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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.



LEARNING AND LEISURE (PERSONAL
EFFECTIVENESS TRAINING (P.E.T.) AND
RECREATION PROGRAMS)

Turning the key to
opportunity in Niagara
since 1988

About These Programs

Learning and leisure programs play a crucial role in the rehabilitation and quality of life for participants. At BICR, both the Personal Effectiveness Training (P.E.T.) program in partnership with the Therapeutic Recreation program offer a wide range of learning and leisure opportunities for all participants. The programming generally occurs within a large open space called THE HUB with some added programs scheduled in the community.

Some of the programming that is offered includes Art classes, Cooking sessions, Pre-Employment classes with supporting volunteering opportunities, Model Railway Club, Casino Games, Music Therapy, Music Trivia sessions, Café group, Fitness sessions, Pub Games, Education classes on understanding the brain, Pet therapy, themed dances, Movie-making sessions and Laughter Yoga.



Where Can I Find Programming?

Programming opportunities in the community are featured in the agency's quarterly publication called the Learning & Leisure Guide, along with a Recreation Calendar, which provides an outline of recreational and therapeutic group activities being offered such as:

- WRAP (Work, Rest and Play), this group operates in partnership with the Niagara Parks Commission. BICR participants volunteer weekly to assist in seeding in greenhouses and maintaining gardens on the grounds.
- Men and Women's social and support groups.
- Bowling, Darts, Music Trivia, and Bingo events.
- Day trip and vacation opportunities throughout the year include: Sporting events (i.e. Blue Jays game, Hamilton Tiger Cats, Toronto Rock Lacrosse, as well as other local professional sporting events).
- Museums and cultural activities (i.e. Royal Ontario Museum, Ontario Science Centre, Performing Arts Center).
- Theme parks and fairs (i.e. Canada's Wonderland, Marineland, Balls Falls Art Festival, Welland Food Festival).

Program Benefits

Within the learning and leisure programming, the benefits are to:

- Improve memory, attention and problem solving skills
- Enhance emotional and psychological well being
- Encourage social connection and communication
- Promote physical health and motor skills
- Help to regain practical skills for everyday life
- Provide some structure to participant
- Encourage goal setting and personal growth
- Enhance enjoyment of life through the engagement of activities that are of interest
- Promote a positive outlook on life
- Contribute to community

