ATRA
AMERICAN THERAPEUTIC RECREATION ASSOCIATION

RT Recipe for: BELONGING, MATTERING & SOCIAL CONNECTION

CATEGORY: **TIME:**   **YIELD:**

ingredients

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directions

notes

Recreational Therapy Month 2026
Turning the Tide on Loneiness

WRITTEN BY RT: ☐ STUDENT   ☐ CLINICIAN   ☐ PARTICIPANT
☐ EDUCATOR ☐ OTHER ....