

# ECOTHERAPY

## David Kelley LGBTT2SQQIA+ & HIV/AIDS Counselling Services

Autumn 2018 Ecotherapy Group

Wednesday mornings, Sep. 26 – Nov.14, 2018

Join us among the autumn colours for eight sessions of reflection, relaxation, work, and healing with other LGBTT2SQQIA+ folks in Toronto's own old-growth forests.

Ecotherapy is a practice exploring the psychological, emotional, and social benefits of immersion in green space, founded on research knowledge and our own presence and wisdom.

Under the facilitation of DKS counsellors, participants will engage in self-directed experiments designed to help people notice and change their thoughts, emotions, and moods, to challenge negative assumptions, and build positive memories and skills to come back to when times are tough.

Space is limited.

Registration closes September 17

**Information/registration:**

**416.595.9618**