

INTRODUCTION

Alberta AdaptAbilities Association is a nonprofit organization that provides one of a kind programming to adapt every day experiences to allow children and youth with special needs to grow, succeed, and belong!

Through our goal-directed respite care programs, out of school care, teen nights and Hearts In Action camps, children learn and grow in a caring, safe and developmentally appropriate setting.

What We Do?

Alberta AdaptAbilities Association focuses on the individual and allows each child to develop abilities, achieve success, and create a positive self-image through a structured learning environment. Each interaction or program incorporates our three guiding components, Recreation and Motor Development, Expressive Arts, and Essential Life Skills, which leads to our motto of **Creating Success - For Life!**

The focus of all activities and programs is to be stimulating and intrinsically satisfying for each participant.



Creating Success - For Life!

Program Components

Focusing on "Creating Success - For Life", we integrate three components into our day: Essential Life Skills, Expressive Arts and Recreation & Motor Development.

- **Essential Life Skills:** Children work on tasks to increase their independence and self-esteem at home and in the community. Your child builds on their life skills through role playing, cooperative games, critical thinking exercises and real life situations. Staff members guide children to develop and maintain socially acceptable behaviors as they are challenged throughout each activity.
- **Expressive Arts:** Another vital piece in your child's development is their ability to express themselves. Your child will be working with friends to complete projects designed to encourage their senses through music, arts and crafts, and theatre sports. In addition they continue to learn, solve problems and make decisions.
- **Recreation & Motor Development:** This component focuses on adapting leisure and motor activities to overcome challenges so children can enjoy healthy and active lifestyles. Your child will also have the opportunity to refine their movement, increase their confidence and achieve new skills. Children are encouraged to develop their individual strengths as well as work together as teams to achieve their goals.

