

/ Centre for Belonging /



Located at 101 Edward Avenue, Centre for Belonging participants have the opportunity to socialize with peers while engaging in “in house” recreation & leisure programs. There are also opportunities to volunteer and participate in community based recreation and leisure based activities .

Monthly Special Events & Themed days.



Exploring The Community: Day Trips

Reptilia, Royal Ontario Museum, Auto Show, Craft Show, Metro Toronto Zoo, Windreach Farms, St. Lawrence Market....

Keeping Fit through Physical activity Programs

Zumba, Walkfit, Chair Yoga, Therabands, Swimming, Bowling, Functional Fitness.

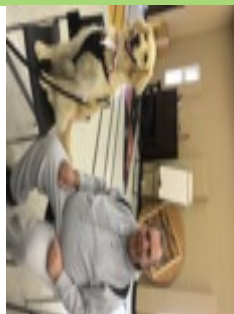


Giving back to our community through Volunteering

CHATS, Food Pantry

Other Programs:

Sensory Arts , Pet Therapy, Montessori, Snoezelin Room , Music programs, Horticultural Therapy, Brain Fit, Craft programs.



Benefits:

- * Life & social skills
- * Community participation
- * Community safety skills
- * Communication skills
- * Fun & Leisure
- * Make friends
- * Leisure Education skills
- * Self awareness in leisure settings
- * Self determination
- * Interact socially
- * Use & explore community resources
- * Make independent decisions about leisure
- * Develop a leisure lifestyle in line with personal goals.