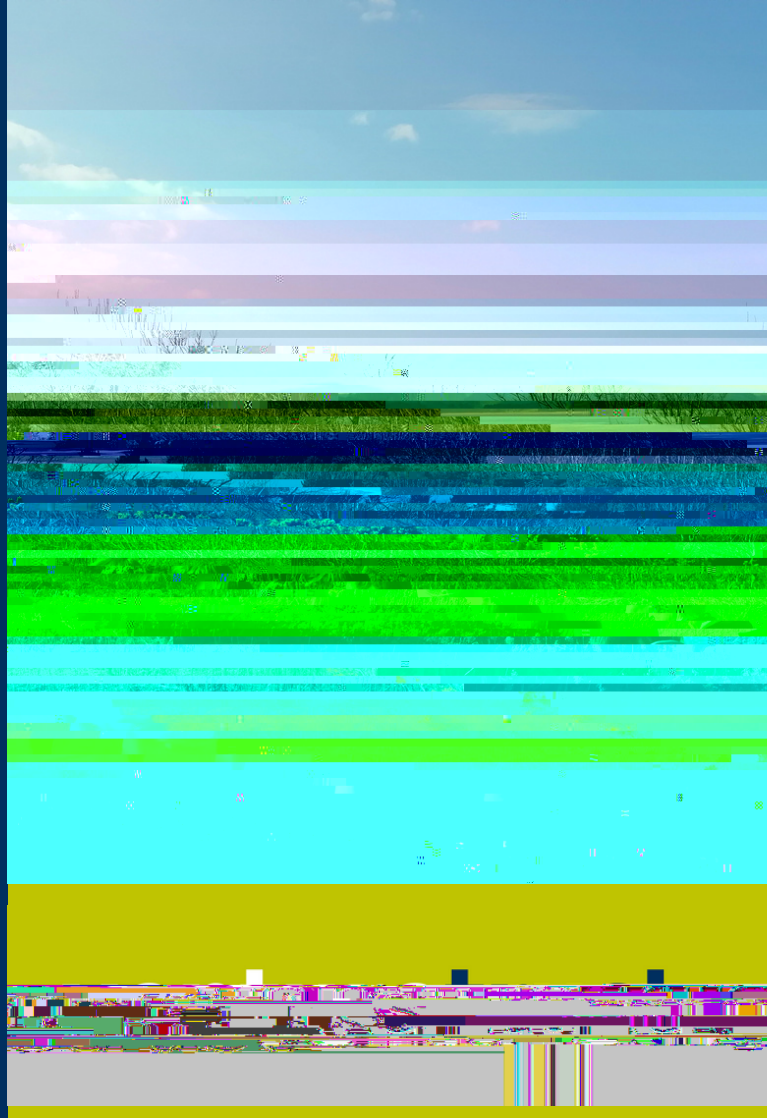


Outdoor Therapy

A free and confidential counselling service for young people and adults combining the benefits of spending time outdoors and professional therapy.



What is Outdoor Therapy?

Outdoor Therapy can support mental, emotional, and physical health. It can provide a place to