

Allied Health ~ Therapeutic Recreation Medicine Hat Community Therapy Groups

Alberta Prescription To Get Active

Prescription To Get Active provides physical activity prescriptions to promote participation in movement and exercise in the community, on-line and within recreation/fitness facilities to promote the importance of regular physical activity.

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.

Aquatic Renewal for Chronic Pain

Participants will experience the therapeutic elements of aquatic exercise to engage and relax their mind & body. This unique aquatic exercise program is designed to meet the needs of people living with chronic pain.

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 functional fitness and well-being.

Creating Meaningful Moments in Dementia Care

A 90-minute educational session that promotes effective communication and strategies to support persons living with dementia. Identifying 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.

Steps to Connect

Steps to Connect is a 3-session, evidenced based interactive program created to strengthen connections for people who are experiencing barriers to participating in meaningful and enjoyable recreation in their community.

Fit Minds ®

Fit Minds is an evidenced based, non-drug intervention designed to encourage cognitive resilience, brain fitness, slowing the disease progression allowing individuals to maintain their quality of life.

Horticulture

Horticulture practices are used in a group therapeutic recreation intervention that promotes physical fitness, cognitive stimulation, well-being, social connection, and community involvement through the gardening experience.

People in End-of-Life Care

To relieve grief and pain, provide comfort and quality of life during end-of-life care through meaningful and purposeful activities such as creating legacies through life stories, journaling, digital recordings, letter writing, scrapbooking or expression through artistic projects or participating in relaxation and stress reduction techniques.

Updated on April 25, 2023
Please see below for more programs
and REFERRAL process.

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.

Walking to Wellness

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

Supportive Living

Targeted personalized evidenced based interventions to address change or decline in function and behavior while supporting unmet needs to improve and maintain health, well-being, and quality of life, so clients can thrive in their communal living environment.

Visual Journaling

Visual journaling otherwise known as 'art or creative journaling' combines the modalities of art and writing to create greater insight and understanding of self and others. It is a way to record the nuances of life's experiences. Instead of words, visual journaling involves using one's inner vision to imagine what a thought, feeling or emotional reaction would look like if expressed as a colour, shape, or image.

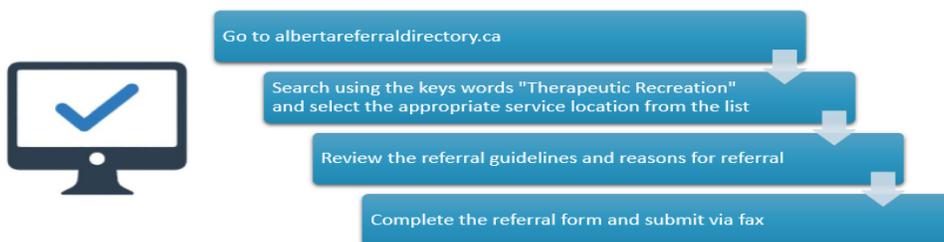
Tiered Exercise Program

The Tiered Exercise Program is an evidenced based program from the Canadian Centre for Activity and Aging that provides a three leveled approach for general strength, balance, mobility, and endurance. It is designed to allow the client to continually increase physical abilities, which reduces frailty and decreases the symptoms of common disease conditions. Increasing quality of life through independence, functional capacity, longevity, and mental health, reducing risk factors and disability.

South Zone Therapeutic Recreation Services

is now on the **AlbertaReferralDirectory.ca**

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



Alberta Referral Directory
Your online source for referral information

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