Perhaps never before has so much of our lives changed so dramatically and so rapidly. I am not sure if this is something you experience, especially as a parent or care-giver. As a co-parent of a 6 year old, I feel everything has been upended, leaving me with no solid ground beneath my feet ---except our daily forays into the woods.

For the past 20 years I have been engaged in play-based/outdoor & experiential education and eco therapy. Both personally and professionally my inner landscapes have been transformed because of my experiences in the outdoor classroom. My biggest teacher is Grace who reminds me of that parenting is both an art & science! I don’t know about you, but I believe that parents can benefit in the same ways our kids can from being together in the outdoors classroom. I believe that more than ever, we need to come together as a community to develop our “parenting” skills in the wake of the pandemic.

Join me at Mansfield Outdoor Centre as we have fun with a purpose. Through our experiential activities in the outdoors examples: fire by friction, backcountry cooking, natural tea making, fort building, orienteering, team building challenges, magic spots, nature scavenger hunt and nature art. Using these experiences we will explore our parenting styles, how we make decision-decisions, how we manage ‘conflict”, and unpack behaviors & habits our relationships thrive, despite the external challenges . Some of my areas of expertise include: learning about our false parent masks, healthy anger spirals, how our brains get hijacked, teaching self-regulation, wheel of wellness, parenting styles, personal boundaries, understanding our triggers, mindfulness, planning fun outdoor activities in all seasons, empathy & compassionate communication.

Why: COVID FATIGUE? ZOOM FATIGUE? FEELING STRESSED? BACK TO SCHOOL LOOKS DIFFERENT THIS YEAR! Is there a better way to learn how to keep kids safe, engage in the outdoors than to experience yourself?

When: Starting Friday September 25, October 2, October 9.

Where: Mansfield Outdoor Center

Cost: $55 plus HST per/person)

Cost $50 plus HST if sign up for all 3 sessions)

Time: 9:00 a.m-11:30 a.m.

Pre-registration required through Mansfield Outdoor Centre

