



Cerebral Palsy Association in Alberta Edmonton 2013 Program Schedule

All of CPAA's programs are inclusive, which means they are open to all members within the age categories regardless of ability.

Art Expressions (In partnership with the Art Gallery of Alberta)

An integrated community-based creative arts program for persons with disabilities. This program enables participants to have fun through new creative and sensory experiences.

1st Session: September 18th - October 23rd, 2013

2nd Session: October 30th - December 4th, 2013

Age Group: Adults

Times: Wednesdays, 2:30pm - 4:30pm

Location: Art Gallery of Alberta (2 Sir Winston Churchill Square)

Room: LL1 (Orange Studio)

*DATS drop off south side on 102A Ave.

Fee: \$40/6 week session

Childrens Art

This six week children's art program is open to children of all disabilities. The adapted program is designed to enhance children's physical, mental and emotional well-being through the exploration of various art forms such as painting, clay and much more!

1st Session: September 22nd - November 3rd, 2013 (No class October 13th)

2nd Session: November 17th - December 22nd, 2013

Age Group: 6-13 Years

Times: Sundays, 1:30pm - 2:30pm

Location: Art Gallery of Alberta (2 Sir Winston Churchill Square)

Room: LL1 (Orange Studio)

Fee: \$80/6 week session

CALGARY OFFICE

12001 - 44 STREET SE, CALGARY, ALBERTA T2Z 4G9
TEL: 403- 543- 1161 FAX: 403- 543- 1168 TOLL FREE: 1- 800- 363- 2807

EDMONTON OFFICE

17231 - 105 AVENUE, EDMONTON, ALBERTA T5S 1H2
TEL: 780- 477- 8030 FAX: 780- 471- 0855 TOLL FREE: 1- 888- 477- 8030



Computability

Offers person's regardless of disability the opportunity to learn a new skill and while at the same time have fun. Computer instruction is available in all areas including Computer Basics, Internet Basics, Computer Games, Email Basics, and Word Processing. Assistive technology is available for use.

Dates: Ongoing

Age Group: Adults

Times: Monday, Tuesday and Thursday 9:00am - 3:00pm

Location: CPAA office (17231-105 Avenue)

Fee: \$10/Month (1 hour session/week)

CookAbilities

Experience different recipes each week related to themes & hands on experience in making the recipes.

1st Session: September 20th - October 11, 2013

2nd Session: October 25th - November 15th, 2013

3rd Session: November 22nd - December 13, 2013

Age Group: Adults

Times: Fridays, 11:30am - 1:00pm

Location: Whitemud Real Canadian Superstore 4410- 17 St Room: Cooking School (upstairs by Medical Centre)

Fee: \$55/4 week session

Music Therapy

This program would enable participants to learn the different instruments, songs while interacting within a group setting and with others within the community. Music Therapy has been shown to allow people to express themselves using music and by learning to use the instruments and learn new songs, has been shown to increase a person self-confidence.

1st Session: September 17th - October 22rd, 2013

2nd Session: November 5th - December 10th, 2013

Age Group: Adults

Times: Tuesdays, 2:30pm - 3:30pm

Location: Villa Marguerite 9810-165 Street (Auditorium)

Fee: \$60/6 week session

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**Yoga (Day)** (In partnership with the Winnifred Stewart Association)

This introductory gentle movement yoga class is designed to assist with healing body and mind and provides the opportunity for participants to explore Yoga in a warm, non-competitive, and supportive environment.

1st Session: September 18th - October 23rd, 2013

2nd Session: November 6th - December 11th, 2013

Age Group: Adults

Times: Wednesdays, 10:30am - 11:30am

Location: Winnifred Stewart Association (Gym) 11130 -131 St Gym (upstairs 1st level)

Fee: \$25/6 week session

Yoga (Evening)

1st Session: September 17th - October 22rd, 2013

2nd Session: November 5th - December 10th, 2013

Age Group: Adults

Times: Tuesdays, 7:00pm – 8:00pm

Location: Villa Marguerite 9810-165 Street (Auditorium)

Fee: \$40/6 week session

YogaBees

This six week gentle movement yoga class is open to children of all disabilities. The adapted program provides an opportunity for children to explore yoga in a fun, warm, non-competitive and supportive environment!

1st Session: September 17th - October 22rd, 2013

2nd Session: November 5th - December 10th, 2013

Age Group: Children Ages (5-17 Years)

Times: Tuesdays, 6:00pm – 7:00pm

Location: Villa Marguerite 9810-165 Street (Auditorium)

Fee: \$55/6 week session

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Dance without Limits

This program allows children with disabilities to truly feel like ballerinas. This dance class is tailored to the special needs of these children and is facilitated by a dance instructor and physical therapist. This program combines physical therapy with the opportunity to experience something new and is sure to boost your child's confidence and self-esteem!

Date: TBD

Age Group: 2 ½ to 15

Times: Saturdays, 3:00 pm – 5:00 pm (two groups)

Location: DanceCo Studios, 9030 McKenney Avenue, St. Albert

Fee: \$75/9 week session

Youth Transitions

This program is designed to provide youth ages 15-25 and their families the support to prepare for adult life through one on one counselling, group discussions and workshops with guest speakers. The program seeks to cover a comprehensive list of topics for youth, including post-secondary education, health care navigation, and funding.

Dates: Ongoing

Age Group: 15-25 Years

Times: Varies

Location: CPAA office (17231-105 Avenue)

Fee: No cost

To register for all programs contact Kim Henye at (780) 477-8030 or kim@cpalberta.com

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