



Lifestyle Recreation Ages 18+

We have created a two part, very unique range of therapeutic recreation programs for our young Adults!

These programs for the first part of our sessions range from: *Art, Music, Literacy, Movement and Exercise, Wellness, Interactive Games, Technology and more!*

The second half offers a *Cooking/Supper Club*, in which our group cooks dinner and dines together!

The program is run by our Recreation Therapist to address a number of skill builders which includes: peer to peer support, stress management, focus, concentration, social awareness and mind/body connect, and of course FUN!

This **Lifestyle Skills** program offers a number of opportunities for personal growth, connectivity and engagement with others.

Various Locations

3.5 hour sessions: times vary

Cost \$300.00+ HST (for all 6 sessions)

Includes snacks and the meal prepared

Registration only: 1-877-855-7070

recreative@recrespita.com

Space is Limited!