

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 can continue to participate in our ongoing open group for camaraderie and connection as needed. This flexible option provides a **supportive community space** while encouraging personal growth and **self-reliance**.

CONTACT US:



CALL: (585) 369-8682

Address: 3247 Rush-Mendon Road,
Honeoye Falls, NY

Hosting partner:



EquiCenter

ENROLL TODAY!



SCAN HERE TO COMPLETE YOUR REFERRAL FORM ONLINE

This Program was Created in collaboration with the local Rochester Finger Lakes Veteran community and Monroe County Veterans Service Agency.



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.



"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



GROUP OPTIONS

12 WEEK ECOTHERAPY IMMERSION GROUP

- **Who:** Open to all U.S. military veterans, regardless of service length, discharge status, or branch. Contracting 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.**



ONGOING OPEN GROUP

- **Flexible Support:** Drop in to connect with fellow veterans around a fire while engaging in nature-based activities.
- **When:** Every Wednesday
10AM-12PM all year.
- **Where:** EquiCenter, 3247 Rush-Mendon Road, NY.