



## INCLUSIVE RECREATION ABI/POST STROKE VIRTUAL PROGRAM

CITY OF OTTAWA

The City of Ottawa Acquired Brain Injury/Post-Stroke Program is pleased to offer a new way for participants to join our program. A virtual therapeutic recreation program is being offered to participants who are unable to attend in person due to the Covid-19 Pandemic. Using a virtual platform, participants will have an opportunity to work on meaningful goals through social, physical and cognitive activities.

### **Details:**

- Program Duration – November 2, 2020 – June 24, 2021
- 3 groups of 4-6 participants, who attend both Monday and Thursday weekly

<b>Monday</b>	<b>Thursday</b>
9:00 am – 10:30 am: Group #1	9:00 am – 10:30 am: Group #1
11:00 am – 12:30 pm: Group # 2	11:00 am – 12:30 pm: Group # 2
1:00 pm- 2:30 pm: Group #3	1:00 pm- 2:30 pm: Group #3

- Prior to participation, individuals will be contacted for an assessment to ensure program suitability.
- Participants must have a computer with a camera, a laptop or a large screen tablet and a good internet connection
- Participants must be able to participate in a virtual group environment

### **Recruitment:**

If you are interested in registering or learning more about this new program, please contact:

Terry Lynn Costello at [Teresa.Costello@ottawa.ca](mailto:Teresa.Costello@ottawa.ca) Phone: 613-807-1077.