



CTRA PULSE

Building connection, fostering transparency, strengthening belonging

Welcome to the CTRA Pulse

Welcome to the first edition of the CTRA Pulse! We're entering a new chapter for the Canadian Therapeutic Recreation Association (CTRA), with a refreshed mission, vision, values, and a newly elected Board of Directors. The CTRA Pulse brings key updates together in one place, helping members stay informed and connected across all provinces.

Inside each bi-monthly edition, you'll find important news, events, resources, celebrations, and opportunities to take part in our shared journey forward.

Have something to include? Connect with us at ctra-board@canadian-tr.org.

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- Want to promote a job or volunteer opportunity? Contact us!

MESSAGE FROM CTRA PRESIDENT-ELECT



Erica Egedy, CTRS
President-Elect

“As President-Elect, I am honoured to help guide our association into its next chapter. The future of CTRA is grounded in strengthening our national voice, supporting the evolving needs of our members, and continuing to advocate for the essential role of Therapeutic Recreation across Canada.

In the year ahead, my focus will be on strengthening our sense of connection, improving how we communicate with one another, and creating more opportunities to share ideas and inspire each other.

By working together—and keeping communication open and honest—we can continue to move the field of Therapeutic Recreation forward and make a meaningful impact across Canada.

I'm grateful to be on this journey with you.”

BOARD OF DIRECTORS UPDATE



Erica Egedy, CTRS
President-Elect



Heather Baker, CTRS
Past President



Emma Caldwell, CTRS
Director at Large

We are pleased to introduce the CTRA Board of Directors for the 2025–2027 term. Each board member brings valuable expertise, experience, and perspective from a range of clinical and educational backgrounds. To learn more about the board, please visit our website.



Shelly Smith, CTRS
Director at Large



Nick Kathen, CTRS
Director at Large



Chelsea Rauh, CTRS
Director at Large

If you're interested in joining and supporting the CTRA board, we have the following roles open for applications:

- President
- Treasurer
- Secretary
- Director(s) at Large

If you're interested in applying for the above positions, please submit a [Board Nomination Form](#)

NETWORKING & EVENTS

GTA REHAB NETWORK: BEST PRACTICES DAY 2026



Best Practices Day 2026

-- May 1, 2026 --

Best Practices Day is the only provincial rehabilitation conference that gathers clinicians, administrators and researchers from across sectors and disciplines for a day of learning and networking.

Join us virtually on May 1st, 2026, for the annual Best Practices Day. Come and share your newest and best initiatives, innovations and research in any area of rehabilitation and help us create another year of rich programming.

Submit your abstract for one of the following presentations:

1. Rapid Podium Presentation: An 8-minute long presentation given to the entire plenary session, followed by a brief question period.
2. Concurrent Session Presentation: A 30-minute long presentation provided as a break-out session.
3. Virtual Poster Presentation: A poster that must be related to rehabilitative care but does not need to be limited to the conference theme.

To learn more about the conference, please visit the [Best Practices Day Website](#)

SHOWCASING RECT INNOVATION CALL FOR SUBMISSIONS



Are you a Recreation Therapy practitioner working on an exciting project or supporting a unique population that you'd like to share with CTRA members? We're looking for members who want to highlight their work and inspire our community.

Whether you're piloting a new program, exploring innovative approaches, or making an impact within a specific setting, we'd love to hear from you. If you're interested in being featured in an upcoming CTRA newsletter or to present virtually, please reach out—we look forward to showcasing the great work happening in our profession across the country!

TR MONTH 2025

Therapeutic Recreation Month is coming up this February!

We're excited to celebrate and highlight the essential role Recreation Therapy plays in supporting wellbeing, fostering connection, and enhancing quality of life across Canada. We are working with our provincial partners to share resources, success stories, and opportunities to get involved in advocacy and awareness activities. Stay tuned for more updates—and get ready to help us shine a light on the impact of our profession!



JOB & VOLUNTEER OPPORTUNITIES



Do you have a job or volunteer opportunity that you would like CTRA to relay to our members? Contact us through our [website!](#)



Canadian Therapeutic Recreation Association
Association Canadienne de Loisir Thérapeutique



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