

Participate in Research

Exploring perspectives and experiences of an inclusive leisure activity program



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TimeTogether

Are you interested in leisure games or have a child who is interested?

Build new friendships through fun, creative group-based activities!

What is this study about?

This study is looking at the impact of an inclusive leisure activity program (called *TimeTogether*) on youths' confidence and motivation towards leisure activity, motor and fitness skills, and the relationships they form in the program.

Who can participate?

We are looking for youth in grades 4-7 (both with and without a chronic health condition) and their parents. Youth must be able to walk with/without a gait device or move independently in a manual wheelchair.

What's involved?

Youth will participate in a **10-week group program**, consisting of 1 hour weekly sessions. Sessions will involve a variety of seated leisure activities (e.g., drama, music, board games) in a friendly, supportive and collaborative atmosphere. Sessions will be held at Holland Bloorview and will be lead by a Therapeutic Recreational Specialist and a Recreation assistant.

Youth participants must also come to **TWO** 60-minute meetings at Holland Bloorview one-week before the start of the *TimeTogether* program AND one-week after the program has ended. Parents will be asked to attend **ONE** 60-minute interview one-week after the program has ended.

What are the benefits of participating?

You can help us learn the important things to consider for developing an inclusive, fun, and supportive leisure program for youth of different abilities.

What are the risks of participating?

There is a small risk of muscle strain or a fall with some of the motor skills tests and a slight risk of feeling embarrassed when answering questions in the interview portion of the meetings.

Participants will receive a small token of appreciation to thank them for their time.