

Allied Health ~ Therapeutic Recreation Brooks Community Therapy Groups

Walking to Wellness

Walking to Wellness is a supportive exercise program to promote active living, social connection, and leisure education.

Yoga

Explore the use of seated or standing yoga movements and guided meditation to promote physical function, relaxation, self-reflection, and emotional wellness through a mind-body connection.

Fit Minds ®

Fit Minds ® is an evidenced based, non-pharmacological intervention designed to encourage cognitive resilience, brain fitness, slow disease progression, and allows individuals to maintain their quality of life.

Home Support Exercise Program

Home Support Exercise Program is an evidenced based program with 10 simple yet progressive functional exercises to complete daily to support independence and fall prevention.

Therapeutic Writing

Therapeutic Writing focuses on expression of emotions and thoughts and uses journal, expressive and creative writing techniques. Self-reflection, sharing feelings, and telling stories promotes well-being and empowerment.

Creating Meaningful Moments in Dementia Care

An educational session that promotes effective communication and strategies to cope with dementia. Identifying leisure options and successful approaches to increase leisure engagement for the individual and their families.

Expressive Arts

Expressive Arts explores art using a variety of materials and art mediums. Benefits that art can offer include relaxation, self-expression, empowerment and personal fulfillment.

Aquatic Therapy

Aquatic Therapy is an interdisciplinary program joining Therapeutic Recreation and Physical Therapy, designed to meet the rehabilitation needs of clients with chronic conditions to improve function-

Updated on: April 7, 2022

Please see back side for REFERRAL process

South Zone Therapeutic Recreation Services

is now on the **AlbertaReferralDirectory.ca**

To send referrals to our service please follow these easy steps:



Go to albertareferraldirectory.ca

Search using the keys words "Therapeutic Recreation" and select the appropriate service location from the list

Review the referral guidelines and reasons for referral

Complete the referral form and submit via fax



Alberta Referral Directory
Your online source for referral information

1-855-889-8899 | ard@ahs.ca | AlbertaReferralDirectory.ca