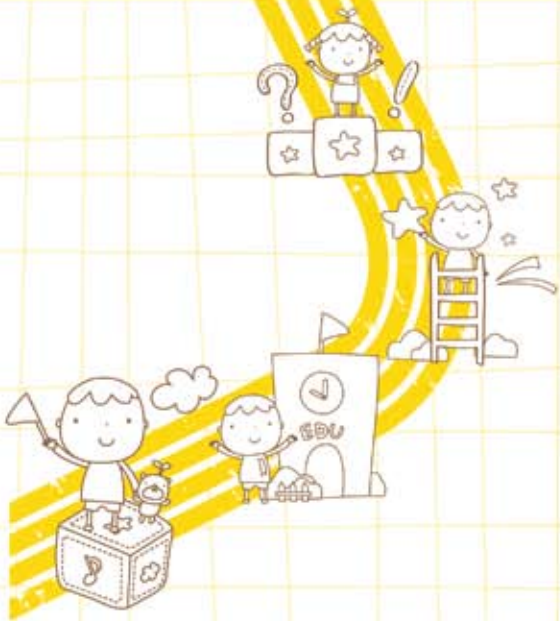


# DESCRIPTION OF CURRENT SERVICES



## Drop In Respite Centres - McKernan and Meadowlark

Our Respite Centres provide children and their families the opportunity to receive high-quality care when parents need to run errands, take a break or go to an appointment. Our knowledgeable relief care specialists give families peace of mind knowing their child is having fun and participating in specialized activities.

## Out of School Care

AdaptAbilities' Out of School Care offers a number of structured activities in a safe and supportive environment. Each day children and youth have the opportunity to do homework, play games, and keep active. Through our group setting, your child will meet other children, build friendships and most importantly, have fun.

## Hearts In Action Camps

Hearts In Action is a unique day camp that provides enjoyable, goal-directed activities during the summer, school holidays and professional development days. The small group settings foster the growth of the whole child - socially, physically, mentally and emotionally. Hearts In Action offers extra support with daily routines where children rotate through the three components within their designated age group.

## Teen Nights

Each week we offer youth the chance to hang out and meet new friends. Teens plan a variety of recreational activities and our relief care specialists guide participants in making appropriate and fun choices. The aim is to improve teen's decision making skills, independence and increase their participation in the community.

## Specialized Programs

AdaptAbilities recognizes the need for specialized programs that aim to develop fine and gross motor skills and/or speech development. In a small group or individual setting led by students studying in the rehabilitation field, children engage in purposeful activities. These sessions focus on the child and a collaborative relationship between AdaptAbilities, parents, and their school.

