RECREATION THERAPY

Winter Programs 2027



General line: 905-855-2690

erinoakkids.ca/recreationtherapy

ERINOAKKiDS
Centre for Treatment and Development

FOREWARD

Our recreation therapy groups focus on skill development and social interaction with peers.

To ensure this program is the right fit, participants need to be 'group ready'. Consider whether your child is able to do the following without 1:1 supports:

- Interact with peers in a group environment in a safe way for themselves and others.
- Take direction and instruction from a Group Leaders and Volunteers.
- Participation in programs is based on the child's individual needs; however participants need to demonstrate an ability to participate in at least 50% of the program activities.

Please note:

- Space for on-site groups is limited. Please only register if you are able to attend most or all of the dates.
- Clients new to Recreation Therapy will be contacted to complete an initial assessment.
- Registrations will be accepted until one week before the program start date or until the program reaches capacity.

For group programs, please connect with your therapist for a referral to recreation therapy.

Referrals do not guarantee a spot in the group. You will be contacted to complete a screening to ensure the group is an appropriate fit.



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CIRCLE TIME
(AGES 2-5)

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

Siblings are welcome to attend.

Participant Criteria:

- Ages 2 - 5 years
- Enjoy songs and stories
- Able to attend with a caregiver

ErinoakKids Oakville Site

Date: Tuesdays, Jan 19 - Mar 9
Time: 10:00 - 11:00 a.m.

ErinoakKids Mississauga Site

Date: Mondays, Jan 11 - Mar 8
(No session Feb 1, Feb 15)
Time: 10:00 - 11:00 a.m.



FIT AND FUN MINI (AGES 2-5)

A social/movement group for children with mobility devices and unique physical needs.

Activities include circle time, active games, movement stations and free play. Siblings are welcome!

Please note: one parent/guardian must attend and participate with their child.

Participant Criteria:

- Ages 2 - 5 years
- Able to attend with a parent/ guardian to support
- Interested in trying and/or learning about adapted sport



ErinoakKids Mississauga Site

Date: Thursdays, Jan 21 - Mar 11
Time: 11:00 a.m. - 12:00 p.m.

ErinoakKids Oakville Site & Burlington Gymnastics Center

Date: Wednesdays, Jan 20 - Mar 10
Time: 10:00 a.m. - 11:00 a.m.
Fee: $50

ErinoakKids Brampton Site

Date: Tuesdays, Jan 19 - Feb 9
Time: 10:30 a.m. - 11:30 a.m.

LACROSSING BARRIERS
(AGES 3+)



Lacrossing Barriers is an opportunity for clients and their families to come learn and explore the sport lacrosse in a fun supported environment! Come experience and learn a new sport! All equipment is provided.

Please note: families (parents and siblings) are encouraged to participate with participants.

Participant Criteria:

- Ages 4+ years
- Interested in trying and learning lacrosse.
- Able to participate in a group program for 45 - 60 minutes.
- Able to attend to a task for a minimum of 5 minutes.

ErinoakKids Mississauga Site

Date: Wednesdays, Feb 3 - Mar 10
Time: 5:45 - 6:45 p.m.

FUN SWIM
(AGES 0 - 21)

Fun Swim is a free recreational swim for all ages and abilities!

Participant Criteria:

- Able to adhere to supervision and Admission Standards (below).
- Able to participate in a group setting in a way that is safe for themselves and others.
- Medically stable and seizure free for at least six months.
- Clients/parents who have diagnosed cardiovascular conditions must seek medical clearance prior to participating.
- Swimmers who are not toilet trained must wear specially designed swim diapers or pool pants.

Admission Standards:

- Children <8 must be accompanied by a parent or guardian (18+) and is responsible for their direct supervision (within arms' reach and able to render immediate assistance), with a maximum of one child for each parent or guardian.
- Children 8+ who are unable to pass the facility swimming test must be accompanied by a parent or guardian (18+) and responsible for their direct supervision.
- Children 8+ who are able to pass the facility swimming test are permitted to use the pool independently but a parent or guardian must remain on the pool deck for the duration of the session.

** Services are available up age 19. Youth who are already receiving services may continue beyond age 19 while they remain enrolled in a publicly funded school.*



ErinoakKids Brampton Site

Date: Mondays
Session 1: Jan 11 - Feb 1
Session 2: Feb 8 - Mar 8
Time: 5:30 - 6:30 p.m.

FAMILY SKATE
(AGES 4+)



Family Skate provides an opportunity for clients and their families to explore skating as a leisure activity in an unstructured fun, skate in a supported environment.

Adapted equipment will be available for use during the program e.g. sledges, skate mates. This is not a formal skating lesson, volunteer support may be available to support clients during the program.

Participant Criteria:

A CSA approved helmet is mandatory for all participants on the ice.
Participants must provide their own skates, if adapted equipment is required, please discuss at time of registration.
Able to participate in a group setting in a way that is safe for themselves and others.
Interested in skating or sledge.
Must attend with a parent or caregiver who skates with them or stays at a facility during program.

Iceland Arena Rink 2
(705 Matheson Blvd E, Mississauga)

Dates: Thursdays, Jan 21 - Mar 11
(No session Feb 18)
Time: 4:30 - 5:30 p.m.
Cost: $120

PRETEEN SOCIAL CONNECT
(AGES 10-13)



Preteen Social Connect provides opportunities for preteens ages 10-13 (up to grade 8), 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:

- An active client with ErinoakKids or with an OAP number
- Ages: 10 - 13 years
- Able to participate in group activities and discussion with appropriate support and accommodations
- Participants requiring support with social goals/ personal care may attend with a support person
- Complete an initial telephone assessment which includes a questionnaire that reviews the program format/ goals, as well as any individual social objectives

ErinoakKids Missisauga Site

Date: Thursdays, Jan 7, Feb 4, Mar 4

Time: 5:30 - 6:45 p.m.

To register, call Scheduling: 905-855-2690 ext. 3

TEEN SOCIAL CONNECT (AGES 14-21)

Teen Social Connect provides opportunities for teens 14 - 21 years old, 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 Goals/Eligibility:

- Active client with ErinoakKids or with an OAP number
- Ages 14 - 21 years
- Able to participate in group activities and discussion with appropriate support and accommodations
- Participants requiring support with social goals / personal care may attend with a support person
- Complete an initial telephone assessment which includes a questionnaire that reviews the program format/goals, as well as any individual social objectives

** Services are available up age 19. Youth who are already receiving services may continue beyond age 19 while they remain enrolled in a publicly funded school.*

ErinoakKids Missisauga Site

Date: Tuesdays, Jan 5, Feb 2, Mar 2
Time: 5:30 - 7:00 p.m.

Virtual Sessions

Date: Tuesdays, Jan 19, Feb 16, Mar 16
Time: 4:30 - 5:30 p.m.

To register, call Scheduling: 905-855-2690 ext. 3





Contact Us

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