**Therapeutic Recreation (TR)**

**What is Therapeutic Recreation?**

Therapeutic Recreation (TR) services are thoughtfully designed to develop and facilitate individual goals, adding to a participant’s capacity for enjoyment, through engagement in leisure activity.

**TR services focus on opportunities to:**

* Strengthen skills necessary for participation
* Discover and build upon personal interests
* Increase social skills/opportunity
* Maximize independence
* Foster community involvement

**Who is eligible for Therapeutic Recreation program?**

**Therapeutic Recreation programs are designed for participants who:**

* Are 10 – 18 years of age
* Are receiving services at Lansdowne Children’s Centre.
* Have a level of independence which allows safe supervision as well as maintaining self-directed participation at a 3 youth to 1 adult ratio
* Will identify a personal interest in individual and/or TR program goals

**What can I expect?**

Following referral, the Recreation Therapist (RT) will complete a TR initial assessment with Guardian(s) to support choice of a program option that will offer the most benefit to the participant. Formal/informal assessments will be completed as appropriate to support program development as well as set and monitor goals. Programs are typically group sessions. 1:1 appointments are available after consultation.

**Group Programming**

* Programs are in house or in the community dependent on the leisure pursuit
* During the school year programs are in evenings and occasional weekends
* During the summer there are 4 weeks of camp that are offered

**Individual Appointment**

* 1:1 appointments with the RT to determine next steps in an individual pursuit
* Transition to community programming

For further information about Therapeutic Recreation at Lansdowne Children's Centre or to initiate a referral please contact:

Central Intake:

519-753-3153 ext. 206