



# VETERANS SERVICE AGENCY NATURE-BASED THERAPY

HEALING THROUGH CONNECTIONS WITH NATURE & HELPING VETERANS BUILD LIVES WORTH LIVING

## EquiCenter SPRING WEEKLY PROGRAMS

### • Mission Mustang® Group

- Wednesday 1730-1830
- Thursday 1300-1400
- Friday 1300-1400

### • Therapeutic Horticulture

- Thursday 1400-1500

### • Ecotherapy

- Tuesday 1430-1530

### • Nature Photography

- Friday 1400-1500

*\* All programs free for Veterans \**



Scan to  
Register

### • Veteran Farm & Wellness

- Tuesday 1000-1200

### • Spring Workshops

- Wednesday 1100-1300  
(4/8, 5/13, & 6/24)

### • Mission Mustang®

- Individual lessons by appt

### • Horsemanship

- Individual lessons by appt

### • Cooking with Heroes

- Wednesday 1100-1300  
(4/15, 4/29, 5/6, 5/20, 6/3, 6/10, & 6/17)

Register at [EquiCenterNY.org](http://EquiCenterNY.org)

Short-Term Individual Therapy

with Dr. Collins

Specialized in Trauma & Nightmares



EquiCenter

Where healing comes naturally

Phone: (585) 857-8999

Email: [ZacharyCollins@MonroeCounty.gov](mailto:ZacharyCollins@MonroeCounty.gov)

Web: [MonroeCounty.gov/vsa-nature-therapy](http://MonroeCounty.gov/vsa-nature-therapy)

Spring Schedule: 4/6 - 6/27 (except 5/24 - 5/31)

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