

TVCC Therapeutic Recreation Fall Open House

Community Partner Information

September 26th, 2023



TR FALL
Open
HOUSE

September 26th
2023
6:30 pm - 7:30 pm

Virtual:
Microsoft Teams

This virtual open house is an opportunity for parents, caregivers and service providers to **meet with inclusive and specialized community recreation, leisure and sport programs** that are available for children and youth with special needs/disabilities.

Visit www.tvcc.on.ca to register!



Ilderton Curling Club

Contact: Laura Leitch

Description: Welcome to the Ilderton Curling Club. The first curling in Ilderton took place when some 60+ people gathered at the hockey rink to participate in the game of curling in the middle of December in 1960.

Website: <https://ildertoncurlingclub.com/>

Email: info@ildertoncurlingclub.com

Social Media:

Facebook: @Ilderton Curling Centre

Instagram: @ildertoncurl

Twitter: @Clubilderton

A promotional graphic for curling. It features a large, bold, black text 'Come and TRY CURLING' at the top. Below this, the text 'SATURDAY NOVEMBER 4TH 10AM-NOON' is written in a smaller, black font. Underneath, there are two lines of text in a blue font: 'SUNDAY MORNINGS WE HAVE CURLING A CURLING LEAGUE FOR WHEELCHAIR, AND POWERCHAIR ATHLETES.' and 'WE ALSO HAVE SPECIAL OLYMPICS CURLING'. The next line of text is 'CURLING IS A HIGHLY ADAPTABLE SPORT THAT FAMILIES CAN PLAY TOGETHER!' in black. At the bottom, there is a paragraph in blue font: 'PLEASE WEAR WARM CLOTHES, AND BRING A CLEAN PAIR OF RUNNING SHOES. KIDS 12 AND UNDER MUST WEAR A HELMET, EVERYONE ELSE IS ENCOURAGED TO WEAR A HELMET AS WELL'. The final line of text is 'questions: www.ildertoncurlingclub.com or email: info@ildertoncurlingclub.com'. The background of the graphic is a mix of blue and red, with a large, stylized curling stone in the center.

Connections Music Therapy

WHEN WORDS CAN'T BE FOUND MUSIC SPEAKS

Connections Music Therapy

Contact: Jess Dickie Poor

Description: Connections Music Therapy offers sessions and adaptive music lessons to youth of any age with no musical skills required to begin. An individualized plan is created to help target specific goals within the sessions, through instrument playing, song writing, and singing. Our priority is having fun, because when you're having fun, the sky is the limit!

Website: www.connectionsmusictherapy.com

Email address: jd.musictherapy@gmail.com

Social Media:

Facebook: [@connectionsmusictherapy](https://www.facebook.com/connectionsmusictherapy)

Twitter: [@funmusictherapy](https://twitter.com/funmusictherapy)

Connections Music Therapy
~ voted BEST IN LONDON 2021 & 2022 ~
Offering home & studio sessions
Individualized with a focus on FUN!
Working on:
Communication • Cognition • Motor Skills
Behaviours • Musical Skills • Emotional & Social Skills
Evening & Saturday spaces available
Email: jd.musictherapy@gmail.com
Call: 519-670-8409
YEAR ROUND REGISTRATION

MOVE

by GoodLife Kids

MOVE by Goodlife Kids

Contact: Daniella Gomer

Description: MOVE by GoodLife Kids has been designed exclusively to get youth with disabilities active, and is offered *free* to families. Once registered, participants get access to 3 live online small group sessions each week led by one of our passionate coaches. MOVE is for youth ages 12 – 21 years with intellectual disabilities or autism.

Website: <https://www.goodlifekids.com/move/>

Email address: move@goodlifekids.com

Social Media:

Facebook: @goodlifekids

Twitter: @GoodLifeKids

Instagram: @goodlifekids_fdn

Other Details: MOVE Coaches and MOVE Support Agents lead our virtual MOVE classes. Incorporating participants' interests and favourite ways to move, MOVE Coaches and Support Agents acquaint themselves with the participants to tailor the programming to their needs. All Coaches and Support Agents receive specialized training to deliver physical activity and fitness programming to individuals with autism and intellectual disabilities. Classes are 60 minutes in length and consist of a warm up, social time, exercise circuits, dance breaks and games, creating an environment that fosters friendships as well as movement.

MOVE

by GoodLife Kids

FREE physical activity and fitness program for youth ages 12 -21 years old with autism and intellectual disabilities



- Program of GoodLife Kids Foundation
- Runs year-round
- 60 minute classes
- Support individual needs
- Staff receive specialized training
- Having fun and creating relationships is a major component of MOVE!

 **JOIN NOW**

WWW.GOODLIFEKIDS.COM



Dreams Come True Music Studio

Contact: Allison O'Connor

Description: Dreams Come True Music Studio believes in making music accessible for all. It is an inclusive Musical Theatre program for people of all ages and all abilities. Allison O'Connor, a former Music Teacher with the TVDSB and now an Occasional Teacher with the Thames Valley District School Board and private music teacher, created this program so that her son, who lives with a different ability could make a difference with Music and experience Music in a safe, inclusive environment.

Website: www.dreamscometruemusicstudio.ca

Email: dreamscometruemusicstudio@gmail.com

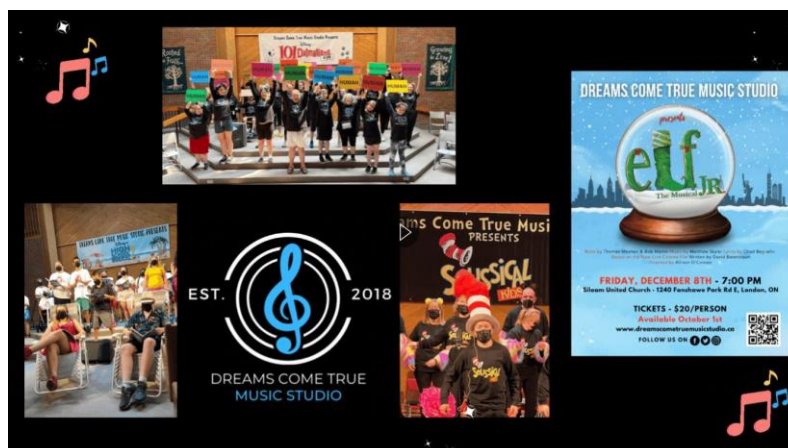
Social Media:

Facebook: @DreamsComeTrueMusicStudio

Twitter: @DCTMusicStudio

Instagram: dreamscometruemusicstudio1

Other details: Participants sing and dance as they are able and form new friendships. Programs run twice a year culminating in Showcase Concerts and a Summer Camp runs each summer. Inclusion for all. Your heart will be full when you experience a performance by this amazing group. Contact us and discover how you can make a difference with Music. #inclusion #abilitiesfirst #singyoursong





Special Olympics London

Contact: Allison O'Connor

Description: Athletes are the heart of the Special Olympics movement. All athletes have an intellectual disability. Special Olympics London currently has over 400 athletes who participate in sport and fitness programs throughout the year. Our athletes became involved and stay involved for a number of reasons, including the love of the game, socializing, becoming more active and/or staying fit, learning a new skill and much more.

Website: <http://www.soolondon.com/who-we-are>

Social Media:

Facebook: <https://www.facebook.com/SOOLondonCan?mibextid=LQQJ4d>

Instagram: specialolympicsontariolondon

Twitter: SpecialOlympicsONLdn@SooLondonCan

SPECIAL OLYMPICS

We are dedicated to **enriching the lives** of individuals with **intellectual disabilities through sport.**

Visit our website at:
<http://www.soolondon.com/>

Contact - Athlete Registrar
London.Registrar@specialolympicsontario.ca

London

Twitter Facebook Instagram



Adapted Multi-Sport

Contact: Alexis Cruz

Description: In this adapted multi-sport program participants with disabilities will focus on skill development in a variety of sports and activities!

Email: alcruz@london.ca

Phone: 519-661-5575

WHAT



In this adapted multi-sport program participants with disabilities will focus on skill development in a variety of sports and activities! With a new theme each week, participants will explore physical literacy skills while also having opportunities for social experiences, collaboration, and teamwork. This program offers a smaller staff to participant ratio so participants will receive more individualized support based on their level of need while gaining experience in a variety of sports and games.

WHERE & WHEN

CARLING HEIGHTS OPTIMIST COMMUNITY CENTRE

Ages: 4-8
Every Saturday
Nov 4-Dec 23
9:45a-10:45a
Barcode: 117358


Ages: 9-12
Every Saturday
Nov 4-Dec 23
11:00a-12:00p
Barcode: 117360

SOUTH LONDON COMMUNITY CENTRE

Ages: 4-8
Every Friday
Nov 3 - Dec 22
5:45p-6:45p
Barcode: 120830



Ages: 9-12
Every Friday
Nov 3 - Dec 22
7:00p-8:00p
Barcode: 120831

WHO:

Adapted Multi-Sport is open to participants of both intellectual and physical disabilities. Upon registration, participants will fill out an additional information form that will aid instructors in the personalization of this program!

*Please Note: At this time the ratio for this program is 1:4 and will not have City provided 1:1 support. Participants are also welcome to bring their own 1:1 support.

ADAPTED MULTI-SPORT

register today at london.ca/playyourway or 519-661-5575
questions? email alcruz@london.ca



Family Centre Westmount

Contact: Sue Bechard

Email: wfc@lcc.on.ca

Phone: 519-473-2825

Website: www.lcc.on.ca

Through Family Centre and their on-site Community Connectors, families can access information, a range of free or low-cost activities, events, and programs, and also get connected to local resources and services that can help make their lives easier.

Families can get connected with information, programs, and services related to:

- **parenting and early learning (including free EarlyON playgroups)**
- **education, early childhood education and child care**
- **public health and wellness**
- **recreation, sports, and leisure**

If specific programs or services are not offered on-site, Community Connectors and the team within Family Centres will make referrals and connections to meet a family's interests or needs.

Our entrance is off of the small parking lot at St. Rose of Lima. Please call for information or to book an appointment with a Community Connector.

FAMILY CENTRE WESTMOUNT

Contact us at:
wfc@lcc.on.ca or
call 519-473-2825

Visit familyinfo.ca to
register for programs.



JUNCTION

LONDON'S CLIMBING CENTRE

Junction London's Climbing Centre

Contact: Grace Cho

Description: Rise Above Adaptive Climbing brings community and adventure together by making the sport of rock climbing accessible to people with disabilities.

We're here to make climbing accessible and inclusive to YOU, regardless of your age, ability level, or what kind of disability you have.

Email: info@junctionclimbing.com

Website: <https://www.junctionclimbing.com/contact-information>

Social Media:

Facebook: @junctionclimbingcentre

Instagram: @climbjunction

Twitter: @climbjunction

 <ul style="list-style-type: none">→ 1030 Elias Street East, Old East Village→ Drop-ins, programs, birthday parties→ Routes and Bouldering <p>✉ info@j2bouldering.com</p> 	 <ul style="list-style-type: none">→ 1828 Heron Drive, Hyde Park→ Drop-ins, programs, promotional days→ Bouldering - shorter walls, no harness required <p>✉ info@j2bouldering.com</p> 
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Community Living London

Contact: Michele Iacobelli

Description: Leisure Nights is a program that was designed to offer community and program based activities for children and youth on the spectrum. It is offered on 2 nights, every other Monday for children 7-11 year olds and Thursdays evenings for youth aged 11-17 years old.

Website: www.cll.on.ca

Email address: Leisure.Nights@ccl.on.ca

Social media:

Instagram: [commlivlondon](https://www.instagram.com/commlivlondon)

Facebook: [Community Living London](https://www.facebook.com/CommunityLivingLondon)

"A place where I know my child is having fun and is safe" Jennifer- A Leisure Night Parent.

Community Living London

Leisure Nights Program

- Mondays for children 7-11 years old 5-8pm
- Thursdays for youth 11-18 years old 4:30-8pm



For more information on the following programs contact:

- LeisureNightsCLL@ccl.on.ca Leisure Nights





Volt Hockey London

Email: marcus.xavier.Paulino@gmail.com


Phone: (519) 200-2916

Description: Volt is a unique adaptation to the sport of hockey as it allows participants who have more complex needs – particularly those with limited upper mobility, to be able to play the sport that extends beyond other adaptive variations of hockey today (including sledge hockey and wheelchair hockey). Volt is played as a 3 vs 3 game on an indoor gym or court using specially designed hockey sport chairs. The chairs are battery operated and are controlled with a joystick. This allows virtually any person living with mobility limitations the ability to play the sport of hockey independently.

Social Media:

Instagram: [@LondonHighVoltage](https://www.instagram.com/LondonHighVoltage)

London Volt Hockey Program



OUR PROGRAM

Where we play: Carling Heights Optimist Centre in London, Ontario.

When we play: Currently practice Sundays from 10a-12pm but times will change depending on gym availability in the future.

Cost: Our most recent program (August/October) had a \$375 charge, however, as more families join, fees will go down

How to register: Via email get in touch with us and we will get everything set up!

Who's Welcome: Anyone excited about Volt!!



JESS JONES

RECREATION THERAPY

CONNECTION CREATIVITY CURIOSITY

Jess Jones Recreation Therapy

Contact: Jessie Jones

Website: <https://jessjonesrecreationtherapy.ca/>

Phone: 519-902-5377

Social Media:

Facebook: @jessjonesrecreationtherapy

Instagram: @jessjonesrecreationtherapy

JESS JONES
RECREATION THERAPY
CONNECTION CREATIVITY CURIOSITY

Youth Services

Senior Living Services

Community Services

Therapeutic Recreation Services include:

- Drumming/Private music lessons
- Horticulture Therapy
- Art & Music
- Nature (Forest Bathing)
- Board Game Therapy (Game to Grow)
- YMCA Youth Exchange
- Camping

Heart-Centered Care

When you join JJRT you become a part of our family!

- One-to-one services
- Group Therapy Services
- Recreation & Leisure Programs

Therapeutic Recreation Specialists

College & Degree Professionals trained in Therapeutic Recreation

Experiential Agency - we accept student placements and internships from all eligible Universities and Colleges including Brock, Waterloo, Fanshawe, Canadore, Mohawk

The first community Therapeutic Recreation Centre in London Ontario

We have a centre in Hyde Park, London. We serve individuals across the lifespan - All ages, All abilities!

Award Winning Social Enterprise 2021-Present with over 8 nominations and 4 wins including BEST Therapeutic Recreation Organization in Ontario

@jessjonesrecreationtherapy
@jessjonesrecreationtherapy
www.jessjonesrecreationtherapy.ca
519-902-5377



Hero Circle Canada

Contact: Liam Brennan

Description: Kids Kicking Cancer's heroes Circle program teaches meditation, breathing and movement techniques found in the martial arts to empower children beyond the pain and trauma of childhood disease *All of our programming is free of charge & siblings are welcome* We've lowered the pain and empowered over 7,000 children in 7 countries by teaching them that *pain is a message you do not have to listen to*

Website: <https://kidskickingcancer.ca/>

Email: liam@kidskickingcancer.ca

Facebook: @kidskickingcancercanada

**Therapeutic martial arts
for kids & teens**

HEROES CIRCLE
CANADA

Equip your child with the tools to find POWER, PEACE, PURPOSE.

The Heroes Circle Paediatric Healing Program teaches martial arts meditation, non-contact movement and breathing techniques designed to empower children to take control of the pain and stress

Our evidence-based program is taught in-person and virtually by black belt Therapeutic Martial Arts Instructors and is provided to families at no cost.

Children with ANY paediatric illness, special needs or disability, and their siblings, are eligible for the program.

Are you ready to join our Heroes Circle community? Get connected today!

Liam Brennan
London Program Coordinator
liam@kidskickingcancer.ca
519-933-8473

HELP YOUR CHILD FIND HEALING IN OUR UNIQUE THERAPEUTIC MARTIAL ARTS.
LEARN MORE AT KidsKickingCancer.ca

The Heroes Circle is a global healing and wellness initiative inspired by the children of Kids Kicking Cancer. We are a registered, charitable organization that offers evidence-based meditation, breathing and movement techniques for paediatric patients, as well as coaching, resilience and support for otherwise healthy children. Classes are delivered in-person and virtually through hospitals, medical facilities, outpatient centers, homes and schools across the Canada and globally.



Cheer Strike Royals

Website: <https://cheerstrikeroyals.com/>

Phone: 519-474-0101

Email: info@cheerstrikeroyals.com

Social Media:

Facebook: www.facebook.com/CheerStrikeRoyals

Twitter: www.twitter.com/CS_Royals

Instagram: https://www.instagram.com/cs_royals/

A flyer for the Dynasty Special Abilities Program. The top left features the CSR logo and 'CheerStrike Royals Inc.'. The main title is 'DYNASTY SPECIAL ABILITIES PROGRAM' in large, bold, black letters. Below the title, it says 'We offer stimulating and progress-focused cheer programs for children of all abilities.' There are three photos: a girl performing a stunt, a girl on a pommel horse, and a group of girls in uniform. At the bottom, there are two columns of program details: 'Dynasty Team' and 'Dynasty Class'.

Dynasty Team

- ✓ Sundays 11:15am-12:15pm
- ✓ Children aged 3+
- ✓ \$499.00 Yr Tuition
- ✓ Attendance Expectations
- ✓ Perform a routine at Competitions

Dynasty Class

- ✓ Sundays 10:15am-11:00am
- ✓ Children aged 3+
- ✓ Free Tuition
- ✓ Relaxed Commitment
- ✓ Learn cheer & tumbling skills

More Information 519-474-0101 info@cheerstrikeroyals.com



Therapeutic Recreation

Contact: Jessica Hennessy and Rachel Ireland

Email: tr@tvcc.on.ca

Website: <https://www.tvcc.on.ca/recreationfitness>

Social Media:

Facebook: @trattvcc

Instagram: tvcc_family

The TR team will be hosting monthly virtual “TR Talks” to support families with general Therapeutic Recreation Inquires. Have questions about community or TVCC participation programs, would like to learn more about Recreation, sport or leisure join us for one of our virtual sessions. Please visit our website for registration details or email us for more info!

TVCC Therapeutic Recreation Services

<p>Play and Learn London – Westmount London – White Oaks Woodstock - Oxford</p>	<p>Splashing Guppies 6 – 30 Months Sept 28th – Oct 19</p>	<p>Jumping Jellyfish 2.5 – 5 Years Nov 7th – Dec 5th</p>	<p>Summer Day Camp Open House January 2024</p>
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TR Team:

- tr@tvcc.on.ca
- 519.685.8700
- Facebook - @trattvcc
- <https://www.tvcc.on.ca/education-participation>

TVCC Youth Services

Contact: Heather Graham

Description: Growing up is an important part of childhood. Our Horizons team supports that growth from the age of 12 until the transition to adult services. Looking to discover who you are and share your story with the world? Take a look at TVCC Storytellers!

Email: heather.graham@tvcc.on.ca

Website: <https://www.tvcc.on.ca/youth>

TVCC Youth Services

HORIZONS


Open to all TVCC youth clients from the age of 12 until high school graduation. It is a multidisciplinary team that supports youth and their families in the teen years and with transition to adulthood.
<https://www.tvcc.on.ca/program/horizonstowards-future-0>


THE WELLNESS PROJECT

A specially funded 3 year initiative to help rebuild your family's sense of well-being from the effects of the pandemic with a focus on mental wellness. An interdisciplinary team offering youth and family recreation and education programs in 4 areas: Connection, Physical Activity, Mindfulness, and New Skills.
<https://www.tvcc.on.ca/program/wellness-project>

HORIZONS & WELLNESS PROJECT PROGRAMS:
 Nintendo Switch Party, Lego Social Skills Group, Minecraft Group, Youth Drumming, Functional Fitness, Movement & Mindfulness, Caregivers Support Group, Family events, and more! All programs listed on the TVCC website:
<https://www.tvcc.on.ca/educationparticipation>

For more information, visit the TVCC website or email Heather Graham, TR, at heather.graham@tvcc.on.ca





We would like to thank all the community partners that participated in this year's TR Open House. We truly appreciate all the work you did to share your organizations with the TVCC community. Adaptive and inclusive recreation in our community creates so many opportunities for children and youth to thrive!

If you are a partner interested in presenting at next years event or have a program, you would like us to learn about please email tr@tvcc.on.ca

To learn more about upcoming events please visit <https://www.tvcc.on.ca/education-participation>

TR Fall Open House 2023 | 2023-09-26
Family and Community Services | Jessica Hennessy | 1.866.590.8822 ext 53433
www.tvcc.on.ca | 779 Base Line Road East, London ON N6C 5Y6
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