

# RECREATION THERAPY PROGRAM OFFERINGS May and June 2024



Must register in advanced  
on [MyCommunityHub.com](https://mycommunityhub.com)

## Social Meet-Ups

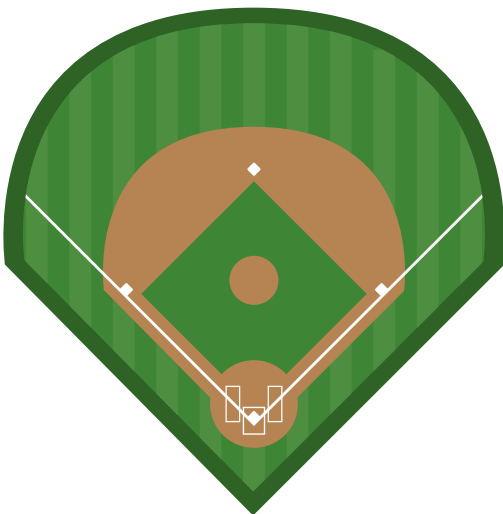
Let's welcome the baseball season with friends! Come watch the game with us and meet other fans, while enjoying light snacks and refreshments.

May 13th - Lets Watch Blue Jays vs Orioles

6:30 pm - 9:00 pm | Barcode:  
[@ Community Junction](#)

May 22nd - Toronto Maple Leafs Baseball Club

7:30 pm - 9:30 pm | Barcode:  
[@ Chrsite Pits](#)



All social groups will be \$20 each

## Goal-Based Programs: Leisure Education

Learn about what recreation and leisure are, the different activities we can participate in, like karaoke, bowling, and bingo, and how we can access them in our community. Enjoy a group outing of your choice. You can attend one program, or you can attend them all.

May 16th or June 13th - Introduction to Recreation and Leisure

4:00 pm -7:30 pm | Barcode: 30152

May 23rd or June 20th - Learning About Different Activities in the Community

4:00 pm -7:30 pm | Barcode: 30154

May 30th or June 27th - Learning About and Overcoming Barriers to Recreation

4:00 pm -7:30 pm | Barcode: 30156

Cost: \$30/program

Location: Community Junction (2934 Dundas St West)

Please note there is a 1:8 ratio, and must independent on the TTC



For more information, and to register, visit [MyCommunityHub.com](https://MyCommunityHub.com)  
For questions, please reach out to [Jessica.Wiener@cltoronto.ca](mailto:Jessica.Wiener@cltoronto.ca) or  
647-729-2976

# Goal-Based Programs: Leisure Coping Skills

Explore how recreation and leisure activities can help our wellbeing. Explore each individual's leisure interests and how we can incorporate them into our daily life.

June 4th - Using Leisure as a Healthy Coping Skill

4:00 pm -7:30 pm | Barcode: 30318

June 11th - Creating a Leisure Toolkit for Healthy Coping

4:00 pm -7:30 pm | Barcode: 30318

Cost: \$40

Location: Community Junction (2934 Dundas St West)

Please note there is a 1:5 ratio.



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