



HONOURING PAST ACHIEVEMENTS &
GUIDING THE PROFESSION TOWARD
NEW POSSIBILITIES



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Welcome Message from the ATRA Board Of Directors

Dear Symposium Delegates,

On behalf of the Alberta Therapeutic Recreation Association (ATRA) Board of Directors, it is our pleasure to welcome you to the 40th Annual ATRA Symposium.

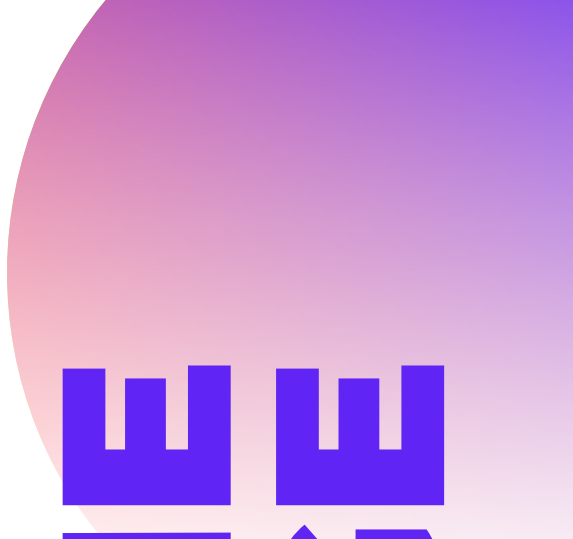
This year marks an extraordinary milestone; forty years of leadership, advocacy, education, and professional excellence in Therapeutic Recreation across Alberta. As we gather to celebrate this anniversary, we also celebrate the countless professionals, students, educators, researchers, and advocates who have shaped our profession and improved the lives of individuals, families, and communities through recreation and leisure.

The Symposium has long been a place where ideas are shared, relationships are strengthened, and the future of our profession is imagined. Whether you are attending as a practitioner, student, educator, researcher, manager, or community partner, your presence contributes to a vibrant and growing community dedicated to enhancing health, wellbeing, inclusion, and quality of life.

Over the past four decades, Therapeutic Recreation has continued to evolve in response to changing healthcare systems, emerging evidence, and the diverse needs of the people we serve. Today, Therapeutic Recreation professionals are making meaningful contributions across mental health and addictions services, long-term care, community programs, disability supports, rehabilitation settings, and many other sectors. Their work fosters connection, belonging, independence, resilience, and hope.

This year has been one of continued growth and momentum for ATRA. Together, we have advanced conversations surrounding professional regulation, strengthened relationships with government and health system partners, expanded professional development opportunities, and continued our commitment to equity, diversity, inclusion, reconciliation, and culturally safe practice.

As we celebrate our past, we also look to the future. The challenges facing healthcare and community services



WELCOME MESSAGE

today create new opportunities for Therapeutic Recreation professionals to demonstrate leadership, innovation, and impact. The knowledge shared throughout this Symposium will help strengthen our profession and inspire the next generation of leaders who will carry this work forward.

We encourage you to take full advantage of the learning opportunities, conversations, and connections available throughout the Symposium. Explore new ideas, engage with colleagues, celebrate accomplishments, and be proud of the collective impact our profession has achieved over the past forty years.

Thank you for joining us and for the work you do every day to enrich lives through recreation, leisure, and meaningful engagement.

We are honoured to celebrate this milestone with you and look forward to the next chapter of Therapeutic Recreation in Alberta.

Warm regards, The ATRA Board of Directors

Glenn Skimming; Outgoing President
Kimberly Dizak; Outgoing Vice President
Lisa Monikowski; Outgoing Treasurer
Rena Walker; Outgoing Education Director
Hailey Kanak; Grant Programs Director
Maegan Ciesielski; Continuing Competence Director
Vanessa Irvine; Secretary
Jenna Stanley; Communication Director
Amanda Ervin; Executive Director



Welcome Message From the Symposium Producer

Welcome 2026 Symposium Delegates!

This year, as we celebrate ATRA's 40th Symposium in beautiful Lethbridge, Alberta, we take the time to reflect not only on last year's successes but the contributions and impacts of all Symposiums over the years. I look back with gratitude and appreciation for each committee volunteer, Symposium Chair and ATRA Board of Directors and Staff over the years and how they all played an integral role in bringing us to this momentous occasion! The enthusiasm, feedback and active engagement from the delegates allows us to bring this event further each year.

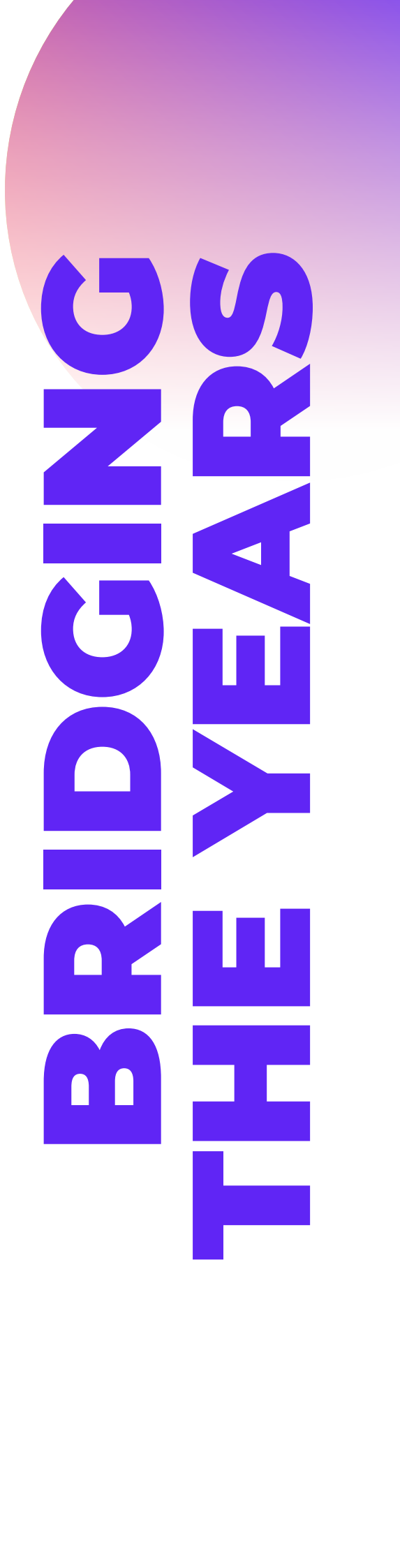
This year's theme, **"Bridging the Years: Honouring Past Achievements and Guiding the Profession Toward New Possibilities: 40 Years of Growth"** invites us to reflect on how far we have come, consider where we are headed, and imagine the future of ATRA.

Throughout the Symposium, delegates will have opportunities to:

- honour the achievements that have shaped recreation therapy in Alberta;
- explore new possibilities for the profession;
- strengthen practice through meaningful educational experiences; and
- continue improving outcomes for the people and communities we serve.

This year's workshop will be presented by the esteemed Dr. Colleen Hood and is titled "Strengthening the Focus on Client Change in Therapeutic Recreation: Facilitation Strategies to Increase Well-Being." This session will offer delegates across all communities of practice practical insights they can bring back to their work and share within their professional settings.

This year's committee has been a group of remarkable ATRA members from across the province. The committee has been led by this year's Meeting Leaders, Ashley McConnell and Robin Ostrander. Ashley & Robin have stepped into this role with confidence and a passion for



BRIDGING
THE
YEARS

volunteerism and giving back to our profession. Alongside our dedicated and enthusiastic leaders, we have our committed and innovative committee consisting of the following volunteers: Susan Greer, Rebecca Wiens, Andrea Capowski, Stephanie Pointon, Kayleen Douglas, Rose Isaac and Jay Trncik. Please join me in expressing thanks to this group, without their hard work and time we would not be able to host this event – THANK YOU!

This hardworking committee has worked tirelessly over the year to bring you a two-day hybrid event focusing on learning, self-reflection and growth. The educational aspect is always a highlight, networking and social opportunities have been curated by the committee to allow an opportunity to connect with, as well as bringing you many exhibitors across the recreation therapy world to allow you to discover more resources to bring to your practice.

Please allow me the opportunity to once again thank the dynamic 2026 Symposium Meeting Leaders and Committee as well as the ATRA Board of Directors, the Executive Director, Amanda Ervin and the Webinar Technical Producer Amy McAleese who all play vital roles in the creation and implementation of the Annual ATRA Symposium.

Finally, I am pleased to share that the 2027 ATRA Symposium will be a virtual event with the opportunity for practitioners, educators and students alike to come together and share their knowledge and contributions to the profession through a breakout session format. Start thinking about your presentations now and be ready for the call in early 2027! Can't wait to see you there!

With gratitude,

Charlotte Jordan

ATRA Symposium Producer

symposium-producer@alberta-tr.ca



Registration Rates

	Early Bird In Person Registration	Regular Rate In Person Registration	Early Bird Virtual Registration	Regular Rate Virtual Registration
ATRA Professional Member	\$375	\$425	\$200	\$250
ATRA Alumni Member	\$375	\$425	\$200	\$250
ATRA Supporting Member	\$375	\$425	\$200	\$250
ATRA Student Member	\$100	\$150	\$75	\$125
ATRA Student Member Group Rate			\$350	\$400
Non-ATRA Member Professional Delegate	\$475	\$525	\$250	\$300
Non-ATRA Member Student Delegate	\$200	\$250	\$175	\$225
Non-ATRA Member Student Group Rate			\$450	\$500
Exhibitor Table Fee (includes meals & social access)	\$500	\$500		

Early Bird Registration Closes **September 9, 2026.**

In Person Registration Closes **October 2, 2026.**

Virtual Registration Closes **October 16, 2026.**

Symposium Schedule Day 1:

Thursday, October 22, 2026

	Event	Presenter	Room	Educational Hours
6:45-8:00 a.m.	Registration		Hallway outside of Aspen & Birch	
7:00-8:00 a.m.	Breakfast			
8:00-8:15 a.m.	Welcome to the 2026 ATRA Symposium	Symposium Producer & Meeting Leaders	Aspen & Birch	
8:15-9:15 a.m.	Keynote Presentation: Alberta's Post-Secondary Institutions & Their Impacts on Recreation Therapy Services in Alberta	Alberta Post-Secondary Institution Recreation Therapy Programs (Norquest College, Lethbridge Polytechnic and the University of Lethbridge)	Aspen & Birch	1 hour
9:15-9:30 a.m.	Break/Exhibitors	Cedar Room	Cedar	
9:30-11:00 a.m.	Celebration of Therapeutic Recreation: 40 Years of Impact in Alberta	Alberta Therapeutic Recreation Association (ATRA)	Aspen & Birch	1.5 hours
10:45-11:00 a.m.	Snack Break/Exhibitors		Aspen & Birch/Cedar	
11:00-12:30 p.m.	Facilitating Client Change Through Therapeutic Recreation	Dr. Colleen Hood	Aspen & Birch	1.5 hours
12:30-1:30 p.m.	Buffet Lunch/Poster Presentations/Exhibitors		Aspen & Birch/Cedar	
1:30-3:30 p.m.	Facilitating Client Change Through Therapeutic Recreation	Dr. Colleen Hood	Aspen & Birch	2 hours
3:30-3:45 p.m.	Snack Break/ Exhibitors		Aspen & Birch/Cedar	
3:45-4:45 p.m.	Facilitating Client Change Through Therapeutic Recreation	Dr. Colleen Hood	Aspen & Birch	1 hour
4:45-5:30 p.m.	Exhibitors Session & Poster Presentations		Cedar	
7:00-8:30 p.m.	Mocktails & Masterpieces: Create with Cheryl	ATRA Symposium Committee	Aspen/Birch	
DAY 1 Educational Hours TOTAL				7 hours

Symposium Schedule Day 2:

Friday, October 23, 2026

	Event	Presenter	Room	Educational Hours
7:00-7:45 a.m.	Breakfast		Aspen & Birch	
6:45-7:45 a.m.	Educator's Breakfast	ATRA invites all Educators to join for our Educator's Breakfast. **Please note this is an invite only registered event**	Poplar	
7:45-8:00 a.m.	Welcome/Housekeeping	Symposium Producer & Meeting Leader	Aspen & Birch	
8:00-9:30 a.m.	ATRA Annual General Meeting	ATRA BOD	Aspen & Birch	
9:30-9:45 a.m.	Snack Break/Exhibitors		Cedar	
9:45-11:45 a.m.	Facilitating Client Change Through Therapeutic Recreation	Dr. Colleen Hood	Aspen & Birch	2 hours
11:45-12:00 p.m.	Break/Room Set up/ Exhibitors			
12:00-1:30 p.m.	ATRA Awards Lunch	ATRA BOD	Aspen & Birch	
1:30-1:45 p.m.	Break/ Room Set up/ Exhibitors		Cedar	
1:45-3:15 p.m.	Facilitating Client Change Through Therapeutic Recreation	Dr. Colleen Hood	Aspen & Birch	1.5 hours
3:15-3:30 p.m.	Break			
3:30-4:30 p.m.	Facilitating Client Change Through Therapeutic Recreation	Dr. Colleen Hood	Aspen & Birch	1 hour
DAY 2 Educational Hours TOTAL				4.5 hours
Symposium Educational Hours TOTAL				11.5 hours

Opening Keynote Presentation

Alberta's Post-Secondary Institutions & Their Impacts on Recreation Therapy Services in Alberta

Learning Objectives:

1. Participants will be able to identify three areas of impact on the profession from each post-secondary institution.
2. Participants will be able to identify at least three key components of the recreation therapy programs' histories and how they have evolved to where they are today.
3. Participants will be able to identify at least three future goals across the post-secondary institutions for recreation therapy in Alberta and how these future goals can be applied to the advancement of the profession.

KEYNOTE

Celebration of Therapeutic Recreation

Celebration of Therapeutic Recreation: 40 Years of Impact in Alberta

For 40 years, Therapeutic Recreation professionals have been improving health, wellbeing, inclusion, and quality of life for Albertans across healthcare, community, and social service settings. This special celebration event will showcase the profound impact of Therapeutic Recreation through powerful stories of lived experience, highlighting how recreation-based interventions support recovery, foster resilience, strengthen communities, and enhance quality of life.

Using personal narratives, video testimonials, and lived experiences, participants will explore how Therapeutic Recreation positively impacts mental health and addictions recovery, seniors' care, dementia support, disability services, and community inclusion.

This 90-minute session will demonstrate how Therapeutic Recreation contributes to prevention, recovery, community wellbeing, and sustainable healthcare systems. As Alberta faces growing demands related to mental health, aging populations, and community-based care, Therapeutic Recreation remains a vital yet often under-recognized component of the continuum of care.

Join us as we celebrate four decades of leadership, innovation, and impact while looking ahead to the future of Therapeutic Recreation in Alberta.

Learning Objectives

1. Explore the impact of Therapeutic Recreation through lived experiences and client outcomes.
2. Examine the role of Therapeutic Recreation in supporting health, wellbeing, inclusion, and community participation.
3. Understand how Therapeutic Recreation contributes to broader healthcare and social system priorities, including prevention, recovery, and quality of life.
4. Celebrate 40 years of Therapeutic Recreation leadership and advocacy in Alberta while identifying opportunities for future growth and recognition.

40 YEARS OF IMPACT

Dr. Colleen Hood

Presentation

Session Title: Strengthening the Focus on Client Change in Therapeutic Recreation: Facilitation Strategies to Increase Well-Being

Session Description: This 1.5-day workshop is designed to support Recreation Therapy professionals in strengthening their commitment to client change as a goal of TR services and to develop a philosophy of intervention that supports this goal. In the recent publication, *Facilitating Client Change Through Therapeutic Recreation: Intervention Strategies to Support Well-Being*, Hood and Carruthers proposed a number of frameworks to define and describe potential intervention targets for Recreation Therapy professionals. This session will provide an overview and synthesis of these frameworks and will provide a roadmap for sophisticated, change-oriented TR services.

Learning Objectives:

1. Participants will be able to identify two key forms of client change addressed in Recreation Therapy professional practice.
2. Participants will be able to identify three areas of focus for client change when working with actions in Recreation Therapy practice.
3. Participants will be able to identify two strategies for working with emotions to support desired client change in Recreation Therapy practice.
4. Participants will be able to identify two key ways to support clients in modifying habits of thought in Recreation Therapy practice.

Dr. Colleen Hood

Bio

Dr. Colleen Hood is a Professor Emeritus in the Department of Recreation and Leisure Studies at Brock University and a Registered Psychotherapist in private practice. She has been an educator and researcher in the field of Therapeutic Recreation (TR) for more than 35 years, holding academic positions at several universities across Canada and the United States, including Dalhousie University and Oklahoma State University.

Dr. Hood's research and service interests include leisure and well-being, theory-based professional practice, leisure and recovery in the context of mental health challenges, and therapeutic recreation intervention and facilitation techniques. In recent years, her work has focused on enhancing services for individuals experiencing mental health challenges and on integrating trauma-informed care into therapeutic recreation practice.

She has made extensive contributions to the therapeutic recreation profession, including serving a six-year term as Lead Editor of the Therapeutic Recreation Journal and as President

of the Canadian Therapeutic Recreation Association (1998). She has also contributed through numerous professional presentations and scholarly publications.

In collaboration with Dr. Cynthia Carruthers, Dr. Hood co-developed the Leisure and Well-Being Model, a contemporary, strengths-based service delivery framework that has become a significant contribution to the field of therapeutic recreation.

In her personal life, Dr. Hood values the role of meaningful leisure in promoting resilience and well-being. She enjoys creative expression, particularly working with textiles to produce a variety of handcrafted items appreciated by friends and family. She is deeply committed to her family, including her partner, children, grandchildren, and extended relatives. She enjoys visiting and traveling with them whenever possible.



DR. COLLEEN HOOD

Poster Presentations:

The Quality of Life - Chrysalis Project: Culture Change, transforming facilities into resident-choice inspired homes

Poster Description: The Quality of Life Chrysalis Project is a two-year, government-funded initiative focused on enhancing quality of life and advancing person-centred care across 26 continuing care homes in Central Alberta. Grounded in the belief that every person deserves to live with dignity, purpose, and joy, the project supports the creation of more home-like, resident-directed environments. Through innovative, evidence-informed practices, the initiative promotes meaningful engagement, resident choice, and overall well-being. By fostering sustainable culture change, the project is helping transform the continuing care experience for residents, families, and care teams.

Learning Objectives:

1. Identify at least three practical environmental or technological enhancements—such as interactive projections, life stations, or custom door wraps—that promote cognitive stimulation and social connection for residents with cognitive impairment.
2. Explain how to apply the Feasible and Sustainable Culture Change Initiative (FASCCI) Model to lead resident-centered transformations across multiple continuing care facilities.
3. Analyze the role of interdisciplinary staff, families, and Process Improvement Teams (PITs) in co-designing and sustaining long-term culture change in care homes.

Nicole Kulba has over 17 years of experience in Therapeutic Recreation, including more than a decade as a Recreation Therapist in long-term care. Recognized with the 2019 ATRA Innovative Practice Award for her work with Ambient Technology (ABBY), she is a strong advocate for innovation and person-centered care. Since becoming a Certified PAC Consultant in 2020, she has specialized in dementia care, leadership, and quality of life initiatives. In 2024, she became the Provincial Professional Practice Lead – Continuing Care, and in 2025 assumed leadership of the Quality of Life Chrysalis Project, transforming 26 long-term care sites into more home-like, resident-centered environments.



My name is Michelle Sharpe. I have been employed as a Recreation Therapist with AHS for 28 years. Throughout my career, I have had many rewarding experiences being an integral part of interdisciplinary teams, including the Halvar Jonson Centre for Brain Injury, Stroke Rehabilitation at Red Deer Hospital, and Clinical Lead working in Acute and Palliative Care. Since 2017, I have been the Professional Practice Lead for Recreation Therapy, now working for Assisted Living Alberta in Central Alberta. I am proud to be part of this amazing initiative supporting the Quality of Life Chrysalis Project as the Recreation Therapy Professional Practice Lead.



Smiley Rana is a Therapy Assistant and Certified Therapeutic Recreation Specialist with extensive experience supporting older adults living with dementia across supportive living, assisted living, adult day programs, and long-term care. She earned her Bachelor of Therapeutic Recreation (Honours) from the University of Lethbridge in 2024 and is passionate about person-centered approaches that enhance engagement, independence, and well-being. Her experience includes roles with the Silver Lining Adult Day Program and Tofield Long-Term Care. Currently, she supports the Quality of Life Chrysalis Project, helping implement innovative recreation therapy initiatives across 26 long-term care sites in Alberta's Central Zone.



Poster Presentations:

Tech in TR: Bringing Continuing Care into the Future

Poster Description: This presentation will focus on the integration of technology in continuing care settings to enhance, not replace, therapeutic recreation interventions. Topics will include strategies for technology integration, benefits of including technology, technology available on the market, and how technology can help recreation therapists prepare for the new generation of individuals coming into care. While this information is not part of a research study, it does pull from evidence-based practices and practice-informed evidence collected throughout various piloted programs.

Learning Objectives:

1. After this presentation, participants will be able to identify one or more therapeutic benefits to integrating technology into recreation therapy programming in continuing care
2. After this presentation, participants will be able to identify one or more strategies to integrate technology into recreation therapy interventions
3. After this presentation, participants will be able to identify one or more forms of technology appropriate for use in continuing care.

Madison Hunt is a University of Lethbridge BTR alumnus and has experience with many populations, including supportive living, long-term care, mental health, and rehabilitation. Currently, Madison is a Recreation Therapy Consultant at Allen Gray Continuing Care Centre, working on a grant-funded project to increase access to meaningful leisure for long-term care residents through the incorporation of technology. She is excited to share her passion for innovative and evidence-based practices. Some of her favorite leisure activities include volunteering, nature walks, and spending time with her friends and family.



Poster Presentations:

Recreation That Connects: Quality of Life and Client Experience Outcomes Across South Zone Therapeutic Recreation

Poster Description: Highlighting five years of quality-of-life and client experience outcomes across Alberta Health Services and Assisted Living Alberta's South Zone community therapeutic recreation from May 2021 to April 2026. Data from EQ-5D-5L surveys and client experience surveys demonstrated consistent trends in quality-of-life, wellness, and stabilization and maintenance outcomes in chronic and complex rehabilitation populations. Therapeutic recreation interventions included Aquatic Therapy, Aquatic Renewal for Chronic Pain, Expressive Arts, Horticulture, Yoga, Walking to Wellness, Social Brain, and the Tiered Exercise Program delivered across multiple urban and rural sites both in-person and virtually.

Learning Objectives:

1. Identify how therapeutic recreation services contributed to quality-of-life outcomes within chronic and complex rehabilitation populations.
2. Understand the use of EQ-5D-5L and client experience measures to evaluate therapeutic recreation outcomes across a regional rehabilitation system.
3. Recognize the importance of stabilization and maintenance outcomes in chronic and complex rehabilitation populations.

Shana Wandler began working in Therapeutic Recreation in 2015 as a Recreation Therapist and now works as the Assisted Living Alberta South Zone Therapeutic Recreation Professional Practice Lead, where they support the advancement of evidence-based practice, program development, outcome evaluation, and interdisciplinary initiatives.



Poster Presentations:

Recreation Therapy Practice Insights: Strengthening Knowledge Mobilization in Recreation Therapy

Poster Description: Recreation therapy professionals generate valuable practice-based knowledge every day, yet much of it is never shared beyond individual organizations. The Recreation Therapy Practice Insights Framework, developed collaboratively by ATRA and BCTRA, provides an accessible approach to documenting and sharing practice innovations. This poster introduces the framework and explores its potential to strengthen knowledge sharing, collaboration, and evidence-informed recreation therapy practice across Canada.

Learning Objectives:

1. Describe the need for accessible knowledge mobilization strategies within the recreation therapy profession.
2. Identify the key components of the Recreation Therapy Practice Insights Framework and its intended applications.
3. Recognize opportunities to document and disseminate practice-based evidence within their own clinical, community, or academic settings.

Recreation Therapy Practice Insights: Template was co-created by Jenna Johnstone, MA, CTRS² (British Columbia Therapeutic Recreation Association) and Amanda Ervin, MSc, CTRS, PhD Student (Alberta Therapeutic Recreation Association).

Amanda Ervin is the Executive Director of the Alberta Therapeutic Recreation Association (ATRA), a sessional instructor at the University of Lethbridge and Lethbridge Polytechnic, and a PhD student at the University of Lethbridge. She is an accomplished published researcher with multiple peer-reviewed publications and national presentations. Her work focuses on advancing recreation therapy through research, education, advocacy, and knowledge mobilization, with a commitment to translating evidence into practical resources for the profession.



Awards

Awards Ceremony: ATRA has a robust Awards Program and maintains a detailed online archive of our award recipients since 1989. This year's ATRA Awards Ceremony will celebrate the following:

DISTINGUISHED SERVICE AWARD

This individual has demonstrated commitment to excellence throughout their career and has advanced the practice of Therapeutic Recreation.

PROFESSIONAL OF THE YEAR AWARD

An individual who has made significant contributions to the field of Therapeutic Recreation in the past year.

INNOVATIVE PRACTICE AWARD

An individual who has demonstrated innovative practice or new service in the field of Therapeutic Recreation.

OUTSTANDING PRECEPTOR AWARD

Preceptor in a clinical setting who demonstrates excellence in the provision of TR education in their workplace and values the importance of mentoring future professionals. Two awards will be given, one to a college-level preceptor and one to a university-level preceptor.

OUTSTANDING STUDENT LEADER AWARD

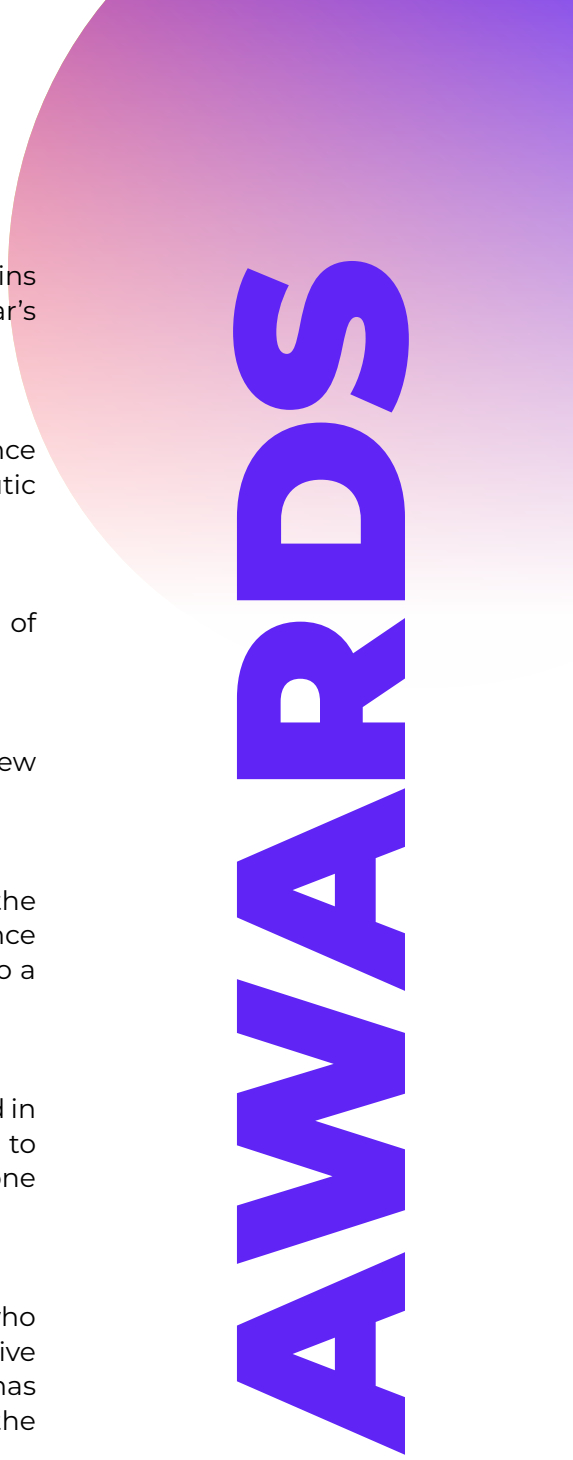
A student who demonstrates leadership both within the school and in the community, and shows promise for meaningful contributions to the field of Therapeutic Recreation. Two awards will be presented: one to a college-level student and one to a university-level student.

COMMUNITY PARTNERSHIP AWARD

This award recognizes a community organization or individual who has demonstrated exceptional commitment to creating inclusive opportunities for individuals within the community, or who has partnered with a Therapeutic Recreation professional to advance the field.

DIANNE BOWTELL TEAM AWARD

This award recognizes a team that has achieved exceptional outcomes while creating inclusive opportunities within their community and has made a significant contribution to advancing the field of Therapeutic Recreation in Alberta.



AWARDS

Social Event

Mocktails and Masterpieces: Create with Cheryl



October 22, 2026, 7:00 pm-8:30 pm

Cost: \$10.00, materials provided

Join us for our in-person social event! We will be hosting a memorable evening for networking and fun! This year's social will be a guided paint night complete with some evening treats.

Cheryl is the host of the event, she is a retired mother of 2, married 33 years. She has loved art all her life, and now she shares it with others! She does art/craft classes with seniors in Fort Macleod at the Pioneer Lodge and the Extendicare monthly. She also does programs through Kids First in Fort Macleod, and Parent and Me nights through FCSS. In addition to this, she offers paint nights in various locations as well as private events. Art is very therapeutic and relaxing, and her goal at an event is to help everyone finish their project and feel proud of their achievement.

MOCKTAILS & MASTERPIECES

Exhibitors and Donors

Exhibitors

We encourage all delegates to explore these exhibitor booths throughout the two days of the Symposium. Check them out while you play our ATRA Symposium BINGO for chances to win prizes! Discover resources and connections to support your practice.



Donors

A heartfelt thank you to our generous donors. Your support and contributions towards the symposium and door prizes help us to celebrate our past achievements, examine transformative change, and inspire future progress.



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