



THERAPEUTIC RECREATION

VIRTUAL WORKSHOPS

JANUARY – MARCH 2021

Circle Time

(10 weeks)

This program provides an opportunity for participants and their families to enjoy socializing, music, movement and stories virtually with other clients and families. Siblings are welcome to attend.

Participant criteria:

- Ages: 0-5

Mondays | 6:00 – 6:45 p.m.
January 18 – March 29 (Except February 15)
Contact Deanne Clipperton x2034

Wednesdays | 10:00 – 11:00 a.m.
January 20 – March 24
Contact Deanne Clipperton x2034

Fridays | 10:30 – 11:30 a.m.
January 22 – March 26
Contact Marisa Leung x2433



All group programs are now taking place online via Zoom, unless otherwise specified.

Preteen Social

(10 weeks)

This program provides opportunities for kids 10-14 to socially connect and interact with peers. During the group they have the opportunity to play games and get to know each other through various interactive activities.

Participant criteria:

- Ages: 10-14
- Participants must be to participate in group activities and discussion with minimal support

Mondays | 4:00 – 5:00 p.m.
January 18 – March 29 (except February 15)
Contact Deanne Clipperton x2034



Robotics STEM Program - NEW!

(6 weeks)

A virtual group program that will open new opportunities for kids to participate in a STEM experience. This program provides an opportunity to develop and refine STEM skills and learnings, all while making friends. Participants will work hands-on with LEGO® in interactive building activities. In this course you will:

- Build a model used to demonstrate various STEM concepts; kinematics/projectile motion, static electricity, circular motion, gears, balance and Aerodynamics, Forces
- Share and present your model with the team to practice presentation skills and receiving feedback.

Participant criteria:

- Ages: 6-10
- Able to participate in group activities and discussion with minimal support for one hour
- Interest in learning about STEM (science, technology, engineering, math)

Mondays | 4:00 – 5:00 p.m.

January 25 – March 8

Contact Marisa Leung x2433

Through a generous donation from FIRST Robotics Canada, all equipment will be provided on loan for this program. Pick up and return of this kit will be arranged upon registration.



Fit and Fun

(12 weeks)

This program provides body weight exercises and games with peers. Enjoy a 10 minute stretch at the end.

Participant criteria:

- Ages: Any
- Clients who attended fitness club or referred by PT

Tuesdays | 5:00 – 6:00 p.m.

January 12 – March 30

Contact Marisa Leung x2433

Thursdays | 5:00 – 6:00 p.m.

January 12 – March 25

Contact Deanne Clipperton x2034

Teen Social

(12 weeks)

This program provides opportunities for teens to socially connect and interact with peers. During the group they have the opportunity to play games and get to know each other through various activities.

Participant criteria:

- Ages: 14+
- High school age students who are able to participate in a virtual group for 60 minutes

Tuesdays | 4:00 – 5:00 p.m.

January 12 – March 30

Contact Deanne Clipperton x2034

Boccia Bratz @ Home - NEW!

(6 weeks)

This active virtual program is being offered to encourage daily physical activity with the fun game of boccia and will provide participants with the opportunity to develop fundamental movement skills while learning how to play.

Boccia is an adapted sport that can be played by all, no matter your ability and level. Work on your physical, social and mental skills while having fun and staying active with your family in the comfort of your own home.

Boccia is a co-ed sport of accuracy and precision similar to curling and lawn bowling but played on an indoor court. New activities each week will work on different skills such as communication, balance, object manipulation, and more so that athletes will gain physical skills that will help them stay active for life!

Participant criteria:

- Ages: 4+
- Able to participate in group activities with minimal support
- Able to attend to a task for a minimum of 5 minutes
- Interested in learning about adapted sport

Tuesdays | 5:15 – 6:00 p.m.

January 26 – March 2

Contact Deanne Clipperton x2034

All equipment will be provided on loan for this program. Pick up and return of this kit will be arranged upon registration.

Cooking Group

(8 weeks)

This program will provide clients with an opportunity to prepare simple meals and desserts with their family.

Participant criteria:

- Ages: 13+
- Able to participate in group activities and discussion with minimal support
- Able to demonstrate safety precautions in a kitchen environment
- Will have adult supervision while participating in program

Wednesdays | 4:00 – 5:00 p.m.

January 20 – March 10

Contact Marisa Leung x2433

Science Club - NEW!

(6 weeks)

A fun and interactive way to learn about basic science concepts including density, simple chemical reactions, and simple physics.

Participant criteria:

- Ages: 6-10
- Able to participate in group activities and discussion with minimal support
- Will have adult supervision while participating in program

Thursdays | 4:30 – 5:20 p.m.

February 4 – March 11

Contact Marisa Leung x2433

Let's Get Moving 1! (JK/SK) - NEW!

(6 weeks)

This virtual activity-based play program was created to provide children and their caregivers with an opportunity to engage in developmentally appropriate skill-based activities to promote physical literacy skills, such as balance, running, jumping and ball skills. This program will help participants to develop skills required to stay active for life.

Participant criteria:

- Receiving or eligible for service with SBRS PT or Recreation Therapy
- Able to follow 2 step directions
- Able to attend to a task for a minimum of 5 minutes
- Able to participate virtually with caregiver support

Tuesdays | 4:00 – 4:45 p.m.

February 2 – March 9

Contact Marisa Leung x2433

Let's Get Moving 2! (Gr. 1-3) - NEW!

Description and participant criteria same as above.

Tuesdays | 4:00 – 4:45 p.m.

February 4 – March 11

Contact Deanne Clipperton x2034

PLEASE NOTE:

Only current ErinoakKids clients are eligible to participate unless otherwise stated. New participants may be asked to complete an assessment to ensure suitability for the program. Acceptance to the program is at the discretion of the facilitator.

If registration is low, a program may be cancelled.



REGISTRATION

If you have any questions or would like to register for these programs please contact:

Deanne Clipperton
Recreation Therapist
905-855-2690 ext. 2034

Marisa Leung
Recreation Therapist
905-855-2690 ext. 2433

www.erinoakkids.ca/event-calendar