

# Happy Hands

Ages 10 - 13 Constraint Induced  
Movement Therapy (mCIMT)



July 17 - 21, 2023 | 9 a.m. - 12 p.m.  
The Common Roof, 165 Ferris Lane, Barrie

## What is modified constraint induced movement therapy (mCIMT)?

- mCIMT involves restraining the unaffected arm while engaging the affected limb in a range of everyday activities

## Who can participate?

- Children with Hemiplegia ages 10-13
- In person camp 9 a.m. - 12 p.m. Caregivers will also sign up for 30 minute caregiver coaching session (scheduled at registration) from 11:30 a.m. - 12 p.m. one day in the camp week.
- Children must be able to participate independently in group activities with therapist assist and verbal cueing

## What to bring?

- Water and a peanut-free snack
- Indoor shoes and constraint splint
- Sunscreen for outdoor activities (weather permitting)
- Mask friendly Setting

## How can I register/RSVP?

1. Call Kirsten Gerhart: 905-291-6815
2. Provide your information
  - Your name and child's name (with spelling)
  - Child's age
  - Phone number
  - Best time of day to reach you
3. Spaces may fill quickly. Please register to reserve your spot. You will be contacted by phone.

Throughout camp, CTN and its clinicians will continue to adhere to COVID-19 public health measures to keep families safe.

## No Registration fee required

Each participant will require a removable hand constraint for their unaffected hand (To be discussed at registration)

RSVP by: June 16, 2023

