



CTRA 2019 ACLT

Canadian Therapeutic Recreation Association

Annual Conference

**June 19th -21st 2019
Québec City, Québec**

At a glance program



General Information:

Hotel Information:



Hotel Le Concorde Quebec (sold out!)

CTRA Rate \$155 a night/excludes parking starting June 15th -22nd, 2019
(if arriving earlier/staying later please phone 1-800-463-5256)

CTRA's Group Code: **617165**

Phone Reservations: [1-800-463-5256](tel:1-800-463-5256)

Online Reservations: <https://reservations.travelclick.com/108333?userType=GRP>

Select the number of rooms you would like to book and select the number of adults and children who will share the room. Click on Add Code and choose Group Attendee Case Group Code, enter 617165 and click on ADD.

Select and go to the next step. Select the arrival date. Select the departure date.

Follow the steps to complete your reservation and give your credit card information for guarantee.

Delta Hotel Quebec City

CTRA Rate \$199

Phone Reservations: **1-844-860-3756**

Online Reservations: <https://www.marriott.com/event-reservations/reservation-link.mi?id=1554737100680&key=GRP&app=resvlink>

Group Block code: CTRA

West Jet Code: R9YY61B **Travel Agents use code:** WAA54



CTRA 2019 – Conference at a Glance

Quebec City, QC June 19-21st

Hotel Le Concorde

CTRA 2019 ACLT

Time	Sessions
Tuesday June 18th	
6:30-8:00pm	Registration Table Open
6:30-8:00pm	Welcome meet and greet

Time	Sessions
Wednesday June 19th	Day 1
7:00am - 8:00am	Registration Table Open Continental Breakfast (<u>provided</u>) Words of Welcome
8:00am – 10:30am	101a: Mindfulness and Acceptance Commitment Therapy to Enhance Wellbeing through Nature-based Therapeutic Programming (half-day) 102a: Therapeutic Recreation Educators Forum (half-day) 103: An Update on Pilot Project Series - Therapeutic Recreation in Schools for Students with Mental Health, Physical, Developmental and/or Learning Disabilities. 104: Music is a Call to the Soul: Implementing the iPod Project at Donald Berman Maimonides Geriatric Centre (DBM) 105: Cancelled
10:30am- 10:45am	Break



Wednesday June 19th	Continued
10:45am – 12:15pm	<p>101b: Mindfulness and Acceptance Commitment Therapy to Enhance Wellbeing through Nature-based Therapeutic Programming (half-day)</p> <p>102b: Therapeutic Recreation Educators Forum (half-day)</p> <p>106: Evidence-Informed Practice: Creating Effective and Meaningful Interventions</p> <p>107: YouQuest: A Wellness Community where People with Young Onset Dementia Enjoy an Active and Rewarding Quality of Life</p> <p>108: Promoting the Growth of Therapeutic Recreation Through Your Personal Brand</p>
12:15pm – 1:15pm	Lunch (<u>provided</u>)
1:15pm - 2:45pm	<p>109a: Transforming Practicum Experiences: Connecting the Profession Across Canada (Part 1)</p> <p>110a: A Call to Action for Advocacy in Therapeutic Recreation (half day)</p> <p>111: Optimizing Practice through a Recreation Therapy Continuing Care (LTC and Supportive Living) Framework</p> <p>112: Research in Action</p> <ul style="list-style-type: none"> • ‘Raising the Curtain’ on the Lived Experience of Dementia • Fostering Support Through Sport During Spinal Cord Injury Recovery • Strategies to Enhance Peer-to-Peer Learning in TR Contexts <p>113: Social prescribing and therapeutic recreation: Starting the conversation</p>
2:45pm-3:00pm	Break



Wednesday June 19th	Continued
3:00pm - 4:30pm	<p>109b: Transforming Practicum Experiences: Connecting the Profession Across Canada (Part 2)</p> <p>110b: A Call to Action for Advocacy in Therapeutic Recreation (half day)</p> <p>114: Expérience inclusive de plein air: la recherche au service de la pratique</p> <p>115: Research in Action</p> <ul style="list-style-type: none"> • Challenging preconceived notions through human connection: A living library experience • Health work as a social justice approach to working with individuals with lived experience of mental illness • “I think we’re all just learning from each other”: Experiences of an intergenerational daycare program <p>116: Volunteer Management from a Therapeutic Recreation Perspective</p>
6:30pm - 7:30pm	CTRA Awards
7:30pm - 10:00pm	Networking, Wine & Cheese: Silent Auction, Posters, Exhibitors

Time	Sessions
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Thursday June 20th	Day 2
7:00am - 8:30am	Registration Table Open
7:00am - 8:30am	Breakfast at Le Ciel (<u>provided</u>)
8:30am - 10:00am	200: Keynote Address by Professor Dr. Lynn Anderson- Flourishing through Leisure: Discovering Joie de Vivre
10:00am - 10:15am	Break – Exhibitors open
10:15am - 11:15am	201a: Communities of Practice Part 1
11:15am - 11:30pm	Break – Exhibitors open
11:30am - 12:30pm	201b: Communities of Practice Part 2
12:30pm - 1:30pm	Lunch (<u>provided</u>) – Exhibitors open



Thursday June 20th	Continued
1:30pm – 2:30pm	<p>202: Recreational Therapy Perspective on Non-Pharmacologic Pain Management for Individuals with Spinal Cord Injury</p> <p>203: The changing landscape in higher education and future of Therapeutic Recreation programs and curriculum.</p> <p>204: My journey into starting a Therapeutic recreation business in Ontario</p> <p>205: NCTRC Recertification and Areas of Specialization: Continuing Professional Competence</p> <p>206: Commercial Virtual Reality Systems as a Treatment Modality in Recreational Therapy</p>
2:30pm – 3:00pm	Break – Exhibitors open
3:00pm – 4:00pm	<p>207: Video Journaling as a Recreational Therapy Intervention</p> <p>208: Standardized Sensory Assessments: A Tutorial for Using the WNSSP and Other Quantitative Assessments within CCC and ABI Treatment</p> <p>209: Healthy Me! Making Me a Well-Being: An RT Program aimed to Develop Emotional Literacy in Children</p> <p>210: Student Perspective of Advocacy and Awareness within TR: An Exploration of Experienced Barriers to Leisure Participation of Individuals with Disabilities.</p> <p>211: NCTRC Internship and Professional Experience Requirements</p>



Thursday June 20th	Continued
Evening	Social #1: Walking tour of Quebec 20\$ Join an experienced guide through the colorful streets of Old Quebec. Learn about the history, the culture and the meaning of some of the oldest structures in Canada. Meet in front lobby at 4:45pm.
	Social #2: Cabane à sucre 45\$ An unforgettable meal in a traditional setting. One of our longest running Quebecois traditions. Don't miss it!! Meet in front lobby at 5h45pm.

Time	Sessions
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Friday June 21st	Day 3
7:15am – 8:15am	Registration Table Open NCTRC Certificants' Meeting Breakfast (<u>provided</u>)
8:30am – 10:00am	301: A Sampler of Strengths-Based Implementation and Facilitation Strategies in Recreation Therapy 302: How Leisure Education Can Support Older Adults to Live a Meaningful Life after Retirement 303: Let's Connect: Facilitating Identity Reconstruction for Life After Stroke 304: Applying Positive Psychology Principles Using the PERMA-Profiler to Recreational Therapy Practice in Substance Use Disorder Treatment 305: Therapeutic Recreation in Pediatric Palliative Care-Caring for the entire family.
10:00am – 10:30am	Break – Exhibitors open



Friday June 21st	Continued
10:30am – 12:00pm	<p>306: Exploring well-being, positive psychology and joy as foundations for intervention for atypical populations in LTC practitioners and residents’ perspectives.</p> <p>307: Refocusing Culturally Competent Therapeutic Recreation Practice Through an Intersectional Lens</p> <p>308: Community-based Participatory Research as Serious Leisure: Fostering Advocacy in Marginalized Communities</p> <p>309: CARTE Accreditation: Implications for the Recreational Therapy Practitioner</p>
12:00pm – 1:00pm	CTRA AGM & Luncheon
1:00pm – 2:00pm	<p>310: Research in Action</p> <ul style="list-style-type: none"> • A replication survey of professional tasks and job satisfaction of Canadian therapeutic recreation workers • Australian professional identity in Therapeutic Recreation: Exploring perspectives from the field <p>311: Zeitgeist: Intergenerational c-design and storytelling: a unique evidence-based program for long term care addressing loneliness, boredom and depression through university partnership.</p> <p>312: Dissolving disciplinary lines: Articulations of axiology and ethics to guide transformative practices and innovative approaches in leisure professions</p> <p>313 & 314: Cancelled</p> <p>315: Compassion Focused Therapy and Therapeutic Recreation Practice</p>
2:00pm – 2:15pm	Break – Exhibitors open



Friday June 21st	Continued
2:15pm – 3:45pm	<p>316: Creating the Therapeutic Group and Facilitating the Process</p> <p>317: Using Narrative Therapy in Therapeutic Recreation Practice: Strategies for Creating a Positive Identity</p> <p>318: Cultural Competence: A Continuing Learning Journey</p> <p>319: Research in Action</p> <ul style="list-style-type: none"> • Waking up the Drum: Arts-based opportunities for collaboration with Indigenous communities and organizations • Developing a family leisure education program for families with a child with disability: What's new? • Discovering Purpose through Leisure: The Role of Therapeutic Recreation in a Community-Based Eating Disorders Program. <p>320: Expressive Arts in Mental Health: The PeaceLove Movement</p>
3:45pm – 4:00pm	Break – Exhibitors open
4:00pm – 5:00pm	321: Closing Address by Todd Nicholson and Emily Glossop- Never Give up on your Dreams



Saturday June 22nd	Day 4
11:00am – 3:00pm	Social #3: AML Cruise 40\$* Get a first class view of the city and surrounding areas by way of water. Montmorency Falls and l'île d'Orléans are not to be missed! <u>*includes price of cruise only. Participants are responsible for getting themselves to the pick up location (about a 20 minute walk from the hotel).</u>

Registration Information & Rates

Please note this form is for reference purposes only, please register at <https://canadian-tr.org/professional-development/ctra-conference-june-19-21st-2019/>

How to register and Pay :
Registration must be completed online at
<https://canadian-tr.org/professional-development/ctra-conference-june-19-21st-2019/>

Registration fees, payment options:

1. Credit card using PayPal (contact treasurer@canadian-tr.org if an invoice is required)
2. Credit card using Square (contact treasurer@canadian-tr.org if an invoice is required)
3. E-transfer to treasurer@canadian-tr.org using password Quebeccity2019
4. Cheques addressed to "CTRA Conference" mailed to PO Box 448 Russel, ON, K4R 1E3 (please ensure delegates' names are clearly included with all payments via cheque)

Registration Categories and Rates:

A) Member Rates:	Until April 12th	After April 12th
Amount		
Full conference	\$525.00	\$600.00
One Day	\$280.00	\$330.00
B) Non-Member Rates:		
Full conference	\$610.00	\$685.00
One Day	\$330.00	\$380.00
C) Student Member Rates: (must be a full-time student status)		
Full conference	\$295.00	\$330.00
One Day	\$195.00	\$230.00
D) Student Non-Member rates: (must be a full-time student status)		
Full conference	\$380.00	\$380.00
One Day	\$230.00	\$255.00
E) Processing fee for CEUs	\$30.00 (members)	
	\$35.00 (non-members)	



F) Social Events

Walking tour: \$20

Cabane à sucre: \$45

Montmorency Falls cruise (Saturday): \$40

Guest tickets for wine social: \$37

Early bird registration MUST be received by April 12th, 2019

Registration fees include the following : Breakfast, lunch, nutritional snacks and wine social.

Confirmation of Registration: Registration will be confirmed by email. Receipts will be emailed on registration day.

Registration Deadline: Registrations must be received by May 18th, 2019. After May 18th, should additional requests be received and if space allows, an additional fee of \$50.00 will be applied to cover administrative costs related to late registration.

Cancellation Policy: All cancellations are subject to a \$50.00 processing fee. Refunds will be issued within 30 days. Cancellations received after May 18th, 2019 will not be refunded, however, another delegate can be sent in your place.

For registration information visit

www.canadian-tr.org



Things to do BEFORE, DURING & AFTER the conference

Nearby

The Cap Blanc Stairway

Québec City's longest staircase was built out of wood in 1868. It was used by workers of Cap-Blanc to walk to work located on the Plains of Abraham.

Address: 540 Rue Champlain, Ville de Québec, QC G1K 4J3



398 Steps!!!



La Citadelle de Quebec

La Citadelle is an active military installation, and it known for being the oldest military building in Canada! You can walk around the border of the building for free or take a tour inside between 9am and 5pm. Entrance fees include the changing of the guard and the beating of the retreat in summer.



Cost: Adults \$16; seniors \$14; students \$14

Address: 1 Côte de La Citadelle, Québec, QC G1R 3R2

Parliament Building



The parliament building is located on Parliament Hill. The Parliament Building is home to the National Assembly, and it is the meeting place of Québec's 125 elected representatives. If interested in exploring the inside of the building, reservations must be made in advance by telephone 418-643-7239; 1-866-337-8837. Visitors to the National Assembly are introduced to the history and inner workings of Québec's parliament.

Length: 45 minutes – 1 hour

Address: 1045 Rue Des Parlementaires, Quebec City, QC G1A 1A3



Musée National des Beaux-Arts du Québec (MNBAQ)



Proud of its reference collection of Québec art, the MNBAQ has an abundant collection of more than 38,000 works offers a vast survey of the history of Québec art from the seventeenth century to today. The MNBAQ has four pavilions: the Pierre Lassonde pavilion, devoted to contemporary art, the Charles Baillairgé pavilion, devoted to modern art, the Gérard Morisset pavilion, the temple of historical art, and the central pavilion, home to the Family Gallery.

Cost: Adults \$20; seniors \$18; students \$11

Address: 179 Grande Allée Ouest, Québec, QC G1R 2H1

Eats and Drinks Nearby



Located on the rooftop of the hotel, Ciel! Bistro-Bar offers a majestic view on St Lawrence River and on Quebec City. It also has a wine cellar and a cocktail bar fitting everyone's tastes.

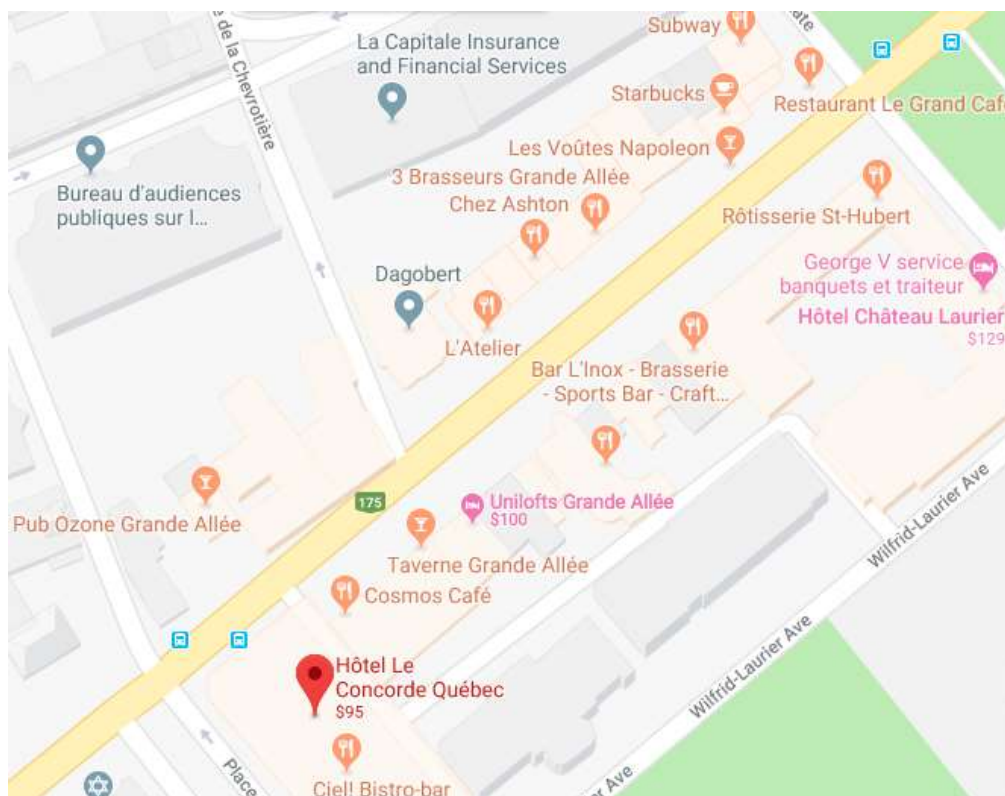


Jaja's concept is to offer an Italian inspired cuisine with a Quebec touch in a cosy ambiance, perfect for the sharing of new gastronomical delights



Would you like a few additional recommendations?

- Café Cremerie Lemix (Breakfast)
- Starbucks (Breakfast)
- Subway (Lunch)
- Chez Ashton (Lunch)
- Taverne Grande Allee (Dinner)
- 3 Brasseurs Grande Allée (Dinner)



Sightseeing Tours & Activities

Walking Food Tours

Explore traditional Quebecoise cuisine by participating in 1 of 3 walking tours! This company offers 3 local food tours to meet your needs. If interested, visit their website for more information.



Length: 3-5 Hours

Cost: \$60-\$80

More Information: <https://localfoodtours.com/quebec/our-tours/>

Half-Day Trip to Montmorency Falls and Ste-Anne-de-Beaupré from Quebec



Take a half day tour to visit two of Quebec's main attractions! Visit Montmorency falls and the Basilica of Sainte-Anne-de-Beaupré. This specific company includes additional stops to an artisanal Chocolaterie de l'Ile d'Orléans, a copper museum, and a shop at Cuivres D'Art Albert Gilles.

Length: ½ Day

Cost: \$57.50

More Information:

https://www.tripadvisor.ca/Half_Day_Trip_to_Montmorency_Falls_and_Ste_Anne_de_Beaupre_from_Quebec-Quebec_City.html



Explore Parc National de la Jacques-Cartier

CTRA 2019 ACLT



Just 30 minutes from Québec City, Parc national de la Jacques-Cartier is host to one of the most beautiful glacial valleys in Québec, the spectacular Vallée de la Jacques-Cartier. The Jacques Cartier River, calm in some places and turbulent in others, has sliced a 550-metre-deep channel into the plateau. A coniferous forest dominates the high plateaus, and deciduous trees people the deep valleys. Here, nature is both inspiring and serene. Interested? Here are a few car rental agencies:

Enterprise Rent-A-Car

Address: 690 Boulevard René-Lévesque E, Québec, QC G1R 5A8

Phone: (418) 523-6661

Hertz Rent A Car

Address: 44 Côte du Palais, Québec, QC G1R 4H8

Phone: (418) 694-1224

Discount Location d'autos et camions

Address: 1225 Place Montcalm, Québec City, QC G1R 4W6

Phone: (418) 529-2811





Notre-Dame de Quebec



Notre-Dame de Québec Church is located in the old town. It was built in 1647 and it was the first church to be made of stone in the city. Inside this magnificent church is the famous “Holy Door”. The Holy Door is a symbol of human life, and many say that passing through the Holy Door during the Jubilee of Mercy means we are learning to face our personal problems as well as the world’s problems.

Cost: \$5

Opening Hours: 7:00 am to 7:00 pm

Address: 16 Rue De Buade, Québec, QC G1R 4A1

Musée de la Civilisation



The Musée de la Civilisation is one of the most popular museums in Québec City. It is well known for its participatory and interactive approach for stimulating wonderment and encouraging discovery. It also contains magnificent exhibits of international calibre about Québec’s culture and history.

Cost: Adults \$17; students \$11

Address: 85 Rue Dalhousie, Québec, QC G1K 8R2



Keep Active!

Run Plains of Abraham

It is 2 km from one end of the park to the other, or a little over 4 km (2.6 miles) for a loop. A 5.8 km (3.7 mile) run has been created incorporating La Citadelle, which adds some hills!





Famous Walking Destinations

CTRA 2019 ACLT



Breakneck Steps & Lower Town



Place Royale

La Promenade des Gouverneurs & Le Frontenac



Enjoy Your Visit!



We look forward to seeing you in Quebec City!