



## ALTERNATIVE SOLUTIONS DAY SERVICES TERAGY PROGRAM

**OUTLINE:** Teragy (from the Greek symbolizing strength and wisdom), is the original program that began as the Services to Multi-Handicapped (S.M.H.) Day Program with New Directions in 1988. The program provides a safe environment for individuals with intellectual disabilities while focusing on maintaining or improving upon basic living skills, choice-making, and appropriate social initiation and interaction. In recent years Teragy has implemented a sensory program to assist participants with managing their environment, their behavioral issues and learning relaxation techniques.

**STAFFING:** Teragy is a group-based program therefore most activities are carried out using this model. A 1 to 3 staff to participant ratio varies based on many factors including the nature of the activity, individual behaviors, physical abilities and individual preferences. One-on-one facilitation for specific programming is also a component of this Day Program. All staff have received training in order to maintain a safe environment and to address specific individual and group needs.

**LOCATION:** Teragy is located at 400-1615 Regent Avenue. The facility has been physically adapted for the variety of participants and is wheelchair accessible.

**PROGRAM STRUCTURE:** Components of the Day Program include but are not limited to the following:



Festival du Voyageur



Horticulture



Hay Ride

- Multi-Sensory Environments
- Social Skill Development/Maintenance
- Physical Activity
- Arts Expression (Visual, Musical and Dramatic)
- Cooking Class
- Life Skill Development/Maintenance
- Computers
- Work Experience
- Recreation/Leisure
- Community Integration and Interaction
- Pre-Literacy Activities
- Sensory Programming



Weiner Roast at Bird's Hill



Sailing at Fort Whyte



Choir Performance

**TRANSPORTATION:** Determined by Community Services Worker

**CONTACT INFORMATION:** Alternative Solutions Day Services: 500 – 717 Portage Ave, Winnipeg, MB, R3G 0M8. Ph: 204-786-7051, Fax: 204-774-6468. Or visit Alternative Solutions Day Services at [www.newdirections.mb.ca](http://www.newdirections.mb.ca)