


## Services for Children Listings

### 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 OTs accept self-referrals, or referrals from family, school, or other health professionals. 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 OTs that provide service for that area.
3. Open "Bookmark" icon (  ). Click on the Bookmark link to go directly to that page.
4. Need more help? Contact the MSOT office for additional support ( [msot@msot.mb.ca](mailto:msot@msot.mb.ca) or 204-957-1214, ext. 21).
5. 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.*

# MANITOBA OCCUPATIONAL THERAPY PRIVATE PROVIDERS 2019-20

## Block Building Therapies

Nicole Beauchesne, O.T. Reg. (MB)

PH: 204-231-0785

info@blockbuilding.ca  
[www.blockbuilding.ca](http://www.blockbuilding.ca)

## Enabling Access Inc.

Marnie Courage, O.T. Reg. (MB)

PH: 204-475-0433

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[www.enablingaccess.ca](http://www.enablingaccess.ca)

## Blooming Abilities

Heidi Garcia, O.T. Reg. (MB)

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bloomingabilities@gmail.com  
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## Kinex Therapy

Kym Kaufmann, O.T. Reg. (MB)

Shannon Bazilewich, O.T. Reg. (MB)

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## Choice Children's Multi-Rehabilitation Services

Leslie Assor, O.T. Reg. (MB)

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leslieassor@outlook.com

## On The Spectrum Therapy

Tamara Rogers, O.T. Reg. (MB)

PH: 204-415-7656

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[www.onthespectrumtherapy.com](http://www.onthespectrumtherapy.com)

## Concussion Care Community Clinic

Nicole Beauchesne, O.T. Reg. (MB)

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## Personal Best Therapy

Gail McMillan-Law, O.T. Reg. (MB)

PH: 204-781-6450

personalbesttherapy@mymts.net

## Discoveries in Therapy

Rosanne Papadopoulos, O.T. Reg. (MB)

PH: 204-254-3146

rosanne@discoveriesintherapy.com  
[www.discoveriesintherapy.com](http://www.discoveriesintherapy.com)

## Proactive Rehabilitation & Therapy

David Chochinov, O.T. Reg. (MB)

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proactivetherapymb@gmail.com  
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## Emerge Therapy Services

Megan Land McCarthy, O.T. Reg. (MB)

PH: 204-293-7043

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[www.emergetherapyservices.com](http://www.emergetherapyservices.com)

## Therapy First

Corinna Klassen

PH: 204-612-0399

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# BLOCK BUILDING THERAPIES

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Email: [info@blockbuilding.ca](mailto:info@blockbuilding.ca)  
Website: [www.blockbuilding.ca](http://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

- 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

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P.O. Box 37014, St. Vital Centre  
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Website: [www.bloomingabilities.com](http://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 supporting families to better understand, assist and encourage 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)  
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Winnipeg, MB R3T 2B6

Phone: (204) 339-0138  
Email: [leslieassor@outlook.com](mailto: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  
2019-20 Private Practice Directory

Updated: July 19, 2019

## CONCUSSION CARE COMMUNITY CLINIC

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Email: [nicole@concussion-care.ca](mailto:nicole@concussion-care.ca)  
Website: [www.concussion-care.ca](http://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 & Adults:

#### **Treatment & Intervention:**

- Concussion care/management, including Pacing & planning strategies
- Self-management skills
- Relaxation strategies
- Education & Access to Resources
- Coping strategies
- Mindfulness
- Group Therapy

#### **Programs:**

- Early Intervention Program
- Reactivation Program (Persistent Post-Concussion diagnosis)

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

**Area Served:** Winnipeg & Rural Manitoba, Out of Province

**Languages:** English, French

# DISCOVERIES IN THERAPY

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Website: [www.discoveriesintherapy.com](http://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, and Integrated Listening Systems and 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 / Co-regulation
- Picky Eaters and Problem Feeders
- 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
- Social thinking
- Executive function skills
- Relationship Development Program (RDI)
- Integrated Listening Systems (ILS)
- Safe and Sound Protocol developed by Dr. S. Porges
- 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

### For Adults:

#### Assessment:

- Environmental Assessment
- ADL/IADL Assessment
- Affective / Emotional Assessment
- Sensory Processing
- Feeding Challenges
- Primitive and Postural Reflexes

#### Treatment & Intervention:

- Individual treatment
- Cognitive Behaviour Therapy (CBT)
- Self-management skills
- Relaxation strategies
- Education
- Workshops



- Self-regulation
  - 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, French

# EMERGE THERAPY SERVICES

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**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, are 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

### 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

### For Adults:

#### Assessment:

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

### Treatment & Intervention:

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

- Psychosocial rehabilitation /therapy
- Counselling – individual, couples, family
- Anger management
- Coping strategies

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

**Area Served:**           Winnipeg & Surrounding Area

**Languages:**            English

## ENABLING ACCESS INC.

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Winnipeg, MB R2N 0J2

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Fax: (204) 475-4011  
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Website: [www.enablingaccess.ca](http://www.enablingaccess.ca)

**Summary of Practice:** We are enabling access to improved health, well-being, safety, and accessibility for individuals and workplaces in Manitoba and Northern Ontario. We assist workplaces in reaching their health and safety goals through injury prevention and disability management services. Our Rehabilitation Services focus on assisting clients with mental health issues, complex medical conditions, spinal cord injuries, and acquired brain injuries/concussions in optimizing ability and function. We offer Pediatric Occupational Therapy to help children from infancy through adolescence to reach their full potential with individualized clinic and community-based direct and group therapy. Our unique Safe Living Manitoba Home Modification program is helping to create accessible and safe homes for individuals with disabilities and those wanting to age in place. With 15 years in business, Enabling Access is a leader in workplace disability management, rehabilitation, and accessibility. Our expert occupational therapists are presenting frequently at conferences, teaching University level courses, and providing medical-legal services for personal injury firms internationally.

### Services Provided:

#### For Children:

##### Assessment:

- Coordination / motor skills assessment
- Body awareness / Core strength Assessment
- Self-regulation / Sensory Processing Assessment
- Attention Assessment
- Learning Assessment
- Visual Motor Assessment
- Self-care Assessment
- Assessment of Play Skills
- Feeding / Oral Motor Assessment
- Fine motor Assessment
- Printing Assessment
- Seating / Wheelchair / Equipment Assessment
- Environmental Assessment
- ADL / IADL Assessment
- Medical Legal / Future Cost of Care
- Independent Living Skills
- Goal Attainment Scaling
- Home Modifications

##### Treatment & Intervention:

- Individual treatment
- Group treatment
- Universal design / barrier free design
- 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
- Relationship Development Program (RDI)
- Integrated Listening Systems (ILS)
- Cognitive Behaviour Therapy (CBT)
- Dialectic Behaviour Therapy (DBT)
- Self-management skills
- Relaxation strategies
- Education
- Workshops

- Counselling
- 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
- 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
- Affective / Emotional Assessment
- 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)
- Functional Abilities Assessment (FAE)
- Workplace risk / Job Hazard Assessment
- Cognitive Job Demands Analysis
- BrainFX 360 Cognitive Assessments
- Cognitive Functional Capacity Evaluations
- Physical Functional Capacity Evaluations
- Vehicle Accessibility Assessments
- Post-offer Employment Testing
- Industrial Ergonomics
- Mild Brain Injury/Concussion Work Conditioning

**Treatment & Intervention:**

- Individual treatment
- Group treatment
- Universal design / barrier free design
- Disability management
- Health education / injury prevention
- Resource / systems coordination
- Equipment prescription / provision
- Early Intervention Program for Concussion
- Concussion care
- Cognitive Behaviour Therapy (CBT)
- Dialectic Behaviour Therapy (DBT)
- Self-management skills
- Relaxation strategies
- Sexuality education
- Education
- Workshops
- Psychosocial rehabilitation /therapy
- Employee Early Intervention
- Workplace Accommodation
- Repetitive strain injury splinting
- Counselling – individual, couples, family
- Community reintegration
- Anger management
- Coping strategies
- Mindfulness
- Vocational rehabilitation
- Exposure therapy
- Medical case consultation
- Barrier free design
- Return to work programming
- Hospital Discharge Planning
- Safe Living Manitoba- Home Modification Program
- Brain Injury/Concussion Work Conditioning
- Accessible Home Building Consultation
- Psychological Health and Safety Audits and Training

- Ergonomics and Assistive Technology Equipment -ERGOLAB
- Computer Access Assessments
- Customized Worker and Supervisor training sessions
- Ergonomic Design Consultation
- Universal Design and Accessibility Audit and Consultation
- Ergonomics Training
- Disability Management and Employee Accommodation Training
- MSI Prevention Training

**Client Age Range:** Children, Adults & Seniors

**Area Served:** Winnipeg & Rural Manitoba, Northern Ontario

**Languages:** English

# KINEX OCCUPATIONAL THERAPY

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

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**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

- 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



# ON THE SPECTRUM THERAPY SERVICES

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Website: [www.onthespectrumtherapy.com](http://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)

- 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

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**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

**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

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**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

For Adults:

**Assessment:**

- Ergonomic Assessment
- Return to work Assessment
- Functional Capacity Evaluation (FCE)

**Treatment & Intervention:**

- 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

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**Summary of Practice:** Therapy First provides community based rehabilitation and assessment and intervention within the client's home and community to enable maximal independence and safety. Therapy first has special interests in spinal cord community rehabilitation, wheelchair seating and mobility, skin/wound/pressure management, home accessibility/safety assessments, assistive technology, upper extremity rehabilitation, chronic pain management and mental health and addictions. Therapy First hosts educational workshops related to seating and mobility.

## Services Provided:

### For Children:

#### Assessment:

- Coordination / Motor skills
- Self-regulation / sensory processing
- Attention
- Self-care
- Play Skills
- Fine motor skills
- Printing
- Seating / Wheelchair / Equipment
- Environmental Assessment
- ADL/IADL
- Independent Living Skills
- Goal Attainment Scaling
- Transfer Assessment
- Assessments above as they relate to spinal cord injury rehab\*\*

#### Treatment & Intervention:

- Individual treatment
- Return to school planning
- Printing / Handwriting
- Fine motor skill development
- Self-regulation / Zones of Regulation / How does your engine run
- Social Thinking
- Seating & Mobility
- 24 hour Postural Care
- Pressure Sore Prevention & Management
- Transfer Training
- Rhythmic Movement
- Cognitive Behaviour Therapy (CBT)
- Dialectic Behaviour Therapy (DBT)
- Self-management skills
- Relaxation strategies
- Sexuality education
- Education
- Anger management
- Coping strategies
- Mindfulness
- Sleep consultation and coaching

### For Adults:

#### Assessment:

- Personal care assistance (PCA)
- Accessibility

#### Treatment & Intervention:

- Individual treatment
- Group treatment

- Functional Home / Safety Assessment
- Cognitive Assessment
- Functional Assessment
- 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
- Affective / Emotional Assessment
- Independent Living Skills
- Goal Attainment Scaling
- Seating/Wheelchair Fitting & Evaluation
- Pressure Sore Assessments
- Transfer Assessments
- Comprehensive mental health assessment available for adults living with longstanding or new onset mental health concerns
- Universal design / barrier free design
- Disability management
- Health education / injury prevention
- Resource / systems coordination
- Equipment prescription / provision
- Cognitive Behaviour Therapy (CBT)
- Dialectic Behaviour Therapy (DBT)
- Self-management skills
- Relaxation strategies
- Sexuality education
- Education
- Workshops – Prairie Seating Workshop & Trade Show
- Psychosocial rehabilitation / therapy
- Counselling – individual, couples, family
- Upper extremity rehab
- Community reintegration
- Anger management
- Coping strategies
- Mindfulness
- Barrier free design
- SAEBO Orthosis & Treatment Program
- Mobility Training
- 24 Hour Postural Care
- Pressure Sore Prevention & Management
- Transfer Training
- Resource/systems coordination particularly as it relates to the navigation of adult mental health systems and associated resources.

**Client Age Range:** Children, Adults & Seniors

**Area Served:** Winnipeg & Rural Manitoba

**Languages:** English, Cambodian