



 Mind Jersey

Explore nature

Parent & Child Nature sessions for Neurodivergent children & teens. 8 yrs+

A gentle meandering wander through nature guided by Amanda Bond. Nature Eco therapist. Solo and group activities, craft, and mindful connection with the elements.

Relax and calm the nervous system

**Meeting the wild trees of the world.
Sat 24th Feb
Val De La Mare Reservoir
1.30 - 4pm**

Connecting & tuning into your surroundings

**Explore the Wild Wood
Friday 16th Feb
Waterworks Valley
1.30 - 4pm**

Mindful exploration

**Walking the wild edges
Sat 2nd March
Francis Le Seur Centre.
1.30 - 4pm**

For more info and to book email j.taylor@mindjersey.org