

Unified Profession,
— Unified Voice —

Therapeutic Recreation Month 'Menu'

Feb 1 - 28, 2025

We're thrilled to unveil our second TR Month Menu, thanks to the incredible support of nine dedicated organizations from across Canada! Our theme, "One Profession, One Voice," inspires us to unite and champion the Therapeutic Recreation profession. We can't wait for you to explore the diverse and exciting offerings in this menu throughout February. Join us in celebrating and promoting the wonderful impact of our field!



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A Message from the Associations

CTRA:

As we celebrate Therapeutic Recreation (TR) Month in 2025, we invite you to join us in honoring our shared passion, dedication, and commitment to the profession we love. This year's theme, One Profession, One Voice, reminds us of the incredible power we hold when we come together, unified in purpose, to amplify the value of recreation therapy in the lives of those we serve. - Heather Baker, CTRA President and Crystal Toth, CTRA President Elect

BCTRA:

The British Columbia Therapeutic Recreation Association (BCTRA) is excited to partner with the Canadian Therapeutic Recreation Association (CTRA) and other associations across Canada to celebrate Recreation Therapy Month. This is a time to unite as a profession, raise awareness of our vital role in health and wellness, and strengthen our professional community. Let's celebrate our shared commitment to promoting health, well-being, and inclusion through meaningful recreation opportunities. Together, we can inspire change, build awareness, and show how we can come together to advance our profession. - Jenna Johnstone, BCTRA President

ATRA:

Happy TR Month 2025!

As we celebrate this amazing profession together, we encourage you to take a moment to reflect on the joy and importance of recreation, leisure, and play in your life. This month is a special opportunity to honor the incredible work you do and recognize the positive impact you create every single day. You are appreciated. You are valued. You are irreplaceable. Thank you for making the world a brighter, better place through your dedication and passion!

Yours in therapeutic recreation,
ATRA Board of Directors

SARP:

The Saskatchewan Association of Recreation Professionals (SARP) is proud to support National Therapeutic Recreation Month 2025 and celebrate the impactful work of TR professionals in Saskatchewan and beyond. Together, with our provincial and national partners, we champion the power of recreation to enhance lives and build stronger, more inclusive communities.

A Message from the Associations

TRO:

Happy Therapeutic Recreation Awareness month 2025! On behalf of the Therapeutic Recreation Ontario (TRO) team, I would like to take a moment to acknowledge and thank all of the hardworking, passionate, and dedicated TR professionals and students across Canada. Thank you for making an impact and continuing to enable all individuals to achieve quality of life and optimal health through meaningful participation in recreation and leisure! - Jenna Davis, TRO President

NB Chapter:

Happy Therapeutic Recreation Month from New Brunswick! We hope you all have a month filled with love, leisure & play. Thanks for all you do for our profession.

NSTRA:

NSTRA would like to wish everyone a Happy TR Month! During this month we encourage folks to embrace opportunities for leisure. By practicing what we preach it allows those around us to see the value recreation and leisure can bring to our lives on a daily basis

NLTRA:

As we celebrate Recreation Therapy Month, the NLTRA would like to express our recognition and appreciation for all of our members and also the practitioners across the country who practice in our field. The continued support is what drives our profession forward. As a profession we continue to benefit individuals' well-being and increase, improve and maintain their quality of life. Thank you for your continued support and commitment to making a difference through Recreation Therapy.

Jonathan Barrow, CTRS - President of Newfoundland and Labrador Therapeutic Recreation Association.

ATRA Sponsored Webinar - CE Approved!

Makers Making Change: A Neil Squire Program

Presented by: Tyler, Fentie

This 60 minute, NCTRC CE preapproved session will explore the innovative use of gaming as a tool to support Recreation Therapy teams in advancing their practice.

Participants will learn how gaming can be leveraged to enhance therapeutic interventions and improve client outcomes. Additionally, we will highlight the importance of accessibility in gaming and its role in promoting Recreation Therapy values, emphasizing its potential to improve clients' quality of life.

WATCH NOW!



WEBINAR

ATRA Sponsored Webinars - CE Approved!

I Don't Feel Like it. Roots of Motivation & Applying them to Practice and Life.

Presented by: Jennifer, Schmidt

This 90 minute NCTRC preapproved session discusses the following:

If motivation was simple, we'd all be motivated all the time! The reality is client and personal motivation can be elusive, and finding enough to be able to support wellness can be a challenge! In this session, we'll untangle the physiological and psychological roots of motivation and learn practical strategies to apply them into professional and personal life.

WATCH NOW!

BCTRA Sponsored Webinar - CE Approved!

Current Status on Social Prescribing and the Role of Recreation Therapy in This Practice Area

Presented by: Lo Oliveira (they/them)

Service Learning Project completed during THRT 4701 - Management in TR

Join us for a webinar as we delve into social prescribing in Canada and its synergy with TR practice. Social prescribing has emerged as an approach to healthcare, focusing on holistic wellbeing by prescribing non medical interventions such as art, nature and community engagement. This aligns and

positions therapeutic recreation professionals to be well suited within this area of practice. In this webinar, we will explore a student's learning project on the landscape of social prescribing in Canada and BC, highlight the connection to TR practice and provide an opportunity for members to discuss recommendations for BCTRA to support professionals in this professional practice area.

WATCH NOW!



TRO Sponsored Webinar - CE Approved!

Enriching Lives with Therapeutic Horticulture: Top 10 Activity Ideas

Presented by: Alexis Ashworth

Discover the benefits of therapeutic horticulture, a practice that enhances well-being through active or passive involvement in plant-related activities. Evidence-based research validates the benefits of people-plant engagement, including reduced stress and anxiety, improved cardiovascular and mental health and increased social connections. Learn to design sessions based on client goals, gardening interests and abilities. We'll share the practice, benefits and top 10 indoor and outdoor therapeutic horticulture activity ideas with step-by-step instructions.

WATCH NOW!



TRO Sponsored Webinar - CE Approved!

Engaging with a Posthumanist Ethic of Care in Therapeutic Recreation Practice and Pedagogy

Presented by: CJ Cargill

Therapeutic Recreation is at the edge of a paradigm shift; and as academic institutions and healthcare more broadly grapple with new ways of knowing, being, and becoming, Therapeutic Recreation is in a prime position to follow suit. By grounding our work and education in a posthumanist ethic of care, we become more aware of the ways that the systems our practices are required to exist within create (un)caring conditions that affect our overall health, wellbeing, and approaches to care, and propose new ways of engaging with care as resistance, and hope for our collective futures. Thus, this presentation seeks to engage with feminist posthuman theory and a critical feminist ethic of care that encourages practitioners and educators to think and do differently to provide beyond-medicalized, more-than-clinical care and caring; both within academic spaces and the spaces where our TR practices are provided and received.

[WATCH NOW!](#)

CTRA Sponsored Webinar - CE Approved!

Findings From a Leisure Education Program for Autistic Individuals

Presented by: Mark Comfort & Samantha Lima

This session will go over the current findings of a new and innovative Leisure Ed program for autistic youth and adults, co-developed by CTRS Mark Comfort (Canucks Autism Network) and Therapeutic Recreation student Sam Lima (Douglas College), based in Metro Vancouver. Foundational knowledge including common barriers faced by autistic participants in accessing community leisure and specific supports that have been successful for participants along with the value of higher education and service provider collaboration in building capacity for Therapeutic Recreation students will be the focus of this session. This presentation will be based on findings from the first 3 cohorts of the program which was first implemented in April of 2023. Learning Objectives: 1. Identify 3 barriers faced by autistic youth and adults in accessing community leisure 2. Determine 3 support strategies that could help people on the spectrum in accessing community leisure 3. Identify 3 benefits of working in the field while studying recreation therapy

WATCH NOW!

CTRA Sponsored Webinar - CE Approved!

Transgender Recreation Experiences in the Lower Mainland

Presented by: Anna Parrish

In recent years, awareness of the need for recreation policies supporting the inclusion of the transgender community has become more prevalent in Canada. Inside and outside of recreation, the transgender community continues to experience discrimination, layered forms of stigma, and violence that have a significant impact on self-esteem, mental health, social location, and ability to feel safe moving through society. The primary aim of this study was to determine what internal and external factors contribute to increased recreation engagement in the transgender community in the Lower Mainland. The findings illustrate information that is relevant to the field of therapeutic recreation and TRP's understandings of how to support individuals from the transgender community.

WATCH NOW!



NLTRA Sponsored Webinar – CE Approved!

Lessons Learned: Recreation Therapy in Action at Her Majesty's Penitentiary

Presented by:

Anne-Marie Sullivan, PhD, CTRS, Memorial University
Gillian Batten, MHS, CTRS, Memorial University

In this session we will describe our experience in designing and delivering a pilot recreation therapy program conducted at Her Majesty's Penitentiary in St. John's, NL. The program aimed to improve mental health, social skills, and overall well-being of participants through structured recreation interventions. Attendees will gain insights into the program's design, key challenges, successes, and future recommendations for similar initiatives.

WATCH NOW!

SARP Sponsored Webinar - CE Approved!

Baby Boomers - Recreation and Leisure

Presented by: Jennifer Berger

This session focuses on the baby boomer generation and what influences their recreation and leisure pursuits. A case study will examine their values related to recreation and how that will guide program design. A quiz will test participants knowledge of baby boomers. There will be brainstorming about how this generation will impact future TR professionals, job opportunities and life in long term care homes.

**Hosted Live On
Monday, February 10th @12pm CST**

[Register Here!](#)



TR Month Awards

Submissions open: January 13th - January 23rd

Voting period: January 29th - February 7th

Winners announced: February 28th via CTRA social media channels

The TR month committee will review all nominations via blind peer-review, using a scoring rubric

Nominate
Someone
Today!



Award Categories + Descriptions

1. The Chameleon - Alberta Therapeutic Recreation Association (ATRA)

This TR professional demonstrates resilience, adaptability, and versatility, readily facing challenges with innovative solutions. They are known for using diverse techniques and resources to meet their clients' evolving needs.

Criteria:

- Current member of a provincial and/or national TR association
- Demonstrates adaptive techniques that achieve positive client outcomes
- Shows resilience in overcoming client-related challenges
- Embraces and responds positively to change
- Nominator has either been supervised by or worked with the nominee

2. Life of the Party - British Columbia Therapeutic Recreation Association (BCTRA)

This TR professional radiates joy and positivity, uplifting everyone around them. Known for their infectious enthusiasm, they create lively and welcoming environments for clients and colleagues alike.

Criteria:

- Current member of a provincial and/or national TR association
- Consistently brings warmth and positivity to any setting
- Displays a “can-do” attitude
- Nominator has either been supervised by or worked with the nominee

Award Categories + Descriptions

3. Jack or Jill of All Trades - New Brunswick- CTRA Chapter

A versatile TR professional, this individual is skilled in various recreational activities and support roles. They are always eager to learn new skills to better serve their team and clients.

Criteria:

- Current member of a provincial and/or national TR association
- Demonstrates valued skills in multiple areas
- Invests time in ongoing learning and skill development
- Nominator has either been supervised by or worked with the nominee

4. Master of Minions - Newfoundland & Labrador Therapeutic Recreation Association (NLTRA)

A dedicated mentor, this TR professional guides and supports the next generation of TR practitioners, fostering both professional and personal growth.

Criteria:

- Current member of a provincial and/or national TR association
- Has supervised a minimum of 5 student fieldwork or internship placements
- Open to Certified Therapeutic Recreation Specialist (CTRS) or diploma fieldwork supervisors
- Shows consistent commitment to nurturing future TR professionals
- Provides quality fieldwork placements
- Nominator has either been supervised by or worked with the nominee

Award Categories + Descriptions

5. Practice What You Preach - Nova Scotia Therapeutic Recreation Association (NSTRA)

This TR professional prioritizes their own wellness through leisure and recreation, serving as a model of healthy living and self-care.

Criteria:

- Current member of a provincial and/or national TR association
- Consistently engages in healthy leisure and recreation activities
- Uses leisure and recreation to support personal well-being across multiple domains
- Nominator has either been supervised by or worked with the nominee

6. Above and Beyond - Saskatchewan Association of Recreation Professionals (SARP)

This TR professional goes above and beyond, embodying creativity, resourcefulness, and a commitment to advancing the field. They inspire others and transform challenges into opportunities.

Criteria:

- Current member of a provincial and/or national TR association
- Demonstrates independent initiative and collaborative teamwork
- Actions have positively impacted clients and/or their team
- Shows dedication to advancing the profession through time and effort
- Nominator has either been supervised by or worked with the nominee

Award Categories + Descriptions

7. The Cheerleader - Therapeutic Recreation Ontario (TRO)

The ultimate team player, this TR professional boosts team morale with positivity and encouragement. They celebrate the successes of both clients and colleagues, fostering a supportive environment.

Criteria:

- Current member of a provincial and/or national TR association
- Positively impacts their team through supportive actions
- Demonstrates the ability to instill confidence and encourage a “get-it-done” attitude in their team
- Nominator has either been supervised by or worked with the nominee

