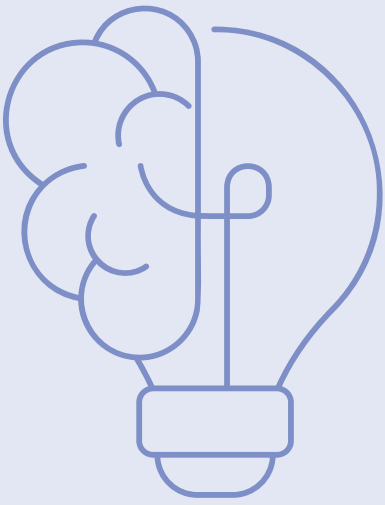


Together Just, INC Recreational Therapy for Adults



You deserve therapy that fits your life, not the other way around. RT uses recreation and activity-based interventions to support the physical, emotional, and psychological well-being of adults at every stage of life.

RT goes beyond talk therapy. Your Therapist builds every session around your interests, your history, and the life you want to live, making treatment feel relevant, empowering, and real.



In Oklahoma, RT is provided exclusively by a board-certified, licensed professional (CTRS/L) with a bachelor's degree or higher, two clinical internships, and a passing national competency exam.



CONTACT US

918-346-7756

INFO@TOGETHERJUST.COM

Together Just, INC Recreational Therapy for Adults



Your Therapist will assess your strengths, interests, and goals before building a fully individualized treatment plan. Progress is tracked and documented to ensure meaningful, measurable outcomes at every stage of life.

Golf and adaptive sports, yoga and movement, arts and crafts, music, pet therapy, gardening, journaling, cognitive games, and community outings.



- Anxiety and depression
- Physical rehabilitation and chronic illness
- Traumatic and acquired brain injury
- Substance-related and addictive disorders
- Age-related cognitive decline and memory care
- Social isolation and community reintegration
- Emotional dysregulation
- Caregiver stress and burnout

Who can we help? We build a treatment approach around your unique needs, helping you reclaim independence, connection, and quality of life.



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