



RECREATION THERAPY FALL PROGRAMS 2025

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Foreword

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.

Please connect with your therapist for a referral to recreation therapy to access these groups.

Introduction to Recreation Therapy - Virtual Workshop for Parents

If you require more in-depth information about Recreation Therapy, we will be holding a workshop on November 12, 2025.

In this workshop you will learn about how Recreation Therapy services at ErinoakKids can support your child's development. We will discuss the benefits of recreation, how to overcome barriers to participation and provide a variety of community resources.

Date: Wednesday, November 12

Time: 6:30 - 7:30 p.m.

To register, please contact scheduling: 905-855-2690 ext. 3

Circle Time (age 2 - 5 years)

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, Sept 30 - Dec 16

Time: 10:00 - 11:00 a.m.

ErinoakKids Mississauga Site

Date: Mondays, Sept 29 - Dec 15

(Excludes Oct 13)

Time: 10:00 - 11:00 a.m.



Fit and Fun Mini (age 2 - 5 years)

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, Oct 16 - Dec 18

Time: 11:00 a.m. - 12:00 p.m.

ErinoakKids Oakville Site

Date: Wednesdays, Oct 15 - Dec 3

Time: 10:00 a.m. - 11:00 a.m.

ErinoakKids Brampton Site

Date: Tuesdays, Oct 14 - Dec 16

Time: 10:30 a.m. - 11:30 a.m.

Multi Sport (3+ years)

Multisport is a fun and exciting way to introduce a variety of adapted schoolyard games and fun activities.

Children as young as 3, along with family members, will get a chance to develop and practice wheelchair skills, communication skills as well as develop hand eye coordination.

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

Participant Criteria:

- Ages 3+ years
- Interested in trying and learning about adapted wheelchair sports

ErinoakKids Mississauga Site

Date: Thursdays, Sept 11 - Oct 23
(Excludes Oct 2)

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



Family Skate (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:

- Ages 4+ years
- 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 an 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 facility during program

Iceland Arena Rink 2

Date: Oct 30 - Dec 18

Time: 4:30 - 5:30 p.m.

Cost: TBD

Fit and Fun (4 - 10 years)

Fit and Fun is a sport/fitness social group for children with mobility devices and unique physical needs.

Participants will engage in a variety of cooperative games with the focus on healthy, active living.

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

Participant Criteria:

- Ages 4 - 10 years
- Able to participate in group activities and discussion with minimal support
- Interested in trying and/or learning about adapted sport

ErinoakKids Mississauga Site

Date: Thursdays, Sept 18 - Oct 23

Time: 4:30 - 5:30 p.m.



Hero Circle (6+ years)

This program, delivered by specially trained black belt martial artists, teaches children breathing, visualization, relaxation techniques and traditional martial arts moves to empower children beyond the pain and trauma of childhood diseases and conditions.

Participant Criteria:

- Ages 6+ years
- 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: Mondays, Oct 20 - Dec 15

Time: 5:00 - 5:45 p.m.

ErinoakKids Brampton Site

Date: Tuesdays, Oct 14 - Dec 16

Time: 4:30 - 5:30 p.m.

ErinoakKids Oakville Site

Date: Tuesdays, Oct 14 - Dec 16

(Excludes Nov 4, Dec 2)

Time: 5:00 - 5:45 p.m.

Boccia Club (10+ years)

This active 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 peers.

Boccia is a co-ed sport of accuracy and precision similar to curling and lawn bowling but played on an indoor court. New activities and fun competition 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 10+
- Able to participate in group activities and discussion with minimal support
- Able to attend to a task for a minimum of 5 minutes
- Interested in trying and/or learning about adapted sport and a little friendly competition

ErinoakKids Oakville Site

Date: Wednesdays, Sept 24 - Oct 22

Time: 5:00 - 5:50 p.m.

Fun Swim (0-19 years)

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.

ErinoakKids Brampton Site

Date: Mondays, Sept 15 - Dec 8

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

Preteen Social Connect (10 - 13 years)

Preteen Social Connect provides opportunities for preteens ages 10-14 (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 Mississauga Site

Date: Thursdays, Sept 4, Oct 2, Nov 6,
Dec 4

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

**To register, call Andrea Cachia
905-855-2690 ext. 2684**

Teen Social Connect (14 - 18 years)

Teen Social Connect provides opportunities for teens 14- 18 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 - 18 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

Virtual Sessions

Date: Tuesdays, Sept 16, Oct 21,
Nov 4, Dec 18

Time: 4:30 - 5:30 p.m.

ErinoakKids Mississauga Site

Date: Tuesdays, Sept 2, Oct 7, Nov 4,
Dec 2

Time: 5:30 - 7:00 p.m.

**To register, call Andrea Cachia,
905-855-2690 ext. 2684**



Contact

Contact Us



General line: 905-855-2690



erinoakkids.ca/recreationtherapy

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