



About

This therapy group is dedicated to supporting families and youth by fostering stronger emotional bonds, improving mental well-being, and building resilience. Through guided nature-based activities, we help families nurture attachment while providing a safe, supportive space for young people to explore their emotions, develop coping skills, and build self-confidence.

We Will Explore

- Building youth resilience and healthy attachment with caretakers.
- Therapeutic play outdoors
- Mindfulness and regulation
- Independent connection to nature
- Cultivating relationships
- Introducing empathy
- Celebration of self

Details

Provider: Thomas Jackson-Gluth, MSW Intern

April 14-May 24th, 2025 (six weeks)

Saturdays: 12:30 p.m. - 1:30 p.m.

Location: Canyon View Park (Grand Junction).

Ages: 3-8 and participating caretaker(s)

Meeting Area: Large pond to the left of playground area across from the dog park

Cost: \$50.00

Medicaid and Private Pay Accepted



(970) 235-4066



<https://www.creativedirectionscc.org>



info@creativedirectionscc.org