

# Allied Health ~ Therapeutic Recreation Medicine Hat Therapy Groups

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## Steps to Connect

Steps to Connect is a 3-session, evidenced-based interactive program created to assist people who experience barriers to participating in their communities in learning ways to strengthen connections through meaningful and enjoyable recreation.

## Walking to Wellness

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

**Updated on Dec 1, 2021**  
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](http://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](mailto:ard@ahs.ca) | [AlbertaReferralDirectory.ca](http://AlbertaReferralDirectory.ca)