



CTRA PULSE

Building connection, fostering transparency, strengthening belonging

Welcome to the CTRA Pulse

Welcome to 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.

IN THIS EDITION

Scroll down to the next section to learn more!

Message from CTRA Board Member

- Committed to supporting the organization's mission and strategic direction

Board of Directors Update

- Board of Directors update and call for new members

Networking & Events

- GTA Rehab Network Best Practices Day Virtual Event
- Showcasing RecT Innovation: Royal Ottawa Place (ROP).
- CTRA Virtual Conference: Call for Papers
- CTRA Members Town Hall
- International Knowledge Exchange

Therapeutic Recreation (TR) Month 2025

- TR Month Update

Job Postings, Volunteer Opportunities

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

MESSAGE FROM CTRA DIRECTOR AT LARGE



Nicholas Kathen, CTRS
Director at Large

"As a newly elected board member to the CTRA Board, I'm truly looking forward to supporting the organization in a variety of ways. I am excited to contribute my time, skills, and perspective to help advance the mission and strategic priorities of CTRA, strengthen the voice of therapeutic recreation across Canada, and support the continued growth and success of our profession. I look forward to collaborating with fellow board members, engaging with CTRA members, and helping to guide initiatives that promote excellence, advocacy, and meaningful impact within therapeutic recreation."

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

CTRA VIRTUAL CONFERENCE 2026: CALL FOR PRESENTERS

The CTRA Board of Directors is excited to confirm that we will be hosting a virtual conference! This year's conference theme is *"Recreation Therapy: Evidence in Action."*

If you would like to present some of the work you are currently engaged in—whether research, quality improvement, innovative programming, or practice-based evidence—we warmly invite you to submit a proposal. This is a wonderful opportunity to share your expertise, highlight impactful initiatives, and contribute to the ongoing advancement of recreation therapy across Canada.

Further details regarding submission guidelines, timelines, and presentation formats will be shared shortly. We look forward to your participation and to an inspiring conference that showcases how evidence truly comes to life through practice!



MEMBERSHIP TOWN HALL: FEBRUARY 18TH

The CTRA Board of Directors invites all members to join us for an upcoming virtual Town Hall on February 18th. This session will provide important updates on CTRA initiatives, offer insight into current priorities and next steps, and create space for open dialogue with members. It's an opportunity to ask questions, share feedback, and help shape the future direction of our association. We hope you'll join us for this engaging and informative conversation; the link will be sent out through email.

INTERNATIONAL KNOWLEDGE EXCHANGE

Leaders from Japan, Australia, the United States, Canada, New Zealand, and the United Kingdom are coming together again this year to share knowledge and advance a culture of care through Recreational Therapy, Diversional Therapy, and activity provision—raising awareness of the vital role of social connection in our work.



Whakawhiti Matauranga o te Ao
International Knowledge Exchange
Échange International de Connaissances
国際知識交流

Join us for weekly presentations about
Therapeutic Recreation on a Global Scale

February 2026
Free Virtual Event

FOR MORE INFORMATION, PLEASE EMAIL: DSE@DIVERSIONALTHERAPY.NET.NZ

Logos: NAPA (Prioritising Wellbeing), CTRA AGLT, Australian Recreational Therapy Association, ATRA (EMPOWERING RECREATIONAL THERAPISTS), NZPT (New Zealand Professional Therapists), NAAP (National Association of Activity Professionals)

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: ROYAL OTTAWA PLACE (ROP)



“Data to Steer The Royal’s Trishaw Program”

Researchers partnered with The Royal Ottawa Place to study the mental health benefits of a trishaw program that gives long-term care residents time outdoors. With a \$6,000 seed grant, an interprofessional team led by Dr. Natalia Jaworska and ROP Recreation Therapists (*Kellie Halligan, and Erin Langiano*) gathered pilot data showing reduced agitation and stress and improved mood among participants. The early evidence supports integrating the program into routine care and applying for larger funding to scale it, highlighting how small grants can drive meaningful research and care improvements.

Would you like to showcase innovative work that you are currently doing? Contact us!

TR MONTH 2026

THERAPEUTIC RECREATION MONTH: KEY HIGHLIGHTS

February is right around the corner, and we are so excited to kick off Therapeutic Recreation (TR) Month officially and to celebrate the vital work of therapeutic recreation professionals across Canada! Please see below for some insight into what we have planned through the month!



Theme: Recreation Therapy: Evidence in Action

Events: Webinars throughout the month and a virtual social gathering

Prizes: Weekly prize draws, including a bonus free CTRA conference registration

Merch: TR Month merchandise available through partner swag shops

Engagement: Social media features and a month-long photo contest

Kick-Off: TR Month launch message from CTRA at the start of February

Keep an eye on our social media for more information on events throughout the month!

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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