



INTRODUCING

RECreating Capacity Workshop

Fostering a culture of participation has been at the core of what we do in both our [one to one](#) supports and [group programs](#), since 2008. Building capacity through collaborative work has been extensive at Recreational Respite with [community partnerships](#) across the globe that promote recreation, connectivity, inclusion, and social health. These collaborations have created a unique interdependence that moves away from the myth that we rely on only one source to provide meaningful relationships between the people we support and the services we offer. This multi-strategic approach broadens impact,

builds, and strengthens a unique team culture, elevates sustainability, creates consistency, and produces measurable outcomes.

Participants

Here are some suggestions and targeted groups.

- Caregivers (family caregivers)
- Volunteers
- Students
- Other professionals (personal support workers, respite workers etc.)

Outcomes

This workshop strives to identify several fundamentals of recreation programs and its capacities and is a suggested start to any of our other workshops.

- Deliver sustainable, inclusive recreation programs
- Identify gaps in program services
- Create opportunities to implement recreation in a variety of capacities
- Develop programs that encourage cross cultural skills and celebrates diversity
- Promote positive interactions among participants
- Build a culture of participation
- Reduce isolation, promote social health and connectivity

For more information or to sign up your team or group: info@recrespite.com

[More Information...](#)

'Soft Skills' Workshops



Young Adult (Ages 16+)

Our young adults virtual group programs aim to provide independent skill mastery that cultivate and promote self-care, healthy relationships, leadership skills and explore various topics that address transition and change. Each workshop is inclusive and creates opportunities to promote healthy avenues of independence and job readiness.

Program costs are \$20 per program session.

Duration is 1 hour.

Registration is required.

[Register Here!](#)



SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Virtual Programs for ages 16+ (All program times in EST) Build It Workshops (1 hour) - \$20 each Recreation Programs (1 hour) - \$20 each Friendship Circle (1 hour) \$80 for 4 week series For more information or to register, email us at groups@recrespite.com				1:00pm Growth vs Fixed Mindset 6:30pm Sports & Games	1:00pm Active Living & Meal Planning 6:30pm Games: Board Games	11:00am Weekend Warriors! - Fitness Club
4	5 <i>Labour Day</i>	6 1:00pm Draw with Me: Anime 6:30pm Grocery Game (Budgeting)	7 1:00pm Book Club: Mystery Month! 6:30pm Friendship Circle	8 1:00pm Career Discovery 6:30pm Postcards for Seniors	9 1:00pm Personal Hygiene & Self Care 6:30pm Games: Trivial	10 11:00am Weekend Warriors! - Fitness Club
11	12 1:00pm Zoom 101 6:30pm Escape Room: Sherlock Holmes	13 1:00pm Mixed Media: Website Design 6:30pm Exploring Creativity	14 1:00pm Book Club: Mystery Month! 6:30pm Friendship Circle	15 1:00pm Managing Your Schedule 6:30pm Adaptive Sports	16 1:00pm Bullet Journaling 6:30pm Games: Riddles & Puzzles	17 11:00am Weekend Warriors! - Fitness Club
18	19 1:00pm Being Safe Online 6:30pm Escape Room: Dungeons & Dragons	20 1:00pm Draw with Me: Self Portrait 6:30pm Acceptance & Respect (for yourself and others!)	21 5:00pm Peer-Led with Geoffrey King: It's All Fun & Games! (Free) 6:30pm Friendship Circle	22 1:00pm Mindfulness & Meditation 6:30pm Creative Writing: Short Stories	23 1:00pm 100 Ways to Squeeze a Lemon 6:30pm Games: Card Night	24 11:00am Weekend Warriors! - Fitness Club
25	26 1:00pm Cyberbullying 6:30pm Escape Room: Spy Apprentice	27 1:00pm Mixed Media: Minecraft Landscape 6:30pm Emotional Toolkit	28 1:00pm Book Club: Mystery Month! 6:30pm Friendship Circle	29 1:00pm Choices Challenge 6:30pm Olympic Sports	30 National Day for Truth & Reconciliation	



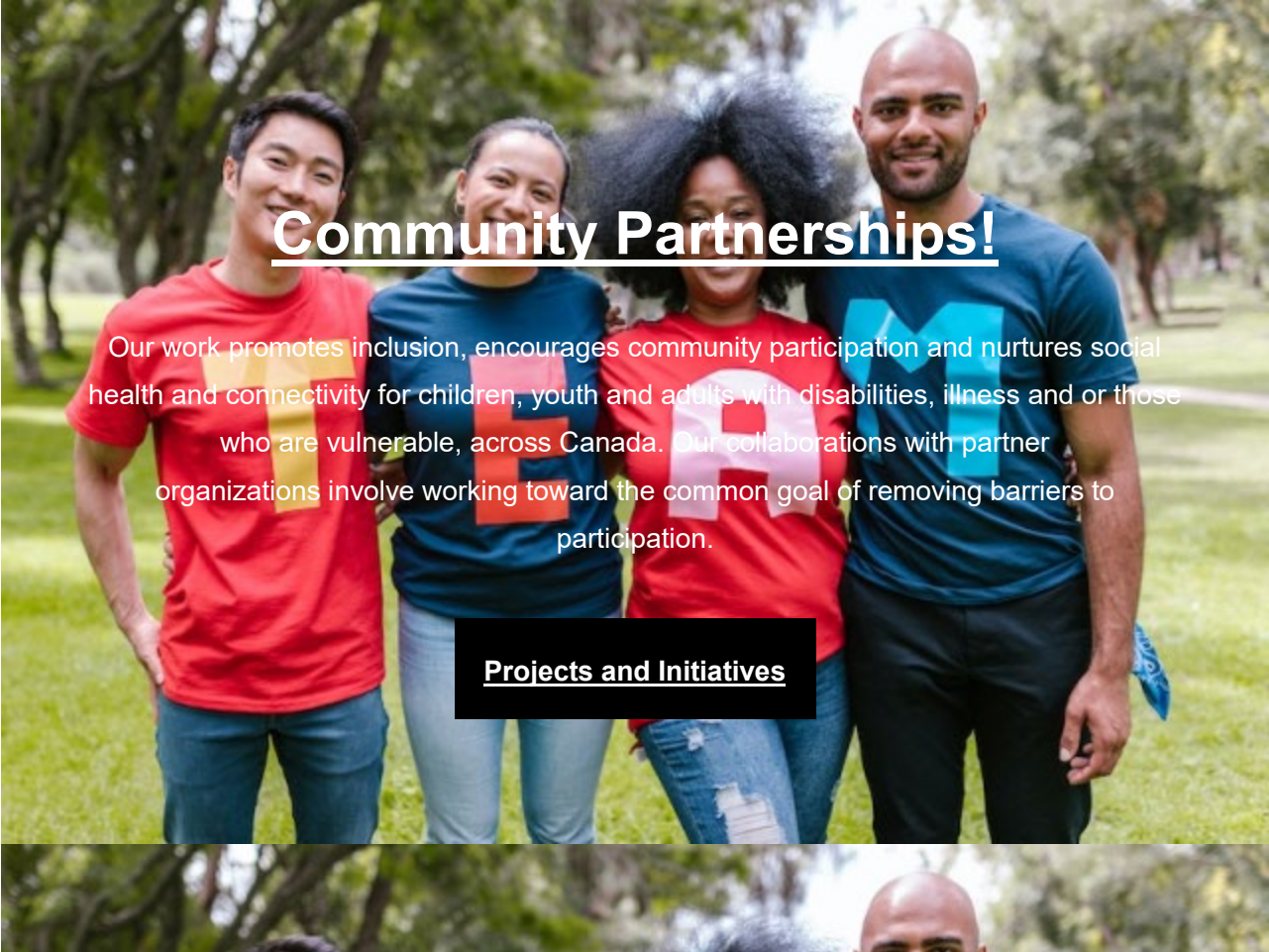
Ages 5 - 105

One to One Respite

Our recreation professionals work one to one with children, youth, adults and older adults who have a disability, mental health, or face social isolation. Those we support may face barriers to participation, struggle with social relationships, connectivity, that effect opportunities for participation. Targeted goals are for positive mental health, emotional wellness, social health and connectivity.

Cost: \$31.50 - \$38.50/hour

[Register Here!](#)



Community Partnerships!

Our work promotes inclusion, encourages community participation and nurtures social health and connectivity for children, youth and adults with disabilities, illness and or those who are vulnerable, across Canada. Our collaborations with partner organizations involve working toward the common goal of removing barriers to participation.

Projects and Initiatives



Recreational Respite Inc.

1-877-855-7070

info@recrespite.com