



CITY OF OTTAWA

The City of Ottawa
Inclusive
Recreation

ABI LINK Program

An expansion of the
Acquired Brain
Injury/Post-Stroke
Therapeutic
Recreation Day
Program



Monday, Wednesday and Thursday
10am-2pm

September to June

Location: Bethel Field House
166 Frank St
Ottawa, ON

Introducing the ABI LINK Program!

This new program delivery model will work with participants to identify and connect with community recreation and leisure opportunities that are person-centered, meaningful and contribute to overall well-being and quality of life.

This program will include:

- In-depth assessment of personal strengths, hopes and dreams
- Creation of an individualized plan of action
- Goal oriented programming offered in small groups (max 5)
- Leisure Education sessions- explore interests, activity skills, attitudes, and values

- Support in connecting with personal and community-based recreation and leisure resources
- Community outings
- Introduction to variety of physical fitness modalities and community resources -such as aqua fitness, land fitness, yoga, recreation centers and pools
- Regular one-on-one meetings with a Recreation Therapist to track progress and provide individualized support

Is this program right for you?

Participants must be:

- independent with personal care and mobility (with or without a mobility aid)
- motivated to link with community resources
- must have the ability to be independent in the community.
- **An assessment is required prior to registration**



How do I register?

Please contact the ABI Inclusive Recreation Program Administrator:

Terry-Lynn Costello

613-807-1077

Teresa.costello@ottawa.ca

Financial support – Ottawa Hand in Hand

If you are already a participant in a community or social service agency program, if you are an individual or family with a low-income or a family member with a disability, you may qualify for the Ottawa Hand in Hand recreation and culture fee support program. Ask for details.

