

Therapeutic Recreation & Life Skills

Community Program

Therapeutic Recreation and Life Skills uses recreational, skill building activities and experiences to improve the health and quality of life for children and youth with disabilities. Our services help youth work towards goals so they can learn how to do tasks themselves and get involved in home and community activities.

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| What are Life Skills? Life skills help a person manage daily life tasks in different areas, such as: <ul style="list-style-type: none">• Self-care• Family life• Community activities• Work life• Recreation or leisure activities | Who do we serve? Clients who: <ul style="list-style-type: none">• Are 7-18 (21 if still in high school)• Have a disability• Are able to set goals• Want to work on life skills and/or recreation goals |
| Who is on our team? <ul style="list-style-type: none">• Therapeutic Recreation Specialists• Occupational Therapists• Life Skills Coaches• Life Skills Facilitators• Youth Facilitators | What services do we offer? <ul style="list-style-type: none">• Individual goal setting• Working 1:1 with staff to learn and practice new skills• Skill building groups and workshops• Linking to community resources and programs |
| What types of goals do clients work on? <ul style="list-style-type: none">• Learning about meal preparation and cooking• Learning how to use money• Getting involved in community recreation activities• Learning about friendship skills• Learning how to use public transportation (e.g. subway/buses, Wheel trans)• Preparing for getting a volunteer position or job• Preparing for living on your own• Accessing adapted recreation equipment | |

For more information, and to ensure this service is a good fit for you, Please contact: 416-425-6220 ext. 6208 or call ext. 6044 to self-refer and book a Community Therapeutic Recreation & Life skills appointment.