



Personal Effectiveness Training Program

In partnership with the Ontario March of Dimes, Personal Effectiveness Training Program (PET) offers day programming for individuals seeking meaningful activities, social interaction, or becoming active in the community.

Eligibility Criteria

Individuals interested in participating in the PET program or activities must have a primary diagnosis of a physical disability or/and an acquired brain injury.

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ACCESSIBLE FORMATS & COMMUNICATION SUPPORTS

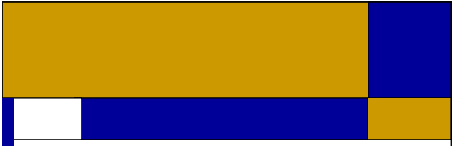
Special accessibility accommodations and materials in alternate formats can be arranged by contacting Brain Injury Community Re-entry (Niagara) Inc. at 905-687-6788 ext. 663 or www.bicr.org.

Disclaimer:

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BRAIN INJURY COMMUNITY RE-ENTRY (NIAGARA) INC.



Personal Effectiveness Training Program

PET Core Components

Skill Training

Learn from a variety of functional skill activities and participate in group activities, i.e. life skills, literacy, numeracy and cognitive training.

Physical Exercise

Participate in individual and group exercise programs to promote a healthy lifestyle.

Leisure Development

Partake in leisure and recreational activities while socially interacting with others in a group environment.

Community Skill Development

Attend community outings where individuals will have opportunities to socially interact with others.

Supported Volunteer Placements

Volunteer with community agencies and organizations, to develop skills and contribute to meaningful community projects.

Programs Offered Throughout the Year

Jewelry Making

A 12-16 week group offered throughout the year. Individuals learn the basics of jewelry making and beadwork including design, colour combination and creating a variety of necklaces, bracelets, rings, earrings and other accessories.

Cooking

Develop cooking skills to increase independence. Learn to cook healthy, well balanced meals, pick and plan menus and try new foods.

Advanced Cooking

An 8 week course designed for individuals seeking independent living skills. This course teaches individuals to shop smart, pick and plan meals and cook healthy without sacrificing taste.

Music

Gather as a group, sing, play music, have fun and gain confidence. Music has the ability to teach new skills in language, increase motor abilities and can assist in cognitive rehabilitation.

Continued

Chair Yoga

A gentle form of yoga completed while seated in a chair or wheelchair. Modified to suit each individual, participants will find peace of mind, relaxation and an improved sense of mind body connection.

Mat Yoga

A basic introduction to yoga on a mat. Individuals will learn gentle pose sequences and enjoy guided meditation.

Wacky Wednesdays

An ongoing evening program offered to individuals looking for a bit of fun on Wednesday evenings from 4-7:00pm. Program activities include Casino Night, Potluck & games, Games Night and Pizza and Movie Night.

Seasonal Dances

The PET and Recreation departments come together twice yearly and hold a dance at the local Grantham Optimist Club. Door prizes, food, drinks, live music, dancing are a few of the evenings events.