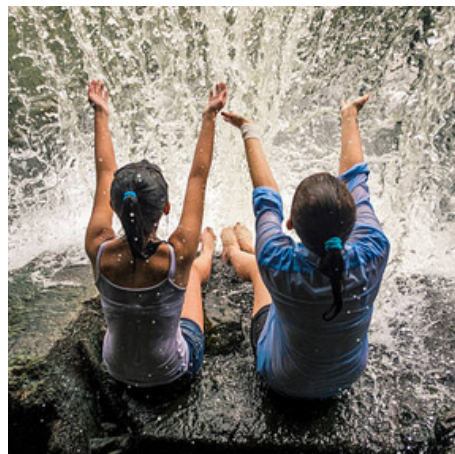




Adventure Therapy Services

We believe that everyone has the ability to experience wellness, joy and can become the best versions of them selves. We support people to achieve this through Therapeutic Adventures in nature. This is done by using outdoor engaging activities that can be 100% tailored to each individuals needs and interests to ensure that it is fun, safe, and useful to increasing their wellbeing.

Meet Dominique, facilitator and founder of Connect & Explore. Qualified Meditation Facilitator, Bachelor Health and Outdoor Recreation Guide. Co-facilitators include youth workers, outdoor guides and counsellors.



All current as of 2023



Here's a taste of some options available. Our main focus is to provide you with an experience that is fun, safe & exploring wellbeing, so whatever that looks like for you will be how we run the session. Full list of what is on offer:

- Rock climbing
- Abseiling
- Bush walking
- Swimming
- Geocaching
- Nature Play
- Art & Craft
- Water sports
- Cooking
- Low ropes
- Meditation/mindfulness
- Bush living skills





ndis participants

Connect & Explore's Adventure Therapy service is applicable to the below NDIS line items. Please ensure that you consult with your support coordinator or local area coordinator to see if your funding can be used to access the service.

- Community, Social & Recreational Activities - 04_210_0125_6_1
- Innovative Community Participation - 09_008_0116_6_3
- Community Participation Activities - 09_011_0125_6_3
- STA And Assistance (Inc. Respite) 1:2 - 01_054_0115_1_1





Weekend Respite

We offer weekend 3-day respite camps for young people and families in crisis or in need of a therapeutic break. The weekend camp is 100% tailored to the interests and needs of participants and includes all equipment, catering and transport. We offer camping or cabin accomodation.

Pick up locations:

- Sydney, Greater Western Sydney, Hawkesbury
- Blue Mountains (Glenbrook to Lithgow)
- Central Coast (Gosford to Raymond Terrace)
- South Coast (Heathcote to Nowra)



Framework

Connect & Explore offers a wellbeing service that uses a Feedback Informed Practice framework, this is an evidence based approach to improving participants outcomes for their mental health and overall wellbeing.

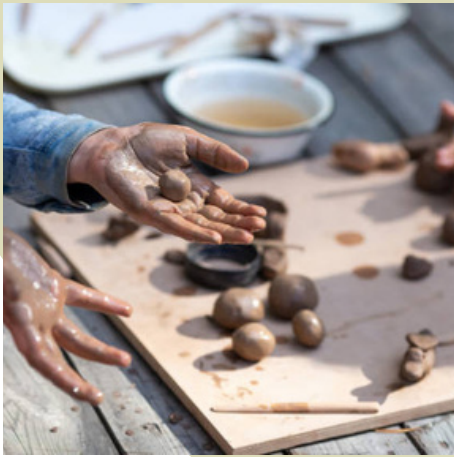


Recent participant survey results

60% decrease in anxiety & 50% improvement in mental health.
Wellbeing, social, and relationships score day 1 was 17/40 improved to 40/40 on day 3.

Participant feedback "Its really fun, you should do it. Dom will take care of you. Lots of fun activities."





Cost

Adventure Therapy sessions include a door to door service with transport, all equipment, catering, and qualified facilitators.

- 1 to 1 (half day) - \$480
- 1 to 1 (full day) - \$780
- Group Max 10 pp (full day) - \$3900

- 3 day 2 night respite 1 facilitator - \$3,070 (Friday 4pm - Sunday 4pm - these can be extended if needed)

For participants with limited funding opportunities please contact us to discuss options



Our Intentions



Mind

Mindfulness and meditation tools to look after mental health.

Body


Cook healthy meals and snacks during sessions. Learning how to look after our bodies insides



Connection


Playing in nature, learning skills of how to interact with nature while making authentic friendships. Connecting with supports and network.

Contact Us

 0429 146 117

 connectandexplore@hotmail.com

 www.connectandexplore.com

 Greater Sydney, NSW