

PROGRAM OPTIONS

Power Wheelchair Hockey League: This fast, competitive sport has been adapted to fit the skills and abilities of each player. The season runs from late September to April with games on Sundays at the St. James Civic Centre. This program is open to all ages.

Independence for Youth: This is a unique and valuable life skill option for teenagers and young adults who would like to experience independent living. Beginning in early July and running until late August, this one-of-a-kind program challenges participants in all aspects of independent living. Skill development includes budgeting, cooking, money management, leisure and recreation, transportation and decision-making. This program is open to all consumers aged 16 to 21.

Summer Camp: Children and youth are provided with the opportunity to access their choice of summer camp anywhere in Manitoba. SMD provides a one-on-one summer support person to accompany the individual to a day or residential camp. If community camps are not an option, the individual can register for the SMD Summer Day Camp offered in July and August.

Youth/Young Adult Community Out trips: This event runs bi-weekly during the fall, winter and spring. Individuals gather at various community venues to socialize, share stories, and hang out.

Music Therapy: SMD is proud to offer this pilot project to families who wish to access an alternative music program.

VOLUNTEER OPPORTUNITIES

Children's programs rely heavily on the support of volunteers. If you would like to become part of SMD's team of volunteers or would like more information please call 975-3013 or e-mail volunteers@smd.mb.ca

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SMD Services is funded through:

Easter Seals
Province of Manitoba
United Ways
Generous Gifts
from Manitobans



Children's Leisure & Recreation Services



SMD Vision:

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

SMD SERVICES

Mission Statement

To continually develop, maintain and deliver relevant services that assist in the development of individual independence and community supports for persons with disabilities.



SMD is a non-profit organization providing services to persons with physical and/or neurological disabilities. Children's Leisure and Recreation Services offer support to service providers and community-based programs to improve and encourage programming for children and youth with a disability. SMD believes in a continuum of programs that focus on consumer needs.

LEISURE AND RECREATION SERVICES

SMD has an extensive summer recreation program which involves children and youth accessing various overnight and day camps throughout Manitoba with the support of a one-on-one Summer Access Buddy.

Our summer programs include, but are not limited to: SMD Day Camp, Independence for Youth, young adult social events and a program for children and youth who are Deaf or hard of hearing.

SMD's Leisure and Recreation Services for children/youth occurs throughout the year. SMD takes pride in offering quality programs that meet the needs of consumers and their families. Programs include Power Wheelchair Hockey, Youth/Young Adult Out-trips, Music Therapy and Winnipeg Symphony Orchestra.



Families that have a Service Coordinator at SMD are eligible for Leisure and Recreation Services.

SERVICES FOR CHILDREN

Key Benefits of Leisure and Recreation, Lifeskills

- Improves wellness and overall health
- Builds self-esteem
- Reduces stress and provides opportunities for learning
- Reduces loneliness and alienation
- Enhances community spirit and provides peer support
- Provides alternatives to self-destructive behavior
- Provides a safe place in which to make friends
- Promotes an "I can do" attitude

SAFETY FIRST

SMD's Leisure and Recreation Services puts the health and safety of your child first. Staff are CPR and First Aid certified and participate in a training program to ensure that each child has a quality experience while attending their program.

