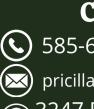
### **THERAPEUTIC SUPPORT INSIDE AND OUT**

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:** 585-694-8203 pricilladefranco@monroecounty.gov 3247 Rush-Mendon Road Honeoye Falls, NY

#### **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 naturebased 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 WIEIEK ECOTHIEIRAPY IIMIMIEIRSION 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 firebuilding, 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