

Free Ecotherapy Group Programme

to support your wellbeing and
connect with others in Nature



We warmly
welcome you to join
this closed group,
for up to 12 adults.
The facilitators will
support you engage
in simple nature-
based activities
aiming to improve
your confidence &
wellbeing, as well as
connecting with
others in Nature.

To discuss your individual needs & help
you decide if you would like to join,
please contact
Chiara on 07548 390567 or email
rainbow.communityprojects@gmail.com

WHEN?
Every Tuesday
for 8 weeks
11:30am-1:00pm
21st March -
9th May 2023

FACILITATORS
Chiara Santin
& Lucy Meynen
Community-based
systemic & family
psychotherapists

WHERE?
The Centre for
Ecotherapy
Wilderness Site
Stanmer Park
Brighton
BN1 9SE