



Canadian Therapeutic Recreation Association  
Association Canadienne de Loisir Thérapeutique

Jenna Johnstone is a part time clinical Recreation Therapist at Silverthorn Care Community in Mississauga Ontario. She is also a full time graduate student at Brock University in Applied Health Sciences. Her current research is exploring professional quality of life among TR professionals working in Long Term Care. For Jenna, the best part of being a masters student was being a Teaching Assistant where she gets to share her experiences as a practitioner and inspire future Recreation Therapists. Jenna obtained her CTRS in 2014. Since completing her undergraduate degree from Brock University in 2012, Jenna has been working with seniors in Long Term Care. Jenna has had the opportunity to present at both National and Provincial conferences on various topics such as Aging well in retirement, incorporating expressive movement in TR practice when working with the aging population, and awareness of compassion fatigue and burnout in TR practice. Jenna is passionate about research, teaching and helping seniors live to their fullest potential through meaningful leisure experiences. Jenna has been a dancer since the age of 4, where staying active is very important to her. She enjoys being physically challenged, going rollerblading, line dancing, connecting with like minded individuals, being with family and friends and starting her off day drinking a nice cup of coffee on her deck with her cat Nala! Jenna is very excited to starting this journey as a Board Member of CTRA to help unite TR practitioner in Canada.