

THERAPEUTIC SUPPORT INSIDE AND OUT

Our seasonal programs are designed to equip veterans with skills and tools to support lasting personal growth. Each season features a 12-week structured therapy program, starting with a 2-hour orientation.



Seasonal Calendar

Spring: March - May

Summer: June - August

Fall: September - November

Winter: Flexible and hybrid options available.

After completing the 12-week therapy program, veterans will be provided with the services to create an after care plan that is unique to their individual needs.

CONTACT US:



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ENROLL TODAY!



SCAN HERE FOR
REFERRAL FORM-

Email completed forms to:
PricillaDeFranco@monroecounty.gov

This program was created in
collaboration with the local
Rochester Finger Lakes Veteran
community and Monroe County
Veterans Service Agency

HOSTING PARTNER:



EquiCenter



VETERANS NATURE BASED THERAPY

Healing through Therapeutic
Connections with Nature





CARE THAT MEETS YOU WHERE YOU ARE

We provide structured, outdoor nature-based therapy to help veterans improve mental health, build camaraderie, and foster lasting personal growth. Through small groups, personalized coaching and aftercare planning, we help you develop the tools you need to succeed and find your path forward.

WHAT TO EXPECT

- **Personalized Support:** One-on-one guidance from clinicians and trained peer mentors to meet your unique needs.
- **Small Group Experience:** Collaborate with fellow veterans and mental health professionals to build trust, connections and confidence.
- **Aftercare Planning:** Take the skills and insights you've gained and apply them to everyday life and your community.



12 WEEK ECOTHERAPY IMMERSION GROUP

- **Who:** Open to all U.S. Military Veterans regardless of service length, discharge status, or branch. Contract allies, such as Afghan Interpreters with Special Immigrant Visa (SIV) status, are also welcome.
- **What:** 12 weeks of weekly 3-hour outdoor sessions featuring fire-building, skill development, and hands on activities.
- **Why:** Reconnect with strengths like teamwork, communication, and confidence.
- **When:** Tuesday evenings or Thursday mornings (contact us for availability).
- **Accessibility:** Accommodations are available for **veterans with disabilities upon request.**



**TRANSPORTATION
ASSISTANCE IS AVAILABLE AT
NO ADDITIONAL COST TO THE
VETERAN
-PLEASE INQUIRE TO SET UP
TRAVEL ARRANGEMENTS**

“Veteran Driven, Veteran-Built Services”

**“Nature-based therapy changed my
life. For the first time, I felt true
belonging and purpose.”
-Alan B., Veteran Participant**

