



**FOR IMMEDIATE RELEASE**  
**January 10, 2022**

**“TR SUPERHEROES 2.0” TO BE RECOGNIZED AND CELEBRATED FOR THE MONTH OF FEBRUARY**

**Saskatchewan** — February 2022 has officially been declared Therapeutic Recreation (TR) Awareness Month in Saskatchewan, thanks to the Minister of Health, Hon. Paul Merriman.

Celebrated since 1996, TR Awareness Month has been recognized within the Province of Saskatchewan by S.A.R.P. and across the country with our national partner, the Canadian Therapeutic Recreation Association (CTRA).

TR is a health care profession that utilizes a therapeutic process, involving leisure, recreation and play as a primary tool for each individual to achieve their highest level of well-being. They provide an all-encompassing and individualized plan through an in-depth assessment to help meet the objectives and needs of their clients.

“During the pandemic, our ‘TR Superheroes’ have continued to do an exceptional job at navigating risk, while continuing to provide a crucial service that supports mental health and well-being. Unfortunately, the important role of TR Professionals in our health care system is often overlooked and unknown. We would like to change that narrative by raising awareness of the profession and its purpose in health care during the month of February.” – Former S.A.R.P. Executive Director – TJ Beimans.

This year’s theme for TR Awareness month is ‘TR Superheroes 2.0’ to highlight the heroic and unwavering efforts of TR Professionals throughout this pandemic to bring recreation and leisure opportunities to the residents of our Province.

TR professionals work in a variety of health care and community settings, such as: rehab services, mental health services, long-term care homes, the Children’s Hospital, and many others. The purpose behind the work they do includes improving, maintaining and preventing declines in physical, mental and social health. Recreation and leisure based treatment plans are purposeful, meaningful and based on individual strengths and values identified through assessment.

**About S.A.R.P.**

*The Saskatchewan Association of Recreation Professionals (S.A.R.P.) is a non-profit member driven organization committed to the recreation profession by representing and supporting current and future recreation professionals. Our Members are Individuals such as Recreation Professionals, Recreation Students, and retired Recreation Professionals. Learn more at [sarponline.ca](http://sarponline.ca).*

**For more information:**

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**Supported by:**

