



Alberta Therapeutic Recreation Association

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Recreation Therapists

are skilled professionals who bring research-based knowledge and expertise to the patient / client and care team in a variety of settings.

Therapeutic Recreation

helps people find and maintain meaning and purpose in their lives and assist them in developing a healthy leisure lifestyle. Leisure is a critical part of physical and emotional well being, as well as being essential to recovery.

Therapeutic Recreation

is more than simple play, it uses the power of creative leisure activities to support the rehabilitation process and promote wellness throughout our lives.

