



RECREATIONAL
RESPITE

Teen Thursdays Ages 16+

We have created a unique range of therapeutic recreation programs for our awesome Teens! These programs range from various arts, physical fitness and movement, themed evenings, baking, board game night and more. The programs are run by our Recreation Therapists to address a number of skill builders, to include: peer to peer support, stress management, focus, concentration, social awareness and mind/body connect and of course, FUN!

St. John's United Church, 56 Victoria Street East Alliston, ON

Dates: Thursday(s) Oct 5, 12, 19, 26, Nov 2, 9, 16, 23, 30, Dec 7 2017

Time: 6:15-7:45pm

Cost: \$250.00+ HST (for all 10 sessions, includes snacks)

Registration and Information: www.recreactive.com or

recreative@recreactive.com

1-877-855-7070