Life Skills Development, Recreation Therapy and Transitions
SUMMER 2015
Ages 7 – 18 (up to 21 if still in highschool)
Life Skills Development, Recreation Therapy and Transitions
AGES 7 – 14

These programs are for participants who can:

- Identify personal reasons for wanting to join the program with the help of their families (we focus on personal learning goals in each group)
- Contribute to and learn from activities with peers
- Participate safely in a group environment

*Please note: Priority may be given to first time participants

RECREATION AWARENESS
Out & about club

Participate in recreation activities. Learn why it is important to have fun, discover places to explore and try recreation equipment.

<table>
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<tr>
<th>Ages 7 - 14</th>
<th>July 6 – 10, 2015</th>
<th>$150.00</th>
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<tbody>
<tr>
<td></td>
<td>10 a.m. – 4 p.m. daily</td>
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<td>Holland Bloorview and in the community</td>
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HEALTHY LIFESTYLES
Busy bodies

Learn about healthy lifestyles through fun, fitness and healthy meal preparation.

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<tr>
<th>Ages 7 – 14</th>
<th>Session 1: July 20 – 24, 2015 OR Session 2: July 27 – 31, 2015</th>
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FRIENDSHIP SKILLS
Fun with friends

Learn how to make new friends, participate in activities that practice conversation skills, teamwork, taking turns and cooperation.

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<th>Ages 7 – 14</th>
<th>July 13 – 17, 2015</th>
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INTEGRATED CAMPING

Camp connection

Experience an overnight camp for the first time. Participate in popular camp activities including archery, swimming, campfire, arts & crafts, rock climbing, canoeing, horseback riding and more.

Please note that these camp grounds are not wheelchair or walker accessible. If you are interested in a camp that is physically accessible please contact us for more information.

Ages 7 – 14 | August 10 – 13, 2015  
Cedar Ridge Camp, McArthur Mills, ON  
(Transportation provided to and from camp. Drop off and pick up at Holland Bloorview)  

$400.00

ADAPTED RECREATION

Access boom sailing

Learn to sail in a safe and supportive environment. Participants learn basic sailing skills using adapted sailing equipment.

Ages 7 – 14 | August 17 – 21, 2015  
9 a.m. – 4 p.m. daily  
Etobicoke Yacht Club  

$150.00

ADAPTED RECREATION

Recreation equipment loan service

This service provides families with the opportunity to borrow adapted recreation equipment to try out at home.

Ages birth – 21  
(up to 21 if still in highschool)  
Year round by appointment

Holland Bloorview | Kids Rehabilitation Hospital

Life Skills Development, Recreation Therapy and Transitions

AGES 15 – 18 (up to 21 if still in highschool)

These programs are for participants who can:

- Give some basic information about disability/diagnosis and assist in directing personal care (if assistance is needed)
- Identify personal reasons for wanting to join the program and be willing to set and work on personal learning goals during the program
- Contribute to and learn from, activities with peers (we do a lot of learning in group workshops)

*Please note: Priority may be given to first time participants
**Making it happen**

Start to work on life skills to become more independent.

Ages 15 – 18 (up to 21 if still in highschool)
  - 10 a.m. – 3 p.m. (Monday – Thursday)
  - Holland Bloorview and in the community
  - **$240.00**

**Summer in the city**

Learn about public transit and practice using it with staff support.

Ages 15 – 18 (up to 21 if still in highschool)
- **August 10 – 13, 2015** AND **August 17 – 20, 2015**
  - 10 a.m. – 3 p.m. (Monday – Thursday)
  - Location to be determined
  - **$240.00**

**INTRODUCTION TO THE WORLD OF WORK**

Youth@Work

Get work experience and build life skills. The program includes two work placements and group workshops.

Ages 15 – 18 (up to 21 if still in highschool)
- **Youth@Work 1**
  - July 6 – 31, 2015
  - (For youth in academic or applied high school courses)  OR
  - **Youth@Work 2**
  - August 4 – 21, 2015
  - (For youth in essential or special education high school courses)
  - Holland Bloorview and in the community
  - 10 a.m. – 4 p.m. (Monday – Friday)
  - **$270.00**

**LIFE SKILLS DEVELOPMENT AND PREPARATION FOR TRANSITIONS**

**Turning point**

Live in residence for five days and work on independence skills. This program is for youth with acquired brain injuries.

Ages 16 – 18 (up to 21 if still in highschool)
- **July 6 – 10, 2015**
  - Durham College, Oshawa
  - **$500.00**

**The independence program (TIP)**

Experience living away from home for three weeks, make your own meals, direct your own care and navigate safely in the community.

Ages 17 – 18 (up to 21 if still in highschool)
- **July 19 – August 7, 2015**
  - Ryerson University, Pitman Hall Residence
  - **$2000.00**
    - (Please refer to back for financial assistance information if required)

**Access boom sailing**

Learn to sail in a safe and supportive environment. Participants learn basic sailing skills using adapted sailing equipment.

Ages 15 – 18
- **August 24 – 28, 2015**
  - 9 a.m. – 4 p.m. daily
  - Etobicoke Yacht Club
  - **$150.00**
Life Skills Development, Recreation Therapy and Transitions

Our Life Skills Development, Recreation Therapy and Transitions services provide experiential learning opportunities. The services are available to children and youth who have disabilities and families of Holland Bloorview. Our goal is to maintain and improve health and quality of life for children and youth with disabilities.

How to register

To register for any of our programs, please print out and complete the application form found on our website at www.hollandbloorview.ca/trlifeskills and return by mail, hand delivery or fax. Please do not e-mail any forms to us.

Holland Bloorview Kids Rehabilitation Hospital
150 Kilgour Rd., Toronto, ON M4G 1R8
c/o Therapeutic Recreation and Life Skills
Fax: 416-422-7037

If you have questions, please call us at 416-425-6220 ext. 3503

Registration deadlines

Summer application: February 20, 2015
Notification date: March 24, 2015
Payment date: May 8, 2015

Cancellation policy

To receive a refund, participants must withdraw from a seasonal program at least two weeks prior to the program start date. A $50 service charge will be deducted. For cancellations less than two weeks prior to the start of the season, the full program cost will be charged.

Not sure if a particular program is right for you?

Please call us at (416) 425-6220 ext. 3503

Financial assistance may be available:
Please contact our Family Resource Centre
email: resourcecentre@hollandbloorview.ca
Tel: 1-877-463-0365