

THE FARM PROGRAM

*Learning and growing - how we mirror
the growth of nature in our self-
acceptance & healing*

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There is something to be said about the healing powers of the outdoors. We understand that dealing with mental illness can be overwhelming and isolating. That's why we've created a safe and supportive space where you can explore new ways of expressing yourself and connecting with others. Our program is led by experienced mental health specialists and uses a combination of therapeutic modalities to help you manage your symptoms and improve your overall well-being. Our farm program consists of three different therapy options

Through horticulture therapy, you'll learn to cultivate plants and engage in gardening activities, which have been shown to have a calming effect on the mind and body. Art therapy provides a creative outlet for self-expression and can help you process complex emotions. Music therapy uses the power of sound to promote relaxation and improve mood.

Our program is designed to help you:

- Manage symptoms of mental illness
- Reduce stress and anxiety
- Build coping skills
- Improve self-esteem
- Develop healthy relationships

Details:

When: Weekly for twelve weeks Friday 9-12 pm or 12-3 pm

Where: Tamborine Mountain

What to Bring: Support worker and a willingness to connect with others

Cost: NDIS approved

Visit www.urzipsychology.com for the complete list of our services.

For more info, call 0477884908 or email

admin@urzipsychology.com