

February offers a dynamic opportunity to celebrate both Recreational Therapy Month and Black History Month, two observances that, when honored together, highlight the transformative power of human connection.

Recreational therapy is rooted in the belief that everyone deserves access to meaningful experiences and well-being. Through play, creativity, and social connection, recreational therapy supports physical, emotional, cognitive, and social health. It recognizes that healing extends beyond traditional treatment approaches and can be found in joy, self-expression, and the freedom to participate fully in life. Recreational Therapy Month provides an opportunity to recognize the professionals who use passion and creativity to empower individuals of all abilities to thrive.

Black History Month invites reflection on the profound contributions, resilience, and cultural legacy of Black individuals and communities. It is a time to honor both historical achievements and ongoing work, while celebrating traditions and bringing Black identity to the forefront. 2026 marks the 100th anniversary of national commemorations of Black history, catalyzing healing, challenge, and connection.

By honoring Recreational Therapy Month alongside Black History Month, we affirm that wellness, dignity and joy belong to everyone. We celebrate the past, enrich the present, and commit to a more equitable and inclusive future. February reminds us that when history, culture, and compassionate care come together, they create space for individuals and communities not just to survive—but to thrive.

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