



Call For Winter 2017 Leisure Guide Facilitators & Proposals

The St. Amant Leisure Guide offers leisure and recreation opportunities for children and adults with developmental disabilities who are supported by St. Amant.

The 2017 Winter session runs from January – March. Sessions should offer activities for all ages and abilities that will be based at 440 River Road or other locations around Winnipeg. Examples of previous activities include: yoga, baking, oil painting, instrumental jamming, collaborative video-gaming, karaoke, crafting, and more.

We're currently:

- **Accepting proposals from those who have a skill to share and wish to facilitate a proposed activity.**
- **Looking for individuals to deliver suggested activities that participants have asked for . Please see page 2 for more information.**

Submission Criteria:

- Offers opportunities for meaningful and interactive leisure activities
- Offers opportunities for relationship building between participants and/or between volunteers and participants
- Fosters universality and participation
- Does not rely on incremental learning and application of skills from prior weeks
- Relevant skills and facilitator experience required to deliver the activity including life or work experience with individuals with autism, developmental disabilities or acquired brain injuries

Facilitator Responsibilities:

- Design/facilitate a weekly session lasting 30-90 minutes from January 23 – March 17 (8 weeks)
- Attend a 1-hour facilitator orientation session in January
- Create a safe and respectful environment for participants, families and volunteers
- Create an environment that encourages relationship building
- Set-up/take-down supplies and equipment required for your activities
- Know, understand, and carry out emergency protocols as outlined in the facilitator training
- Report weekly on attendance, activity summaries, and accident reports

DEADLINE FOR SUBMISSION: NOVEMBER 25, 2016

ONLINE: <https://www.surveymonkey.com/r/stamantleisureguide>

INQUIRIES: Lauren Checkley, Recreation Event Planner & Leisure Guide Consultant
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Suggested Winter 2017 Leisure Guide Activities

Based on feedback received from St. Amant Leisure Guide participants and families, we're recruiting facilitators for the following activities:

- **Zumba:** We're looking for an energetic and outgoing Zumba instructor interested in designing and facilitating a lively, adapted Zumba class. This has been a popular activity in the past, and would be well received by participants.
- **Collaborative Gamer Tournaments + Play:** We're looking for a facilitator who could design tournaments and structured play for a group of gamers. The use of a large projector screen, a gym, and a Wii console + add-ons can be made available (in addition to the other supplies you see fit).
- **Cooking 101:** Classes focused on cooking skills are always popular. We're looking for a passionate person with knowledge about nutrition to design and provide an instructional/hands-on beginner cooking class. This activity can include nutrition information, budget planning, and safety considerations while participants are guided through the creation of a straight forward, budget friendly and nutritious meal option.
- **Woodworking:** We would love to see a group guided through the construction of carpentry projects in a social and instructive setting. To successfully facilitate this activity, information presented on how to safely navigate this process, as well as adapting projects to all abilities and mobility will be highly valued.