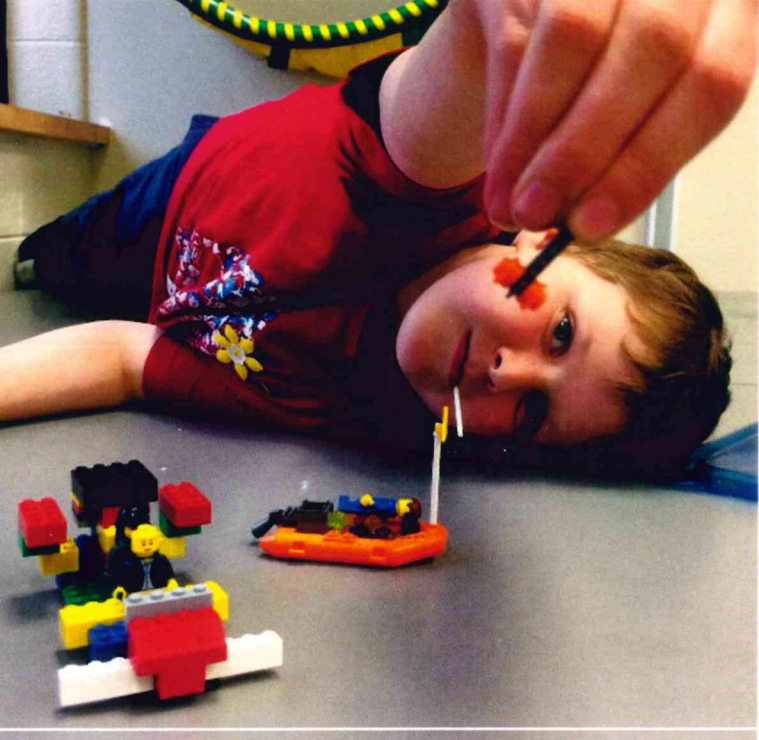




RECREATIONAL RESPITE

1-877-855-7070 or
905-813-0336

recrespite.com
info@recrespite.com



Recreational Respite identifies ways of engagement and stimulation for young adults who may have: developmental or intellectual differences, social challenges or physical limitations. These individuals deserve a space that is safe, stimulating and engaging and include social interaction opportunities with others. Our Recreation Therapists are skilled at identifying areas that promote engagement while working on short or long term specific goals: social skills, life skills, developing interests etc. and can provide 1:1 hourly respite support that will offer positive recreation and engagement in a home or community setting.

Our group programs have been developed to support the unique needs of each of our participants. They are offered in a variety of communities throughout Ontario and they have been developed to provide a supportive, creative, educational and inclusive environment.

<http://recrespite.com/>

“When advocating for mental health, we must employ creative, visionary and strong leadership in order to ensure respect for families, support for their inclusion and meaningful engagement.” Family Caregivers Unite!

For individuals with mental illness or other emotional wellbeing concerns, recreation therapy can be of great benefit. It's the opportunity to identify ways of positive contribution, self-expression through old or new interests and identifying social interaction opportunities. It's about restoring one's sense of worth and role and positively engaging the individual to redirect from negative behaviours and lifestyle choices. Our Recreation Therapists are skilled at identifying areas that promote engagement while working on short or long term specific goals: social skills, life skills, developing interests, com-