



**FOR IMMEDIATE RELEASE**  
**January 26, 2023**

**TR PROFESSIONALS TO BE RECOGNIZED AND CELEBRATED FOR THE MONTH OF FEBRUARY**

**Saskatchewan** – February 2023 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.

The theme for TR Awareness Month includes a big Thank You to the TR professionals that demonstrated heroic and unwavering efforts to bring recreation and leisure opportunities that improve health, well-being and quality of life 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, please contact:**

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**Supported by:**

