



Nature-Based Therapeutic Support for Adults, 2022

**Feeling overwhelmed, stuck or disconnected?
Looking for healthy and meaningful activity options?**

Our programs will support NDIS capacity building goals around improving physical, social and emotional wellbeing and community participation.

Fresh Tracks – half day nature trip with a small group

We welcome you to join us on our tailored excursions to biodiverse locations in the Adelaide Hills, departing from Firle, Thursdays 1:00–5:00pm.

- Breathe in some fresh air, tune into your senses and mindfully connect with nature in our small supportive group (max 6 with 2 AHPs).
- \$200 per trip (CB Improved Daily Living/Social, Community Participation)

Individual Mentoring – Increased Social and Community Participation

We offer 1:1 walk and talk support in eastern/central Adelaide to build confidence, motivation, skills and independence.

- For people with goals around improving social and community participation in nature based activities such as walking, gardening or conservation groups.
- \$65 per hour, NDIS item# 09_006_0106_6_3



Enquire Now – Limited Places Available

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