

CP Community Recreation Program

My daughter loves to be active and CP Community Recreation Program meets this need through a variety of activities and events. These activities and events promote healthy eating, physical fitness (rock climbing), and love for the performing arts, just to mention a few. This program provides activities and events for individuals with a wide range of disabilities.

This wonderful program not only adds to my daughter's quality of life but mine as well. My daughter, who once was scared, is now a confident horseback rider. You should see her sitting erect upon this huge animal with a big smile on her face, laughing as she gallops around the barn.

I'm terrified of drowning, and was relieved when I was able to sign Michaela up for one-on-one swimming lessons. Over the years my daughter has grown less and less afraid of the water. In the pool floating on her back, holding onto a noodle, her face beams as she moves around the pool, like a princess.

Michaela is an only child and has no friends. This program provides opportunities for her to socialize with friends. There's the Teen Club that gets together once a month allowing time to hangout and have fun. Some of the activities have been movie night, picnic, going out to eat, shopping, craft and more.

Another neat thing about this program is that there are activities and events that encourage family participation, such a Dinner and a Movie, Train Rides, Picnics, Bike riding, etc. These activities and events encourage parent networking and relationships among our children and each other.

There is also the blessing of affordability. CP offers these activities and events at an affordable price. Not only the family member with a disability benefits but siblings and other family members can participate as well. Thanks to CP Rochester, we look forward to a Red Wing game each year. A fall weekend at The Great Wolf Lodge was a blast! There is Seabreeze, Darien Lake Amusement Park, Marineland, and the list continues.

Michaela's self confidence, independence and social skills has increased since she started participating in this program.

Avril Blackwood
Single Parent Mom