

ECOTHERAPY

Spring/Summer 2019

**David Kelley LBTT2SQQIA+ &
HIV/AIDS Counselling Services
Ecotherapy Group
Wednesday mornings, May 29 - July 17**

Join us from mid-spring to early summer for eight sessions of reflection, relaxation, work, and healing with other LBTT2SQQIA+ folks in Toronto's own old-growth forests.

Ecotherapy is a set of practices that we can take with us wherever we go for building a healing connection with the natural world, with ourselves, and with each other, and for learning about us and our strengths. 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 May 24**

Information/registration:
416.595.9618