

# WHAT IS RECREATION THERAPY?



## Why do we play games?

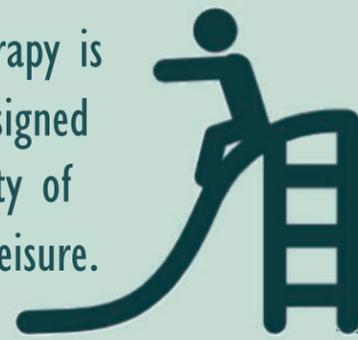
Card and board games assist in learning important life skills such as winning and losing, taking turns and sportsmanship. Plus, games are fun! It's a great way to get to know your peers and see your staff in a new light.

## WE CATER TO YOU!

Each and every group lesson is planned by our team of skilled facilitators. This is done by taking into account the individual needs of each patient and the group as a whole. Discussions with floor staff and the treatment team are also held, to be sure we are providing groups that will benefit.



By definition, Recreation Therapy is a purposeful intervention designed to improve the client's quality of life through recreation and leisure.



But isn't Recreation Therapy where we get to play?

ABSOLUTELY. The job of the Recreation Team is first and foremost to teach life skills and to teach you some new things you can do in your free time once you return home or head to your new placement. The best part is, we will often do this WHILE playing!

**Our simplified definition:**  
Recreation Therapy is learning life lessons through play.

## "JUST COLORING"

While coloring pictures may seem like a childish hobby, recent studies prove that coloring can calm the mind, help you focus, and distract you from worries. We have many activities, but if this is one that helps with coping, there is no shame in that!



## You can learn something from movies!

At times, we will use movies in groups. This is called Cinematherapy. Sometimes, the lessons learned in a movie can parallel things we are going through in our lives, and this makes it easier to talk about!

### I don't want to go to group!

We get it. This is a tough time in your life. However, if you promise to participate, we will promise to help you find something that will help!



DO I HAVE TO BE ACTIVE?

Nope, the physical groups are something you choose to be part of. However, physical activity can boost confidence, energy, and overall happiness!



## THE BENEFITS

ARE ENDLESS

- |  |  |  |
|--|--|--|
| <ul style="list-style-type: none"> <li>Self Regulation</li> <li>Mindfulness</li> <li>Life Skills</li> <li>Social Skills</li> <li>Conflict Resolution</li> <li>Gardening</li> </ul> | <ul style="list-style-type: none"> <li>Emotion Management</li> <li>Self Care</li> <li>Relationship Building</li> <li>Expressive Arts</li> <li>Leisure Skills</li> <li>Active Play</li> </ul> | <ul style="list-style-type: none"> <li>Leisure Education</li> <li>Healthy Options</li> <li>Friendship Skills</li> <li>Movement</li> <li>Physical Activity</li> <li>Creative Writing</li> </ul> |
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- Increased self esteem
- Find new coping skills
- Build positive relationships
- Learn new hobbies/skills
- Explore self-regulation
- Reduce symptoms of anxiety/ depression

- Boost confidence
- Prevent isolation
- Handle conflict better
- Improve social skills
- Have FUN!

GROUPS ARE RUN BY CERTIFIED RECREATION THERAPISTS AND GROUP FACILITATORS

# What is Recreation Therapy?

**Quite simply,  
it's learning  
through play!  
Here are  
some things  
we work on:**

