



VETERANS SERVICE AGENCY NATURE-BASED THERAPY

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

ECOTHERAPY - NATURE WALK/TRAIL BUILDING

ECOTHERAPY USES NATURE-BASED ACTIVITIES TO IMPROVE MENTAL AND PHYSICAL WELL BEING

We offer two biweekly options:

1) A relaxing nature walk in the woods, providing opportunity to reconnect with yourself and the surrounding natural environment. Each nature walk is unique, offering insights about the plants and wildlife we discover along the trail.

2) Learn how to design features of great footpaths and mixed-use hiking trails. This hands-on experience will include trail care, plant identification, and scouting out new trails around EquiCenter's 200+ acre outdoor education facility.

No prior experience required. All tools and equipment will be provided. Dress for the weather and wear comfortable, sturdy shoes.



Register



Spring 2026 Schedule:
Tuesdays 2:30pm - 3:30pm
1st & 3rd Tuesday = Nature Walk
2nd & 4th Tuesday = Trail Building



EquiCenter

Where healing comes naturally

Phone: (585) 857-8999

Email: ZacharyCollins@MonroeCounty.gov

Web: MonroeCounty.gov/vsa-nature-therapy

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

3247 Rush-Mendon Road
Honeoye Falls, NY



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EquiCenter MISSION MUSTANG®

Mission Mustang® Open Group

Under the guidance of professional mustang trainers, participants gently wild mustangs, teaching the horses and preparing them to find new homes. Through this process, both the mustangs and participants find connection and healing.

Register



Spring 2026 Schedule:
Wednesdays 5:30–6:30pm

NO HORSE EXPERIENCE NEEDED



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EquiCenter VETERANS HEAL OPEN GROUP

Horsemanship

Meet horses from EquiCenter's therapeutic herd through grooming, leading, and other unmounted, hands-on equine activities.

Mission Mustang®

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Therapeutic Horticulture

Develop your green thumb and connection with nature through hands-on, seasonal growing activities on the teaching farm.



Register



Spring 2026 Schedule:
Thursdays 1pm - 3pm



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EquiCenter VETERANS HEAL OPEN GROUP



Nature Photography

Experience the beauty and diversity of EquiCenter's 200-acre outdoor learning facility and practice photography skills. No experience or special equipment needed.

Mission Mustang®

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Register



Spring 2026 Schedule:
Fridays 1pm - 3pm



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