

AMY MACFARLANE

Founder and CEO

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RecreACTIVE

Therapeutic Recreation Programs



Making Choices Ages 16+

9:00am - 3:00pm

July 18-July 22, 2016

BRING YOUR OWN LUNCH but SNACKS PROVIDED

This group identifies the importance of talking about and putting into practice, making choices. Participants will discuss and engage in activities revolving around making choices in life and be able to identify the best choice of action in given circumstance and identify some positive and negative consequences of their choices.

Topics will include: *breaking the law, alcohol and drugs, sexual health, personal safety, finances, and healthy eating.*

The activities involved include: *yoga and meditation, health and lifestyle choices, sports and movement, meal preparation, life skill math, music, arts, science, and literacy learning activities.*

This program is run by our skilled Recreation Therapist(s).

The ratio of this program is 1:5

Various Locations

Date and Time (9:00am-3:00pm)

Cost \$450.00+ HST, per participant

(for the week: Monday-Friday)

For more information: www.recspittle.com

Registration only: 1-877-855-7070 or recreactive@recspittle.com

Space is Limited!