



Therapeutic Recreation Services Newsletter



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Therapeutic Recreation at Five Counties Children's Centre



works to promote and support the participation of

children and youth 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 find listings in your community



Did You Know?

There are many benefits to **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.



Leisure Exploration Social Group Program



Save the Dates: April 23, May 1, 8 and 15

Join us each week to explore leisure and recreation activities in a supportive and inclusive setting that lets you meet others and build strengths!

Each week, you will be introduced to new activity, including:
Pickleball, improv/drama, social group games (cards, board games)
and physical activity (adapted sports, cooperative group games/activities)

(4 weeks; 1-hour sessions from 4:30-5:30 pm; No Cost)

**Location: Five Counties Children's Centre - Gym
(872 Dutton Rd.) Peterborough**

Program Goals:

- Explore new recreation and leisure interests
- Learn new skills and expand recreation experiences
- Practise individual skill development
- Build social connections with others in a group setting

To Take Part:

- You are a Five Counties clients age 7+ receiving Therapeutic Recreation services
- You are able to participate in a structured group program with shared support
- You are interested and motivated to participate in a variety of activities
- You can follow 1-2 step directions and simple rules.

Note: For participants who require dedicated 1:1 support, you're invited to attend with a support worker/caregiver.

To Join: Contact Recreation Therapist Caitlin Ivany to pre-register and receive registration information for program.

Email: civany@fivecounties.on.ca

Call: 1-888-748-2337, ext. 249



Rock & Roll – Adaptive Gymnastics

Save the Dates: Tuesdays (April 30 to June 18)



Kawartha Gymnastics is proud offer a beginner program geared for kids of varying abilities. Come join the fun!

(8-weeks; 1-hour session from 9:30-10:30 am; Cost: \$90/child)

**Location: Kawartha Gymnastics Club
(1575 Chemong Rd.) Peterborough**

Program Goals:

- Introduces kids to gymnastics and movement in a variety of forms
- Participants will utilize the floor, balance beams, bars and trampolines to work on motor skills, balance, strength flexibility, climbing and more
- Program is customized to everyone's needs!
- Program is facilitated by Kawartha Gymnastics coaches, with consultation provided by Recreation Therapists at Five Counties.

To Take Part:

- For children walking up to age 7 (open to all kids, including Therapeutic Recreation clients)
- Kids must be accompanied by a parent/caregiver.
- For questions regarding program participation, contact Ilysha Lock (Recreation Director) at rec@kawarthagymnastics.ca
- For questions regarding registration and payments, contact Jenna (Admin Support) at admin@kawarthagymnastics.ca

To Join: Please register directly with Kawartha Gymnastics at:

Website: www.kawarthagymnastics.ca/specialized

Call: (705) 743-0300



Little Guppies Parent & Child Swim Time

Save the Dates: Thursdays (May 2, 9, 16 and 23)

Make waves together, as parents/caregivers and kids can enjoy dedicated play time together and build comfort being in the water!

(4 weeks; 45-minute sessions from 12:30-1:15 pm; No Cost)

**Location: Peterborough Sports & Wellness Centre
(in therapy pool, alongside public swim)
(775 Brealey Dr.) Peterborough**

Program Goals:

- Open swim time lets families explore the world of water together, using songs and toys to have fun and meet other families from Five Counties Children's Centre
- Five Counties Recreation Therapist will be in attendance to facilitate the program.

To Take Part:

- For clients of Five Counties Children's Centre
- Children not yet toilet trained must wear pants (regular diapers not permitted in pool)

To Join: Contact Recreation Therapist Coordinator Colleen Ristok to pre-register and receive registration information for program.

Email: cristok@fivecounties.on.ca

Call: 1-888-748-2337, ext. 250



Nature Hounds & Playgrounds Junior Outdoor Playgroup

Save the Dates: Thursdays (June 6, 13, 20 and 27)

Join other Five Counties families
for outdoor nature adventures.

(4 weeks; 1-hour sessions from 10-11 am; No Cost)

**Location: Five Counties Children's Centre
in Backyard Garden
(872 Dutton Rd.) Peterborough**



Program Goals:

- Explore natural spaces, enjoy social games and activities, and build gross motor skills through play!
- All activities are flexible and adapted to meet the child's interests, attention and abilities.
- Five Counties Recreation Therapist will be in attendance to facilitate the program and support families. We will dress for all kinds of weather!

To Take Part:

- For clients of Therapeutic Recreation 6 years and younger (siblings are welcome too)

To Join: Contact Recreation Therapist Coordinator Colleen Ristok to pre-register and receive registration information for program.

Email: ristok@fivecounties.on.ca

Call: 1-888-748-2337, ext. 250