



RECREATIONAL
RESPITE

Lifestyle Recreation Ages 18+

We are excited to offer a pilot program for 5 dates this August! Our 'Lifestyle Recreation' program offers a variety of experiences in several diverse activities that will give the participants an opportunity to engage with others to promote social skills and other important life skills.

The activities include: *yoga, health and lifestyle choices, sports and movement, cooking club, money management, music, arts and culture, science, and literacy learning activities.*

This program also offers a lunch of which the group prepares together with careful consideration of dietary needs. This program is run by our skilled Recreation Therapist(s) to encourage full participation based on the participants needs, abilities, strengths and interests.

This program is offered in English only.

**Routhier Recreation Complex
172 Guigues Ave, Ottawa, ON K1N 5H9**

Date(s): Thursday August 1,
Tuesday August 6, and Thursday August 8,
Tuesday August 13 and Thursday August 15

Time: 9:00am-3:00pm

Cost: \$343.75+ HST (for all 5 sessions, includes lunch)

To register info@recrespite.com or for more information please visit us at www.recrespite.com or call us at 1-877-855-7070