About Shepherd Center
Shepherd Center, located in Atlanta, Ga., is a private, not-for-profit hospital specializing in medical treatment, research and rehabilitation for people with spinal cord injury and brain injury. Founded in 1975, Shepherd Center is ranked by U.S. News & World Report among the top 10 rehabilitation hospitals in the nation. At Shepherd Center, recreation therapy is integral to our mission of returning individuals to the highest level of independence and activities possible.

About Recreation Therapy
One of the best ways to adjust to lifestyle changes caused by a disability is to participate in meaningful recreation activities. In fact, research shows that positive recreation time can increase health and physical fitness, self-confidence, development of skills and competence, social interaction, quality of life and overall well being. It provides individuals with disabilities an opportunity to participate in activities that challenge expectations and stereotypes.

If you would like to be removed from Shepherd Center’s Recreation Therapy mailing list, please call 404-350-7375 or email Sabrina.Harrison@shepherd.org
2020-2021 Calendar of Events

DISCOVER SCUBA
2020: Mar 4 • Mar 25
May 6 • Jun 3 • Jul 1
Aug 29 • Sep 30
Nov 4 • Dec 2
This hands-on introductory class held in Shepherd Center’s pool from 6 - 8 p.m. is open to anyone interested in exploring adaptive scuba diving. Class instructors are certified by the Professional Association of Diving Instructors (PADI) and the Handicapped Scuba Association (HSA). Cost: $25.
Contact: 404-350-7787

OVERNIGHT BIRD WATCHING RETREAT
April 24 & 25, 2020
Unicoi State Lodge
Cost: $25. Registration required. Register online at shepherd.org/rec-therapy/events
Contact: 404-350-7785

ADVENTURE SKILLS WORKSHOP
May 15-17, 2020
This three-day nationally recognized outdoor workshop includes adaptive waterskiing, scuba diving, fishing, kayaking, jet skiing, swimming, target shooting, zip-lining, basketball, wall climbing and more. Adventure Skills Workshop is held at Camp ASCCA, a wheelchair-accessible facility in Jackson’s Gap, Alabama. Includes meals, lodging and instruction.
Cost: $225. Registration required. Register online at shepherd.org/asw
Contact: 404-350-7775

WATERSKI WORKSHOP
June, July, August 2020
Learn the fundamentals of adaptive skiing in this workshop led by professionally trained ski instructors. Designed for beginner and intermediate skiers.
Cost: $25. Registration required. Register online at shepherd.org/rec-therapy/events
Contact: 404-350-7787

SCUBA TRIP
September 19-26, 2020
Shepherd Center is teaming up with Divers@Sea for an adaptive diving trip to Bonaire. This all-inclusive trip includes round-trip airfare from Atlanta, hotel stay, boat dives and airport transfers.
Contact: 404-350-7787

MORROW FARM HUNTS
Jan-Mar 2020
A guided deer/boar day hunt on 225 acres on the Flint River in Reynolds, GA. Hunters will have access to all terrain vehicles and stocked ponds with on-site lodging available.

ROVING HUNTS
April 24 & 25, 2020
This workshop includes guided dove hunts at various locations.

DEEP SEA FISHING TRIP
August 2020
Panama City Beach, FL

RECREATION THERAPY MISSION STATEMENT
The mission of Shepherd Center’s Recreation Therapy program is to help people with a temporary or permanent disability caused by injury or disease to lead healthy and active lifestyles as independently as possible through the use of recreation activities, providing education, skill development and community reintegration opportunities.

For more information on becoming a team member, please call 404-367-1287. For all sports teams updates follow us on Facebook: Shepherd Center Sports Teams.

Health & Wellness Clinics
These clinics are for individuals with a spinal cord injury, C-6 or below, and other disabilities with similar physical function. The clinics provide the opportunity to become physically active and gain insight to achieve a well-balanced lifestyle. Sports and activities vary. Cost: $25. Registration required. Register online at shepherd.org/rec-therapy/events
Contact: 404-350-7793

Outdoor Activities

Tournaments
Games are held in Shepherd Center’s Livingston Gym and are open to the public. Cost: Free

BASKETBALL
TBD

RUGBY
November 2020

SOCCER
January 2021

SOFTBALL
Summer 2020

Fred, Shaler and Andrew Alias
Sports Teams Program
Shepherd Center sponsors the following twelve competitive sports teams: basketball, bass fishing, fencing, handcycling, power soccer, quad rugby, riflery, softball, swimming, track, waterskiing and tennis.
For more information on becoming a team member, please call 404-367-1287. For all sports teams updates follow us on Facebook: Shepherd Center Sports Teams.

RECREATION THERAPY OUTPATIENT SESSIONS
Contact kelly.edens@shepherd.org