.on.ca/therapeutic-recreation/