

## About SMD

Since it was established in 1946, SMD has been providing a full range of services for individuals with physical and/or neurological disabilities throughout the province. SMD's services and programs address the needs of preschoolers, youth and adults, and promote independence and integration in the community. SMD offices are located in Winnipeg, Brandon, Dauphin, Thompson, Steinbach, Morden and Selkirk.

## SMD Vision

A community that supports the independence, participation, and empowerment of persons of all abilities.

If you would like to know more about how SMD's Employment Services can make a difference to your human resource management needs, call today:



### Employment Services

825 Sherbrook Street  
Winnipeg, MB R3A 1M5  
Phone: (204) 975-3112  
(204) 975-3113  
Toll-Free: 1-866-282-8041  
TTY: (204) 975-3072  
Toll-Free TTY: 1-800-225-9108  
Fax: (204) 975-3073

### SMD is funded through:

Easter Seals  
Province of Manitoba  
United Way  
Generous Gifts  
from Manitobans

## SMD OFFICES

*Outside Winnipeg, please contact one of the SMD Regional Offices:*

**Westman Regional Office - Brandon**  
Room 110, 340-9th Street  
Brandon, Manitoba R7A 6C2  
Telephone: (204) 726-6157  
Toll-free: 1-800-813-3325  
TTY: (204) 726-6157  
Fax: (204) 726-6499

**Parkland Regional Office - Dauphin**  
Room 411, 27-2nd Avenue  
Dauphin, Manitoba R7N 3E5  
Telephone: (204) 622-2293  
Toll-free: 1-800-844-2307  
TTY: (204) 622-2293  
Fax: (204) 622-2260

**Northern Regional Office - Thompson**  
303-83 Churchill Drive  
Thompson, Manitoba R8N 0L6  
Telephone: (204) 778-4277  
Toll Free: 1-888-367-0268  
TTY: (204) 778-4277  
Fax: (204) 778-4461

**Eastman Regional Office - Steinbach**  
201-323 Main Street  
Steinbach, Manitoba R5G 1Z2  
Telephone: (204) 326-5336  
Toll-free: 1-800-497-8196  
TTY: (204) 346-3998  
Fax: (204) 326-9762

**Central Regional Office - Morden**  
100-30 Stephen Street  
Morden, Manitoba R6M 2G3  
Telephone: (204) 822-7412  
Toll-free: 1-800-269-5451  
TTY: (204) 822-7412  
Fax: (204) 822-7413

**Interlake Regional Office - Selkirk**  
382 Main Street  
Selkirk, Manitoba R1A 1T8  
Telephone: (204) 785-9338  
Toll-free: 1-888-831-4213  
TTY: (204) 482-5638  
Fax: (204) 785-9340



ADULT LEISURE & RECREATION



empowerment

## About the Programs

SMD offers a variety of programs for adults with disabilities to help keep you involved in community life. Taking part in any of the Adult Leisure and Recreation Programs can be beneficial in meeting new people, maintaining and developing social skills, and enhancing and using the skills you have. Some programs are free of charge, while others require a minimal fee.

### *You are eligible for these programs if you:*

- are 18 years of age or older
- have a physical and/or neurological disability
- are living independently, with your family or in a group home
- are interested in exploring recreation or social activities on limited funds.

Your eligibility for these programs does not necessarily guarantee access to other SMD services. However, the Adult Leisure and Recreation Programs may be accessed in addition to other services.

## Building Relationships and Supports in the Community

### Social and Recreation Programs

**Get involved...**in a wide variety of weekly social and recreation programs that run year-round. Fall and winter activities include: outings to community events and festivals, games, cooking, arts and crafts. The summer program involves community outings in Winnipeg and rural areas, and annual summer "cabin" camping trips.

### Mutual Support

**Learn...**from other adults with disabilities who share common experiences; exchange ideas and strategies to build a valuable support network.

### Leadership and Personal Development

**Take Part...**in workshops and special projects that assist you in developing leadership skills, offer a sense of personal achievement and increase self-awareness and self-confidence.

### Community Resource Information

**Increase Awareness...**of your rights and the resources that are available to you. You can access information and be linked to community organizations that provide additional support and services to people with disabilities.

### Volunteer Opportunities

**Share...**your skills and experiences with others. There are opportunities to become a volunteer with SMD or in the community.



For more information about these programs, call the Supervisor, Adult Leisure and Recreation at (204) 975-3090.