



Therapeutic Recreation Services Newsletter



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Reach us at: 1-888-779-9916, ext. 249 or 250

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.

In This Issue:

- Family Adventure Night (Ptbo), TelePlay virtual fun, Little Notes Music Time, Family Adventure (Minden), Family Adventure Group (Gymnastics) + Winter Play.

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 Recreation Resource](#) web page for program listings in your community.



Worth Repeating...

Some things are better left
unsaid. This isn't one of them.



"We all have ability.
The difference is
how we use it."

- STEVIE WONDER,
SINGER/SONGWRITER



#BUILDINGABILITIESFORLIFE

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TelePlay

Save the Dates: February and March

Join this live and interactive virtual program, bringing play, games, and activities to children, teens, and their families!

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. 11

End Date: Tuesday, March 11

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. 13

End Date: Thursday, March 13

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

To Take Part:

- 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)
- **NOTE:** Registration form and consent to participate in this virtual platform must be completed before participation link is sent.

Register by February 4 to join the fun!

To Join: Contact Recreation Therapist Coordinator Caitlin Ivany:

Email: civany@fivecounties.on.ca

Call: 1-888-779-9916, ext. 249



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

***Save the Dates: Feb. 14, 21, 28, March 7, 21 and 28
(no session on March 14)***

Time: Fridays, 10:30-11 am
Location: Online

Program Goals:

- Join with **Music Therapist Melissa Hope** and other families in this musically-fun program for parents and children
- Explore instruments and learn through music together!

To Take Part:

- Five Counties clients ages six years and younger receiving Therapeutic Recreation services
- Consent to participate in this virtual platform must be completed before participation link is sent

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

To Join: Contact Recreation Therapist Colleen Ristok:
Email: cristok@fivecounties.on.ca
Call: 1-888-779-9916, ext. 250



Family Adventure Group: Minden

Save the Dates: Feb. 26, March 26, April 30, May 28

Time: 1:30-2:30 pm
Location: SG Nesbitt Memorial Arena
(55 Parkside St.) in Minden

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

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
- Program is flexible and adapted to bet meet participant's interest, attention and physical abilities.
- Recreation Therapist and Physiotherapist will be in attendance to facilitate program and support families' participation.

To Take Part:

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

Register by Feb. 12 to take part!

To Join: Contact Recreation Therapist Coordinator Caitlin Ivany:

Email: civany@fivecounties.on.ca

Call: 1-888-779-9916, ext. 249



Family Adventure Group (Gymnastics) March Break Event

Save the Date: Thursday, March 13

Time: Session #1 (for kids 0-6 yrs) 4-4:45 pm
Session #2 (for kids age 7+) 5-5:45 pm

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

Program Goals:

- Enjoy fun with your child and others
- Build relationships with other families

To Take Part:

- Clients receiving Therapeutic Recreation Services
- Families and siblings are invited to take part
- Come dressed to play, move and have fun

Deadline to Register is March 3!

To Join: Contact Recreation Therapist Coordinator Colleen Ristok:

Email: cristok@fivecounties.on.ca

Call: 1-888-779-9916, ext. 250



Equip Your Family For Winter Fun



Discover our Equipment Loan Program

Five Counties offers short-term loans of recreation equipment to families and schools to help kids of all ages and abilities enjoy winter activities.

Available Equipment:



Snowcoach: Designed for trail use; lightweight (for riders up to 115 lbs).



Adaptable Ice Sledges: Come with extra head supports and pusher attachments.



Stand-Up Skating Aid
Offers better stability for skaters.



Hippocampe Chair: For all-season trails use with multiple attachments (like skis).

For Equipment Bookings & Information: Contact Luke Harrison
Email: lharrison@fivecounties.on.ca