

## About SLPP

At St. Leonard's Place Peel (SLPP) we understand that situations of, mental illness, addiction or conflict with the law can be difficult to overcome. We also acknowledge that with the right supports and a strong personal commitment to change, a brighter future is possible.

For more than 45 years St. Leonard's Place Peel has offered a space of healing and reintegration for men 18 years and older. Our supportive housing program and wraparound supports provide men dedicated to their recovery journey with an opportunity of a fresh start.

SLPP's model of care is strength-based and person centered. Every client is engaged as a partner in a plan of care that is customized to the needs of the individual seeking support. Each client is supported by a multidisciplinary team of staff with expertise across a broad range of professional backgrounds - including social work, nursing, personal support work, nutrition counselling, psychiatry, criminal justice and recreational therapy.

### **Vision**

We will be an innovative leader committed to building safe and healthier communities of inclusion that care for and value each and every individual.

### **Mission**

St. Leonard's Place Peel is committed to community safety and inclusion by providing support and services to individuals at risk in a residential facility with a family-like atmosphere promoting belonging, dignity, nourishment, education, and employment opportunities.

## Therapeutic Recreation

"Therapeutic Recreation is a process that utilizes functional intervention, education and recreation participation to enable persons with physical, cognitive, emotional and/or social limitations to acquire and/or maintain the skills, knowledge and behaviors that will allow them to enjoy their leisure optimally, function independently with the least amount of assistance and participate as fully as possible in society. Therapeutic Recreation intervention is provided by trained professionals in clinical and/or community settings."



- 2016, *Therapeutic Recreation Ontario*

- Improve physical and cognitive abilities
- Increase confidence and self-esteem
- Foster greater involvement in the community
- Strengthen interpersonal skills and relationships
- Improve coping and adaptation skills
- Enhance wellbeing
- Encourage a greater sense of accomplishment
- Realize the benefits of a healthy leisure lifestyle

Program Sponsor:



United Way  
Peel Region

## Fitness & Leisure Program Description

## Therapeutic Recreation



ST. LEONARD'S  
PLACE

*it's how we care*

## Programs Offered

**A New Fit You & Stretching** is an exercise program for residents that is designed to assist participants in achieving personal fitness goals. The program incorporates a variety of fitness assessments and practices to safely attain and track progress.

**Creative Time** is an arts and crafts program that provides clients with the time, space, and inspiration to express their creativity in a variety of forms via a variety of artistic media.

**Drop-In Games** is a sports-based program that incorporates a variety of recreational activities. The goal of this program is to give residents the opportunity to learn and develop their sports-related skills. Games are modified to accommodate the capabilities of all residents. Structured tournaments are scheduled for popular sports up to 3 times a year. The program provides improved physical and social health for clients.

**Leisure Ed** addresses the component of therapeutic recreation focused on the development of leisure skills, attitudes, and knowledge, with the goal of improving quality of life. Based on the Leisure Education Content Model, this program incorporates leisure awareness, leisure resources, social interaction skills, and leisure activity skills developed by Peterson and Gunn.

**Striding Towards Change** is a group walking/jogging program for residents. The group's goal is to train towards walking 5km and entering a charity event together. Training will include incremental progression towards 5km distance; each session will include warming up, walking, and stretching. The program provides improved physical, social, and emotional health for residents.

**Mind At Ease** provides clients with a variety of relaxation methods. The goal is to produce the body's natural relaxation response, characterized by slower breathing, lower blood pressure, and a feeling of increased well-being. One relaxation method is taught at each session. Relaxation methods include (but are not limited to) autogenic training, deep-breathing or breathing exercises, guided imagery, progressive relaxation, self-hypnosis, yoga, tai-chi, and stretching. The program provides improved physical, cognitive, spiritual, and emotional health for residents.

**Library Time** gives residents the opportunity to access books, browse library resources, and access a computer at the local library. The goal of the program is to encourage residents to explore their interests and develop new ones.

**Cooking Skills** is designed to give clients an opportunity to develop basic culinary skills as a group. The goal of the program is to get clients engaged in an activity that is both a practical life skill and used for recreational fun.

**Paws to Relax** is a pet therapy program that motivates relaxation and positive mood among clients through the exchange of play, warmth, and affection with the therapy dog.

**The Birthday Project** acknowledges and celebrates the life and achievements of clients on their birthdays.

**Social Outings** provides residents the opportunity to interact and explore various sites and attractions in the community. Activities include movie nights, bowling, mini-golf, and other social outings.

## Schedule

<b>Sunday:</b>	9:00am-12:00pm		12:00pm-4:00pm
<b>Monday:</b>	9:00am-12:00pm		12:00pm-4:00pm
<b>Tuesday:</b>	9:00am-12:00pm		12:00pm-4:00pm
<b>Wednesday:</b>	9:00am-12:00pm		12:00pm-4:00pm
<b>Thursday:</b>	9:00am-12:00pm		12:00pm-4:00pm
<b>Friday:</b>	9:00am-12:00pm		12:00pm-4:00pm

All programs were developed after a Needs Assessment along with the collected trends concerning the clients' interests.

## Requirements

All clients are required to complete a Needs Assessment and, in some cases, receive clearance by their medical doctor to participate in some programs.

## More Programs Available

- Musical Tunes
- One-to-one sessions
- Leisure Lounge
- Bingo

## Contact

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