

SERVICES FOR CHILDREN

How Can I Access Occupational Therapy?

1. Anyone can see a private practice OT!
2. You may see an OT without insurance or a doctor's prescription.
3. Most private practice OT's accept self-referrals, or referrals from family, school, or other health professional. Contact the individual company regarding their referral process.

How do I find an Occupational Therapist?

1. Read through the directory and search for a private practice OT that fits your needs (businesses listed in alphabetical order).
2. Press "Ctrl + F" and type the issue or support you are seeking help for. A box will appear on the top right corner. Type your search term and then use the arrows (up or down) to scroll through the document and find OT's that provide service for that area.
3. Need more help? Contact the MSOT office for additional support (msot@msot.mb.ca or 204-957-1214).
4. Please reach out to the individual OT companies with any specific questions about the services provided.

Will my extended health benefits cover the costs of private Occupational Therapy?

1. Find out if your extended health benefits plan includes coverage for Occupational therapy. If OT is not covered... ASK FOR IT!! (Sample letter templates at: <http://www.msot.mb.ca/finding-ot-services/>).
2. Ask your doctor for a prescription if your private insurance requires one.

The listings of occupational therapy practices in this directory are not necessarily endorsed by MSOT. Statements, claims and opinions made by occupational therapy private practice providers are those of the author or advertiser and do not necessarily reflect the views of MSOT members and Board members. The information contained in the Directories is subject to change without notice.

Block Building Therapies

Nicole Beauchesne, O.T. Reg. (MB)
 info@blockbuilding.ca
 PH: 204-231-0785 blockbuilding.ca

Kinex Therapy

Kym Kaufmann, O.T. Reg. (MB)
 Shannon Bazilewich, O.T. Reg. (MB)
 info@kinextherapy.com
 PH: 204-999-4171 kinextherapy.com

Blooming Abilities

Heidi Garcia, O.T. Reg. (MB)
 bloomingabilities@gmail.com
 PH: 204-999-6951 bloomingabilities.com

Megan Land McCarthy OT Services

Megan Land McCarthy, O.T. Reg. (MB)
 PH: 204-293-7043 mlandmccarthy@gmail.com

Choice Children's Multi-Rehabilitation Services

Leslie Assor, O.T. Reg. (MB)
 leslieassor@outlook.com
 PH: 204-339-0138

On The Spectrum Therapy

Tamara Rogers, O.T. Reg. (MB)
 tamara@onthespectrumtherapy.com
 PH: 204-415-7656 onthespectrumtherapy.com

Concussion Care Community Clinic

Nicole Beauchesne, O.T. Reg. (MB)
 nicole@concussion-care.ca
 PH: 204-415-0785 concussion-care.ca

Personal Best Therapy

Gail McMillan-Law, O.T. Reg. (MB)
 personalbesttherapy@mymts.net
 PH: 204-781-6450

Discoveries in Therapy

Rosanne Papadopoulos, O.T. Reg. (MB)
 rosanne@discoveriesintherapy.com
 PH: 204-254-3146 discoveriesintherapy.com

Proactive Rehabilitation & Therapy

David Chochinov, O.T. Reg. (MB)
 proactivetherapymb@gmail.com
 PH: 204-299-7334 proactivetherapy.com

Therapy First

Corinna Klassen, O.T. Reg. (MB)
 Angie Maidment, O.T. Reg. (MB)
 info@therapy.ca
 PH: 204-612-0398 therapyfirst.ca

The listings of occupational therapy practices in this directory are not necessarily endorsed by MSOT. Statements, claims and opinions made by occupational therapy private practice providers are those of the author or advertiser and do not necessarily reflect the views of MSOT members and Board members. The information contained in the Directories is subject to change without notice.

BLOCK BUILDING THERAPIES

Nicole Beauchesne, O.T. Reg. (MB)
830 St. Mary's Rd.
Winnipeg, MB R2M 3P4

Phone: (204) 231-0785
Fax: (204) 231-4442
Email: info@blockbuilding.ca
Website: www.blockbuilding.ca

Summary of Practice: Assessment, therapy and consultation for children and adults.

Services Provided:

For Children:

Assessment:

- Coordination / Motor skills
- Body Awareness / Core Strength
- Sensory processing / Self-regulation
- Attention
- Learning
- Visual Motor Skills
- Self-care
- Fine motor skills
- Printing
- Seating / Wheelchair / Equipment
- Medical Legal / Future Cost of Care

Treatment & Intervention:

- Individual treatment
- Group treatment
- Universal design / barrier free design
- Aquatic movement therapy
- Equipment prescription/provision
- Return to school planning
- Printing / Handwriting
- Self-regulation / Zones of regulation / How Does your Engine Run
- Social thinking
- Executive function skills
- Fine motor skill development
- Early Intervention Program for Concussion
- Concussion care/management
- Self-management skills
- Relaxation strategies
- Sexuality education
- Education
- Workshops
- Scar management
- Anger management
- Coping strategies
- Mindfulness
- Exposure therapy
- Sleep consultation and coaching

For Adults:

Assessment:

- Personal care assistance (PCA)
- Accessibility
- Functional Home / Safety Assessment
- Cognitive Assessment
- Functional Assessment

Treatment & Intervention:

- Individual treatment
- Group treatment
- Universal design / barrier free design
- Disability management
- Health education / injury prevention

Block Building Therapies ... continued

- Mobility Assessment
- Mental health Assessment
- Permanent impairment Assessment (e.g. scarring, range of motion)
- Self-care Assessment
- Seating, Wheelchair & Equipment Assessment
- Dependent Care Assessment
- Environmental Assessment
- ADL/IADL Assessment
- Medical Legal / Future Cost of Care
- Independent Living Skills
- Worksite Assessment
- Job demands analysis
- Percentage of Duties Assessment
- Ergonomic Assessment
- Return to work Assessment
- Early Intervention Program for Concussion
- Concussion care
- Self-management skills
- Relaxation strategies
- Sexuality education
- Education
- Workshops
- Psychosocial rehabilitation /therapy
- Scar management
- Upper extremity rehab
- Community reintegration
- Anger management
- Coping strategies
- Mindfulness
- Vocational rehabilitation
- Exposure therapy
- Medical case consultation
- Barrier free design
- Equipment prescription/provision
- Return to work programming
- Workplace Accommodation

Client Age Range: Preschool, School Age Children, Adults & Seniors

Area Served: Winnipeg, Rural Manitoba & Out of Province

Languages: English, French, German

BLOOMING ABILITIES

Heidi Garcia, O.T. Reg. (MB)
P.O. Box 37014, St. Vital Centre
1 - 785 Dakota Street
Winnipeg, MB R2M 5M3

Phone: (204) 999-6951
Fax: Please call for fax number
Email: bloomingabilities@gmail.com
Website: www.bloomingabilities.com

Summary of Practice: Blooming Abilities is a private pediatric Occupational Therapy practice that helps children “blossom to their full potential” by working with children to grow and develop skills which are challenging for them – helping children master skills, achieve independence, gain confidence, and be successful in all they want or need to do. We are a family centered practice, identifying goals with the family and also support the family to better understand and support their child. Interventions may be provided individually or in a small group setting to enable children to learn together. Please contact for in-services or workshops for your preschool, daycare or team.

Services Provided:

Assessment:

- Coordination / Motor skills
- Body Awareness / Core Strength
- Sensory processing / Self-regulation
- Visual Motor Skills
- Self-care
- Fine motor skills
- Printing
- Executive function skills

Treatment & Intervention:

- Individual treatment
- Group treatment
- Return to school planning
- Printing / Handwriting
- Self-regulation / Zones of regulation / How Does your Engine Run
- Social thinking
- Executive function skills
- Fine motor skill development
- Concussion care/management
- Rhythmic Movement (Reflex integration)
- Self-management skills
- Relaxation strategies
- Education
- Workshops
- Coping strategies
- Mindfulness
- Self-care (dressing skills, hygiene, sleep)
- Organization skills
- Motor planning & coordination

Client Age Range: Preschool & School Age Children

Area Served: Winnipeg & Surrounding Area; Please contact re: service for areas in rural MB

Languages: English

CHOICE CHILDREN'S MULTI-REHABILITATION SERVICES

Leslie Assor, O.T. Reg. (MB)
502-850 Scotland Ave.
Winnipeg, MB R3M 1X7

Phone: (204) 339-0138
Email: leslieassor@outlook.com

Summary of Practice: Comprehensive assessment, direct intervention and/or consultation. Services may be provided in the home, Occupational Therapy clinic or a community-based site; individually or small groups depending on client needs. Occupational Therapy clinic provides direct therapy in a safe, child-friendly and sensory rich treatment environment. Services are directed towards promoting children's development, learning and emotional well-being at home, school and/or other community settings. Treatment is family centered where therapists and families become partners in identifying priorities and collaborating to best meet their child's needs. Therapist is Sensory Integration Certified with advanced training in assessment and treatment of sensory processing disorders.

Services Provided:

Assessment:

- Coordination / Motor skills
- Body Awareness / Core Strength
- Sensory processing/ Self-regulation
- Attention
- Learning
- Visual Motor Skills
- Self-care
- Play Skills
- Feeding / Oral Motor
- Fine motor skills
- Printing
- Seating / Wheelchair / Equipment
- Environmental Assessment
- ADL/IADL
- Independent Living Skills
- Anxiety/OCD
- Social, Emotional & Behavioural challenges

Treatment & Intervention:

- Individual treatment
- Group treatment
- Equipment prescription/provision
- Return to school planning
- Printing / Handwriting
- Self-regulation / Zones of regulation / How Does your Engine Run
- Social thinking
- Executive function skills
- Fine motor skill development
- Relationship Development Program (RDI)
- Cognitive Behaviour Therapy (CBT)
- Self-management skills
- Relaxation strategies
- Education and/or Workshops
- Counselling
- Anger management
- Coping strategies
- Mindfulness
- Exposure therapy
- Sleep consultation and coaching
- Sensory Integration Therapy

Client Age Range: Preschool & School Age Children

Area Served: Winnipeg & Surrounding Area

Languages: English, American Sign Language



Manitoba Society of Occupational Therapists
2018-19 Private Practice Directory

Updated: June 9, 2018

CONCUSSION CARE COMMUNITY CLINIC

Nicole Beauchesne, O.T. Reg. (MB)
830 St. Mary's Rd.
Winnipeg, MB R2M 3P4

Phone: (204) 415-0785
Fax: (204) 231-4442
Email: nicole@concussion-care.ca
Website: www.concussion-care.ca

Summary of Practice: Concussion Care Community Clinic offers individualized assessments and evaluations to children and adults who have been diagnosed with a concussion or mild brain injury.

Services Provided:

For Children:

Treatment & Intervention:

- Early Intervention Program for Concussion
- Concussion care/management
- Self-management skills
- Relaxation strategies
- Education
- Coping strategies
- Mindfulness

For Adults:

Treatment & Intervention:

- Early Intervention Program for Concussion
- Concussion care
- Self-management skills
- Relaxation strategies
- Education
- Coping strategies
- Mindfulness

Client Age Range: Preschool, School Age Children, Adults & Seniors

Area Served: Winnipeg & Rural Manitoba, Out of Province

Languages: English, French

DISCOVERIES IN THERAPY

Rosanne Papadopoulos, O.T. Reg. (MB)
846 Academy Rd.
Winnipeg, MB R3N 0C7

Phone: (204) 254-3146

Fax: (204) 253-6105

Email: rosanne@discoveriesintherapy

Website: www.discoveriesintherapy.com

Summary of Practice: Discoveries in Therapy is a business that focuses on traditional and unique (to Manitoba) occupational therapy strategies and practices. Traditional approaches include fine motor, sensory processing and social/emotional strategies. Unique strategies include relationship based therapies for parents and their children with social learning challenges, and Integrated Learning Systems or Rhythmic Movement Training (reflex integration) for those with sensory or learning challenges. We aim to help our clients make “discoveries” about themselves!

Services Provided:

For Children:

Assessment:

- Coordination / Motor skills
- Body Awareness / Core Strength
- Sensory processing / Self-regulation
- Attention
- Learning
- Visual Motor Skills
- Self-care
- Play Skills
- Fine motor skills
- Printing
- Environmental Assessment
- ADL/IADL
- Primitive and postural reflexes
- Relationship skills

Treatment & Intervention:

- Individual treatment
- Return to school planning
- Printing / Handwriting
- Self-regulation / Zones of regulation / How Does your Engine Run
- Social thinking
- Executive function skills
- Fine motor skill development
- Relationship Development Program (RDI)
- Integrated Listening (ILS)
- Rhythmic Movement (Reflex Integration)
- Cognitive Behaviour Therapy (CBT)
- Self-management skills
- Relaxation strategies
- Sexuality education
- Workshops
- Anger management
- Coping strategies
- Mindfulness
- Bal-a-vis X
- Developmental Individual-difference Relationship based (Floortime)

For Adults:

Assessment:

- Mental health Assessment
- Environmental Assessment
- ADL/IADL Assessment
- Affective / Emotional Assessment

Treatment & Intervention:

- Individual treatment
- Cognitive Behaviour Therapy (CBT)
- Dialectic Behaviour Therapy (DBT)
- Self-management skills

Discoveries in Therapy ... *continued*

- Sensory Processing
- Primitive and Postural Reflexes
- Relaxation strategies
- Education
- Workshops
- Counselling – individual, couples, family
- Anger management
- Coping strategies
- Mindfulness
- Integrated Listening Systems
- Rhythmic Movement Training & Reflex Integration
- Relationship Development Intervention (for parents)
- Sensory Processing

Client Age Range: Preschool, School Age Children, & Adults

Area Served: Winnipeg & Rural Manitoba (excluding Northern Manitoba), Out of Province

Languages: English

KINEX OCCUPATIONAL THERAPY

Kym Kaufmann, O.T. Reg. (MB), BA, MOT
Shannon Bazilewich, O.T. Reg. (MB), BA, MOT

Phone: (204) 999-4171
Fax: (204) 272-5650
Email: info@kinextherapy.com
Website: www.kinextherapy.com

Summary of Practice: Kinex Therapy provides occupational therapy services for children, adolescents, adults and older adults aimed at improving function, maximizing independence, and preventing injuries. Kinex Therapy also provides medical legal consultation, functional abilities evaluations and workplace services to assist in reducing the frequency, duration, time loss, and related disability of physical or mental health concerns.

Services Provided:

For Children:

Assessment:

- Coordination / Motor skills
- Body Awareness / Core Strength
- Sensory processing / Self-regulation
- Attention
- Visual Motor Skills
- Self-care
- Play Skills
- Fine motor skills
- Printing
- Environmental Assessment
- ADL/IADL
- Medical Legal / Future Cost of Care
- Independent Living Skills
-

Treatment & Intervention:

- Individual treatment
- Universal design / barrier free design
- Return to school planning
- Printing / Handwriting
- Self-regulation / Zones of regulation / How Does your Engine Run
- Social thinking
- Executive function skills
- Fine motor skill development
- Early Intervention Program for Concussion
- Concussion care/management
- Relaxation strategies
- Education
- Counselling
- Anger management
- Coping strategies
- Mindfulness
- Exposure therapy

For Adults:

Assessment:

- Personal care assistance (PCA)
- Accessibility
- Functional Home / Safety Assessment
- Cognitive Assessment
- Functional Assessment
- Mobility Assessment
- Mental health Assessment
- Permanent impairment Assessment (e.g. scarring, range of motion)

Treatment & Intervention:

- Individual treatment
- Group treatment
- Universal design / barrier free design
- Disability management
- Health education / injury prevention
- Cognitive Behaviour Therapy (CBT)
- Dialectic Behaviour Therapy (DBT)
- Relaxation strategies
- Education

Kinex Occupational Therapy ... continued

- Self-care Assessment
- Dependent Care Assessment
- Environmental Assessment
- ADL/IADL Assessment
- Medical Legal / Future Cost of Care
- Post-Offer Pre-Employment Testing
- Independent Living Skills
- Goal Attainment Scaling
- Worksite Assessment
- Job demands analysis
- Percentage of Duties Assessment
- Ergonomic Assessment
- Return to work Assessment
- Functional Capacity Evaluation (FCE)
- Workplace risk / Job Hazard Assessment
- Workshops
- Psychosocial rehabilitation /therapy
- Counselling – individual, couples, family
- Community reintegration
- Vocational rehabilitation
- Exposure therapy
- Medical case consultation
- Barrier free design
- Fall Prevention
- Equipment prescription/provision
- Return to work programming
- Employee Early Intervention
- Workplace Accommodation

Client Age Range: Preschool, School Age Children, Adults & Seniors

Area Served: Winnipeg & Rural Manitoba; Kenora, ON

Languages: English

MEGAN LAND McCARTHY OCCUPATIONAL THERAPY SERVICES

Megan Land McCarthy, O.T. Reg. (MB)
191 Kingsway Ave.
Winnipeg, MB R3M 0G4

Phone: (204) 293-7043

Email: mlandmccarthy@gmail.com

Summary of Practice: Therapy provided for children, adolescents and families in a variety of environments. Treatment is guided by attachment and sensory based theories and utilizes the family to help identify goals, strengths and facilitate growth. Megan's interests and passion include working therapeutically with children and adolescents who have experienced trauma, struggling with mental health issues such as anxiety, ODD, OCD, ASD or ADD/ADHD as well as Neuro-developmental and sensory processing disorders. Intervention can be provided in a consultative manner, individually or group. Therapist has specialized training in areas of attachment and Trauma. Megan is also a service provider for CFS agencies.

Services Provided:

For Children:

Assessment:

- Coordination/Motor skills Assessment
- Body Awareness/Core Strength Assessment
- Self-regulation/Sensory processing Assessment
- Attention Assessment
- Assessment of Play Skills
- Fine Motor Assessment
- Environmental Assessment
- ADL/IADL Assessment
- Goal Attaining Scaling

For Adults:

Assessment:

- Mental health Assessment
- Affective / Emotional Assessment
- Independent Living Skills
- Goal Attainment Scaling

Treatment & Intervention:

- Individual treatment
- Group treatment
- Return to school planning
- Printing/Handwriting
- Self-regulation/Zones of regulation/How Does your Engine Run
- Social thinking
- Executive function skills
- Fine motor skills development
- Cognitive Behaviour Therapy (CBT)
- Relaxation strategies
- Education
- Counselling
- Anger management
- Coping strategies
- Sleep consultation and coaching

Treatment & Intervention:

- Individual treatment
- Group treatment
- Health education / injury prevention
- Cognitive Behaviour Therapy (CBT)
- Self-management skills
- Relaxation strategies
- Education
- Workshops
- Psychosocial rehabilitation /therapy

Megan Land McCarthy OT ... *continued*

- Counselling – individual, couples, family
- Anger management
- Coping strategies

Client Age Range: Preschool, School Age Children, Adults & Seniors

Area Served: Winnipeg & Surrounding Area

Languages: English

ON THE SPECTRUM THERAPY SERVICES

Tamara Rogers, O.T. Reg. (MB)
297 St. Mary's Road, 2nd floor
Winnipeg, MB R2H 1J5

Phone: (204) 415-7656

E-mail: tamara@onthespectrumtherapy.com

Website: www.onthespectrumtherapy.com

Summary of Practice: On The Spectrum Therapy offers a wide range of therapeutic and educational services to support individuals, couples, families and communities living with mental health difficulties. Consultation, assessment and treatment are available for those experiencing impairments related to Autism Spectrum Disorder, ADHD, Depression, Anxiety, OCD, Tourette Disorder, Parent-child relational difficulties, and Psychoses. Educational workshops are provided across Manitoba for school divisions and First Nations Communities. Services are also provided to Veterans Affairs Canada.

Services Provided:

For Children:

Assessment:

- Sensory processing / Self-regulation
- Attention
- Self-care
- Play Skills
- Feeding / Oral Motor
- Fine motor skills
- Environmental Assessment
- ADL/IADL
- Independent Living Skills
- Goal Attainment Scaling
- Motivation
- Functional Communication
- Parenting children with neurodevelopmental concerns

Treatment & Intervention:

- Individual treatment
- Return to school planning
- Self-regulation / Zones of regulation / How Does your Engine Run
- Social thinking
- Executive function skills
- Fine motor skill development
- Cognitive Behaviour Therapy (CBT)
- Self-management skills
- Relaxation strategies
- Sexuality education
- Education
- Workshops
- Counselling
- Anger management
- Coping strategies
- Mindfulness
- Sleep consultation and coaching
- Parenting children with neurodevelopmental concerns

For Adults:

Assessment:

- Accessibility
- Functional Home / Safety Assessment
- Cognitive Assessment
- Functional Assessment
- Mobility Assessment
- Mental health Assessment

Treatment & Intervention:

- Individual treatment
- Group treatment
- Disability management
- Health education / injury prevention
- Resource / systems coordination
- Cognitive Behaviour Therapy (CBT)

On the Spectrum ... *continued*

- Self-care Assessment
- Environmental Assessment
- ADL/IADL Assessment
- Affective / Emotional Assessment
- Independent Living Skills
- Goal Attainment Scaling
- Veterans Affairs Canada contracts for OT assessment and treatment
- Self-management skills
- Relaxation strategies
- Sexuality education
- Education
- Workshops
- Psychosocial rehabilitation /therapy
- Counselling – individual, couples, family
- Community reintegration
- Anger management
- Coping strategies
- Mindfulness
- Self-awareness, social skills & executive functioning

Client Age Range: Preschool, School Age Children, Adults & Seniors

Area Served: Winnipeg & Rural Manitoba; Out of Province

Languages: English, French

PERSONAL BEST THERAPY

Gail McMillan-Law, O.T. Reg. (MB)
27 Florian Place
Winnipeg, MB R2N 3S2

Phone: (204) 781-6450
Fax: (204) 255-8295
Email: personalbesttherapy@mymts.net

Summary of Practice: Personal Best Therapy provides high quality, comprehensive occupational therapy services (assessment, treatment, consultation) to pediatric and adult clients in his/her home or community setting. We recognize the importance of a successful transition from an injury or illness to community integration, striving to attain the highest level of independence and function appropriate to the age of the client. The caregiver/family plays an integral role in the therapy process with the pediatric population. Personal Best Therapy works collaboratively with the client, his/her multidisciplinary team, school personnel, etc., to help each client achieve his/her goals.

Services Provided:

For Children:

Assessment:

- Coordination / Motor skills
- Body Awareness / Core Strength
- Sensory processing / Self-regulation
- Attention
- Learning
- Visual Motor Skills
- Self-care
- Play Skills
- Feeding / Oral Motor
- Fine motor skills
- Printing
- Seating / Wheelchair / Equipment
- Environmental Assessment
- ADL/IADL

For Adults:

Assessment:

- Personal care assistance (PCA)
- Accessibility
- Functional Home / Safety Assessment
- Cognitive Assessment
- Functional Assessment
- Mobility Assessment
- Permanent impairment Assessment (e.g. scarring, ROM)
- Self-care Assessment; ADL/IADL Assessment
- Seating, Wheelchair & Equipment Assessment
- Dependent Care Assessment
- Environmental Assessment
- Job demands analysis
- Ergonomic Assessment

Treatment & Intervention:

- Individual treatment
- Equipment prescription/provision
- Return to school planning
- Printing / Handwriting
- Self-regulation / Zones of regulation / How Does your Engine Run
- Social thinking
- Executive function skills
- Fine motor skill development
- Self-management skills
- Relaxation strategies
- Sexuality education
- Education
- Scar management
- Coping strategies

Treatment & Intervention:

- Individual treatment
- Health education / injury prevention
- Relaxation strategies
- Repetitive strain injury splinting
- Splinting
- Scar management
- Upper extremity rehab
- Community reintegration
- Equipment prescription/provision

Personal Best Therapy ... continued

Client Age Range: Preschool, School Age Children, & Adults

Area Served: Winnipeg & Rural Manitoba

Languages: English, American Sign Language (ASL) Levels 1-6 and ASL Intensive completed but writer is not fluent in ASL.

PROACTIVE REHABILITATION & THERAPY

David Chochinov, O.T. Reg. (MB)
1805-55 Nassau St. N.
Winnipeg, MB R3L 2G8

Phone: (204) 299-7334
Fax: (204) 582-2173
Email: proactivetherapymb@gmail.com
Website: proactivetherapy.com

Summary of Practice: Proactive Rehabilitation offers exceptional OT services geared towards mental health, employment/school success, counselling and nutrition. We aim to deliver the best evidence-based therapy for children, adolescents and adults. If you are looking for effective treatment and timely results, choose Proactive.

Services Provided:

For Children:

Assessment:

- Sensory processing / Self-regulation
- Learning
- Visual Motor Skills
- Fine motor skills
- Printing
- Seating / Wheelchair / Equipment
- ADL/IADL
- Independent Living Skills
- Reading

For Adults:

Assessment:

- Functional Home / Safety
- Cognitive Assessment
- Functional Assessment
- Mobility Assessment
- Mental Health Assessment
- Self-care Assessment
- Affective / Emotional Assessment
- Post-Offer / Pre-employment Testing
- Independent Living Skills
- Goal Attainment Scaling
- Worksite Assessment
- Job demands analysis
- Percentage of duties Assessment

Treatment & Intervention:

- Individual treatment
- Aquatic movement therapy
- Printing / Handwriting
- Social thinking
- Executive function skills
- Fine motor skill development
- Cognitive Behaviour Therapy (CBT)
- Dialectic Behaviour Therapy (DBT)
- Relaxation strategies
- Counselling
- Anger management
- Mindfulness
- Exposure therapy
- Sleep consultation and coaching

Treatment & Intervention:

- Individual treatment
- Group treatment
- Disability management
- Early Intervention Program for Concussion; Concussion care
- Cognitive Behaviour Therapy (CBT)
- Dialectic Behaviour Therapy (DBT)
- Relaxation strategies
- Workshops
- Psychosocial rehabilitation / therapy
- Workplace Accommodation
- Counselling – individual, couples, family
- Community reintegration

Proactive Rehabilitation & Therapy ... *continued*

- Ergonomic Assessment
- Return to work Assessment
- Functional Capacity Evaluation (FCE)
- Anger management
- Coping strategies
- Mindfulness
- Vocational rehabilitation
- Return to work programming
- Equipment prescription / provision
- Employee Early Intervention
- Workplace Accommodation

Client Age Range: Preschool & School Age Children, Adults & Seniors

Area Served: Winnipeg & Rural Manitoba

Languages: English & French

THERAPY FIRST

Corinna Klassen, O.T. Reg. (MB) and Angie Maidment, O.T. Reg. (MB)
P.O. Box 28197
Winnipeg, MB R2G 4E9

Phone: (204) 612-0398 (Angie)
Phone: (204) 612-0399 (Corinna)
Fax: (204) 255-8848

E-mail: info@therapy.ca

Website: <http://www.therapyfirst.ca>

Summary of Practice: Assessment and intervention within the client's home and community to enable maximal independence and safety. Therapy first has a special interest in Spinal Cord Community rehabilitation, wheelchair seating and mobility and home accessibility.

Services Provided:

For Children:

Assessment:

- Coordination / Motor skills
- Body Awareness / Core Strength
- Learning Assessment
- Self-care
- Play Skills
- Fine motor skills
- Printing
- Seating / Wheelchair / Equipment
- Environmental Assessment
- ADL/IADL
- Independent Living Skills
- Transfer Assessment
- Assessments above as they relate to spinal cord injury rehab**

Treatment & Intervention:

- Individual treatment
- Universal design / barrier free design
- Equipment prescription/provision
- Return to school planning
- Printing / Handwriting
- Seating & Mobility
- 24 hour Postural Care
- Pressure Sore Prevention & Management
- Transfer Training

For Adults:

Assessment:

- Personal care assistance (PCA)
- Accessibility
- Functional Home / Safety Assessment
- Cognitive Assessment
- Functional Assessment
- Mobility Assessment
- Permanent impairment Assessment (e.g. scarring, range of motion)
- Self-care Assessment
- Seating, Wheelchair & Equipment Assessment
- Dependent Care Assessment
- Environmental Assessment

Treatment & Intervention:

- Individual treatment
- Universal design / barrier free design
- Health education / injury prevention
- Resource / systems coordination
- Self-management skills
- Education
- Workshops – Prairie Seating Workshop & Trade Show
- Splinting
- Upper extremity rehab
- Community reintegration
- Coping strategies
- Barrier free design
- Equipment prescription/provision

Therapy First ... *continued*

- ADL/IADL Assessment
- Independent Living Skills
- SAEBO Orthosis & Treatment Program
- Pressure Sore Assessments
- Transfer Assessments
- Mobility Training
- Seating/Wheelchair Fitting & Evaluation
- 24 Hour Postural Care
- Pressure Sore Prevention & Management
- Transfer Training

Client Age Range: School Age Children, Adults & Seniors

Area Served: Winnipeg & Rural Manitoba; Could certify in US

Languages: English