



FAMILY ROOTS

Adventure Therapy Program



Enjoy the healing power of nature through outdoor recreation activities designed to increase well-being and resiliency of local youth and their families.

WHO: Single-parent families living in Greater Victoria, including the West Shore, with children ages eight to 14. Families must be willing to commit to a five-month long multi-family outdoor program, and not be concurrently receiving other family therapy services. This program is suitable for families who may be experiencing: conflict and power struggles, stress, isolation, grief and loss, difficulties with social skills, and families in transition.

WHAT: An opportunity to expand support networks, while experiencing family-centered recreation and nature connection. The program is designed to enhance self-esteem and social skills, while improving self-awareness and self-regulation skills. Activities include camping, canoeing, exploring in nature, games, hiking, kayaking, psycho-education and wall climbing/ropes course.

WHY: Discover new skills and strengths for fostering healthy relationships and coping with stress and conflict. Along with monthly adventure programming, families will also receive individualized support from clinical counsellors.

WHEN: May 4-5, June 22, July 20, Aug. 16-18 (overnight), Sept. 14 and Oct. 6, 2019

COST: \$25 per family member. First come, first serve. We are proud to offer subsidized programs. If cost is a barrier to participation, please contact us about a bursary.

HOW: Interested families must be a member of 1Up Victoria Single Parent Resource Centre. To become a member and start the intake process, please contact Sanni Rosebrock at info@1-up.ca before April 15.

This program is offered in partnership by *Power To Be* and Human-Nature Counselling & Consulting. To learn more, contact:



Human-Nature
counselling & consulting

humannaturecounselling.ca



singleparentvictoria.ca