



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.

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SMD Services is funded through:

Easter Seals
Province of Manitoba
United Way
Generous Gifts
from Manitobans



**ADULT LEISURE &
RECREATION**

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, games, cooking, and art programs. 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.