



CONNECTING FAMILIES TO NATURE

Children who regularly connect with nature are more creative and experience increased concentration, self-regulation and happiness. In this free 1.5-hour workshop, parents and caregivers will learn how to improve the physical and mental wellness of their family by getting outside and spending time together in nature. At the same time, children can participate in fun and interactive activities with our friends from Evergreen's Neighbourhood Nature Play Project.

Registration is required. Please register by visiting our website at www.carizon.ca/events or calling Front Door at 519-749-2932 x2.

CARIZON
Inspiring Hope + Wellness in Our Community

Front Door
Access to Child and Youth
Mental Health Services

DOOR PRIZES
GENEROUSLY
PROVIDED BY



FREE GRCA DAY
PASSES FOR ALL
PARTICIPANTS

ACTIVITIES FOR KIDS
FACILITATED BY



EVERGREEN

INFORMATIVE PARENT
WORKSHOP WITH ROB
KLEA- NEW TRAIL
FOREST THERAPY

EVENT DETAILS

Date: Wednesday June
20, 2018

Time: 6:00-7:30pm

Location: Carizon (lower
level)- 645 Westmount
Rd. E. Kitchener, ON