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RecreACTIVE

Therapeutic Recreation Programs



Zen Doodle

Creativity is critical in development and creative expression allows for a safe environment for stress reduction, calming anxious minds, and cultivating moment to moment self awareness. It allows the participant to embrace their imagination, expression, self fulfillment and connection. For an individual who might have underdeveloped communication, sensory integration challenges, disruptive behaviours and a lack of focus, which can inhibit their ability to learn and engage, our Zen Doodle program offers a safe opportunity to overcome these difficulties and take pride in a new creative skill.

Recreation Therapist to Participant: 1:5

Various Locations

Dates (evenings, weekends or weekdays)

Cost \$180.00+HST (all 6 sessions)

Call for more information 1-877-855-7070 or www.recrespita.com

Space is Limited!