“When advocating for mental health, we must employ creative, visionary and strong leadership in order to ensure respect for families, support for their inclusion and meaningful engagement.” Family Caregivers Unite!

For individuals with mental illness or other emotional wellbeing concerns, recreation therapy can be of great benefit. It’s the opportunity to identify ways of positive contribution, self-expression through old or new interests and identifying social interaction opportunities. It’s about restoring one’s sense of worth and role and positively engaging the individual to redirect from negative behaviours and lifestyle choices. Our Recreation Therapists are skilled at identifying areas that promote engagement while working on short or long term specific goals: social skills, life skills, developing interests, community opportunities etc. and can provide 1:1 hourly respite support that will offer positive recreation and engagement in a home or community setting.

http://recrespite.com/services/mental-health