



An Outdoor Eco-Therapy Group for

HEALING IN UNCERTAIN TIMES

***EVERY OTHER THURSDAY 1PM - 3PM
BEGINNING APRIL 10TH***

(INTAKE SESSIONS WILL BE OCCURRING ON MAR 20, MAR 27 & APR 3)

248 OSSINGTON AVE

Exploring, shifting and engaging with our distress in the face of uncertainty. Connecting with ourselves, others and nature as part of the healing process.

COVERED BY OHIP

Contact Chris Bell via email at chrisbe@westnh.org or call 647-720-5871 if you have questions or would like to register.



psychiatree
growing compassion.



REGISTRATION NOW OPEN

LIMITED SPOTS

NEXT STEPS



To **sign up** for a group, please first email chrisbe@westnh.org and then you will be sent a link to register for a meeting with Dr. Nate or staff at West Neighbourhood House can support you.

Staff at WestNH can support you in filling out the form.

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Dr. Nate Charach is a psychiatrist who is running OHIP-covered, nature-connected therapy groups to transform our distress into motivation and purpose. These groups will help empower you to engage in meaningful action to address the challenges of our time while also preventing burnout for those taking action.

As a participant, you will focus on connecting to what matters most to you. You will connect with your inner self, to others in the group, and to the greater natural world.



Your care for our Earth is deeply appreciated. Let's turn our distress into empowerment.