



Getting Connected

Parent Education Workshop

What's out there? What's new? At this session you will learn about:

- Recreation programs and supports
- Summer camps and programs
- Financial Resources
- Community resources

This session is appropriate for parents and caregivers who:

- May have a child with a new diagnosis
- Are ready to explore recreation participation for their child with special needs
- May be experiencing limited financial resources
- Are looking for updated information about community programs and resources

Date: April 21, 2015

Time: 7:00 – 8:30 pm

Location: KidsAbility Butterfly Room, Guelph Site Imperial Rd S

Cost: Free

To Register: Call 1-888-372-22589 ext 1259 or email

tdettweiler@kidsability.ca



Therapeutic Recreation

Empowering children, youth and families
to live more active and inclusive lives!



Fitness &
Wellness



Community
Participation



Learn
New Skills



Quality of
Life



For current Therapeutic Recreation programs and activities,
download the Program & Activity Guide at:



Spring 2015 Recreation Programs For Children with Special Needs

Adapted Creative Dance - The Guelph Youth Dance Training Program has now partnered with KidsAbility to bring creative movement classes to Guelph for children 4-7 years with physical and developmental disabilities. A small class and assistance from volunteers will ensure all students have the opportunity to explore themselves through dance. Children will learn the fundamentals of movement and explore their own unique way of moving. **Contact:** Catrina von Radecki, Catrina@guelphdance.ca, 519-803-8829 or go online at www.guelphyouthdance.ca

Active Start (ages 3.5-7) and FUNdamentals (ages 7-11) are 2 programs designed to teach children with special needs the fundamental movement skills and fundamental sport skills they need to enjoy an active lifestyle. Programs currently run in Guelph, Kitchener, and Waterloo and now Fergus! **Contact:** Waterloo Region Family Network at 519-886-9150 or go to www.wrfn.info

Adapted Aquatics – A swim class designed for children with special needs who require specialized instruction in order to progress in their swimming skills. Each child will receive individual assistance from a specially trained instructor and one2one volunteers. Programs are offered by the City of Guelph, call 519-837-5699 or go to www.guelph.ca and with the Township of Centre Wellington, call 519-843-2800.

Adapted Soccer - Guelph Soccer provides a soccer skills program designed for children with special needs ages 4-12. This fun program incorporates soccer into an exercise and mobility session. The participation cost of \$70 covers the program, as well as a full soccer uniform, soccer ball, and end of session gift. Program is offered Wednesday evenings. **Contact:** 519-284-2199 or www.guelphsoccer.ca

High Notes Choir - a choir program designed for children and youth with special needs ages 5 to 18 to find their voice and experience community, friendship and acceptance through song. Participants will come together to learn songs and perform for the public. No musical experience is necessary. **Contact:** call theGYMC office at 519.837.1119 or visit www.gymc.ca

Music for Children with Special Needs – a music based program for children with special needs ages 5 and up. Both programs are led by trained music therapist, Katie Hampton. **Contact:** call theGYMC office at 519.837.1119 or visit www.gymc.ca

SkateABLE™ is a non-profit organization that offers high quality adaptive ice skating programs in a safe and nurturing environment. Skaters ages 2+ will participate in small group activities and semi-private lessons, to develop basic skating techniques. Through the use of adaptive skating equipment, the program supports skaters with physical and developmental disabilities. Programs are offered in Cambridge and Waterloo. For further details, go to www.skateable.ca

These programs are open to KidsAbility clients AND children with special needs. For further details including date, location and cost download the Program and Activity Guide at www.kidsability.ca or contact the program provider directly.

If you would like to continue to receive Therapeutic Recreation updates, please email hgranger@kidsability.ca

