



Recreation Therapy Together Towards Healing

At Peak View Behavioral Health, we firmly believe in addressing the needs of the whole person through holistic and clinical approaches. Our recreation therapy team plays a key role in supporting clients mental and physical wellbeing.

"Recreational therapy, also known as therapeutic recreation, is a systematic process that utilizes recreation and other activity-based interventions to address the assessed needs of individuals with illnesses and/or disabling conditions, as a means to psychological and physical health, recovery and well-being". The American Therapeutic Recreation Assoc.

How to connect to mental health treatment:

Call us or walk In. (719) 735-5887

You can schedule an assessment by phone or come in 24/7.

No-cost, no-obligation assessment

Our team will determine a comprehensive treatment plan for you, whether you are admitted for inpatient treatment or recommended for outpatient care.



7353 Sisters Grove, Colorado Springs, CO 80923
(719) 735-5887 | PeakViewBH.com

Improve the lives we touch

Recreation Therapy

The 5 Domains of Overall Wellbeing



Peak View Therapeutic Recreation Groups

Relaxation Therapy: Relaxation therapy includes meditation, aromatherapy, deep breathing, and improves awareness, as well as reduces stress.

Pet Therapy: Pet therapy provides an opportunity for patients to increase empathy, nurturing and socialization skills.

Music Appreciation: Music helps patients identify and express feelings through musical mediums and helps to reduce anxiety, pain, and improves mood and quality of life.

Creative Arts: The use of art expresses and communicates feelings, through painting, drawing, and sculpting.

Leisure Awareness/Education: Leisure awareness boosts mindfulness of interests, resources, and time management, promoting self-care.

Soulful Awareness: Soulful awareness is the deep understanding and connection to one's inner self.



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