



# About Us

We are a Monroe County Program under the Veterans Service Agency. Our County staff includes two NYS Licensed Therapists and a Community Liaison/ Wilderness expert. Volunteer Peer Veteran Mentors also represent an important aspect of programming

**Proudly supported by Phoenix Heart: Veteran Community Advocacy group**

A special Thank you to our partners at the EquiCenter located at 3247 Rush Mendon Rd, Honeoye Falls, NY 14472



Adam J. Bello  
County Executive

## VETERANS SERVICE AGENCY

## NATURE-BASED THERAPY PROGRAM



## ANCIENT WISDOM

Spending time outdoors has long been recognized as beneficial for human health. We've come to understand that cultivating a deeper connection with the Earth can significantly enhance our well-being and fosters a greater sense of security. Much of our understanding of nature's healing powers originates from indigenous cultures. Therefore, it is vital that as we engage in nature-based practices on indigenous lands, we honor their wisdom and pledge to protect and respect the natural world and its inhabitants.

## ABUNDANT RESEARCH

Explore the transformative benefits of Nature-Based Therapy, supported by extensive research conducted by prominent institutions.



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**Introducing Service Members and Veterans to additional pathways of healing**



# CAMPFIRE CONNECTIONS



# SPRING ENROLLMENT

## Key Elements

- 🍁 **Nature Immersion:** Groups start with a Hike into the woods and building a campfire together
- 🍁 **Therapeutic Activities:** Engage in guided activities for emotional processing and growth.
- 🍁 **Outdoor Skill building-** Learn basic fire starting, shelter building etc.
- 🍁 **Social Support:** Find validation and camaraderie within the group.
- 🍁 **Unlocking Nature's Wisdom:** learn new ways to cope with life's stressors through outdoor skills
- 🍁 **Holistic Approach:** Address mind, body, and spirit for comprehensive healing.
- 🍁 **Extra Support-** Compliment your current support system with these additional skills

## Details

- 🍁 **Start Date:** Spring Season  
Group begins **April 2024**
- 🍁 **Duration:** One weekday for 3 hours over 12 weeks.
- 🍁 **Cost:** Provided at no cost to participants.
- 🍁 **Staff:** Clinical therapists, wilderness experts, and Veteran Mentors.
- 🍁 **Group Size:** 12 Participants: 2 Staff
- 🍁 **1:1 Coaching:** Check in on goals and get support from clinician between sessions if desired
- 🍁 **Access:** Those with disabilities are provided with onsite transportation to the wooded area



For more information  
or to schedule an  
individual assessment  
with one of our  
clinicians

Call or Email:

**Elizabeth Brooks, LCSW-R**

Nature-Based Therapy Director

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**(585) 369-8682**

