



Monroe County Veteran Services Agency

Nature Based Therapy Program

Referral Form

Please complete all sections and select the services you are interested in by checking the boxes below.

Return Options: Email the completed form to ElizabethBrooks@monroecounty.gov or mail it to the Main Address below. Our staff will contact you to set up an appointment either in person or virtually.

Demographic Information

Legal Name: _____

Preferred Name: _____

Date of Birth: _____

Phone Number: _____

Email Address: _____

Emergency Contact Name and Number _____

Service Branch(s): _____

Referral Source: (self, social media, agency etc.) _____

OUTPATIENT THERAPY SERVICES

Nature-Based Therapy Groups

- 12 group sessions of hands-on outdoor therapy experiences (3 hours, one day per week)
- Deepen your connection with nature, yourself, and others.
- Sessions facilitated by Licensed Mental Health Professionals and certified Peer Mentors.
- Begin with a mindful group hike or ride to the woods and participate in a structured curriculum focused on personal health goals.
- 1:1 sessions available throughout the 12 weeks.

Location: All Services are provided at EquiCenter Therapeutic Riding Center

3247 Rush Mendon Rd, Honeoye Falls, NY

Time: Weekly sessions, 3 hours each in either the morning or evening.

Select your preferred group time and season

Tuesday Evening Group **OR** Thursday Morning Group
Spring March-May
Summer: June-August
Fall: September- November
Winter: Dec-February (hybrid inside/outside)

RECREATIONAL SERVICES

Peer Open Group

- Year-round outdoor Peer Support Group with fellow veterans
- Fun camaraderie around a campfire, coffee, and a meal.
- Weekly attendance is not required—attend whenever possible!

Time: Every Wednesday, 10 AM–12:00 PM (except major holiday weeks).

Weekly Workshops: Bush Craft 101

- Learn basic bush craft, natural art, and outdoor skills.
- Sign up for weekly topic updates.

Time: Offered in Winter (Dec–Feb), Wednesdays from 10 AM–12:00 PM. Light food provided.

COMMUNITY SERVICES

Request A Tour or Visit

- We are happy to host you and your team for a guided visit or arrange a time for our staff to present information at your next meeting. **Organization name and contact:**
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TRANSPORTATION ASSISTANCE

For transportation, our partners at **Compeer Vets Driving Vets** offer rides with 72 hours' notice. Call or text **(585)313-7528** to arrange with a driver.

CONTACT INFORMATION

Elizabeth Brooks, LCSW-R, Clinical Director

Monroe County Veterans Service Agency

Phone: 585-369-8682

Email: ElizabethBrooks@monroecounty.gov

Website: monroecounty.gov/vsa

Program Office Address: 3247 Rush Mendon Rd, Honeoye Falls, NY

VSA Main Address: 125 Westfall Rd., Rochester, NY 14620



**Veterans
Crisis Line**
DIAL 988 then **PRESS 1**