



## Healing with Nature

# UPCOMING

## EVENTS

*Check Out the fun activities coming up for all ages!*

**OCT 05**

### Yoga in Nature

Gow Park, Mulgoa

Slow down, loosen your muscles and re-energise yourself with yoga at Gow Park. Stay afterwards for Bushcare!

**OCT 07**

### Craft in Nature

Werrington Youth Centre

A guided craft session for children to explore and connect to the bush. **Early childhood ages**

**OCT 22**

### BBQ & Weed Blitz, Emu Heights

Get active, help remove weeds from a bushland gully & heritage property, then relax with a BBQ and cold drink

**OCT 29-30**

### Youth Campout

Conservation property, Mulgoa

Camp on the Cumberland Plain, help nature out, socialise and wake up to birdsong at Wallaroo.

**Ages 18-35.**

**NOV 12**

### Scribbling Scribbly Gums, Castlereagh

A drawing class with artist & illustrator Pat Shirvington. Find your inner artist & learn to draw our beautiful bushland!

**NOV 25**

### Sunset Safari

Bellbird Reserve, Emu Plains

Enjoy a guided nature therapy bushwalk at sunset with Mary from Nature Know, then get your torches out to spot the nightlife!

*Light refreshments will be provided at every event.*

*For more information and to register, please turn over.*



About the program

# HEALING WITH NATURE

Something for everyone!



The Healing with Nature program includes **7 fun events** with different activities for all age groups. It embodies principles of **nature therapy** which is the practice of being in nature to **boost** mental and physical **health**.

It focuses on spending quality **time outdoors**, the **recovery** of people and the environment in a **fun**, casual way. It provides a chance to **disconnect** from the busy world, **learn** practical **techniques** to manage stress & anxiety\*, **seek help** and focus on **yourself**.



**SCAN the QR CODE to REGISTER, or go to**

<https://www.eventbrite.com.au/e/healing-with-nature-program-tickets-419291982607A>

**For more information please contact:**

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\*These mechanisms are not a replacement for professional support.



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