



Building Resiliency through Connection, Nature and Adventure

How Parents and Caregivers can support Children and Youth to Develop Healthy Habits and Skills for Life

This presentation will address how the power of nature, adventure, and connections to ourselves and important relationships are integral to mental health and wellness. We will explore how families can bring intention into their relationships, spend restorative time in nature, and have meaningful adventurous experiences. Attendees will learn strategies to help young people and themselves build resiliency, and develop healthy coping strategies for life.

Working with Whistler Community Services Society, Healthy Choices Facilitator Alanna Ray supports school and community-based youth, families, and staff in the sea to sky corridor with prevention-based education about healthy choices, mental health, and related topics. Alanna holds a Masters Degree in Clinical Mental Health Counselling, with a focus on Adventure based Psychotherapy from Prescott College.

Signal Hill Elementary School, Pemberton

Wednesday, February 22 at 7:00pm

