



NATURE THERAPY: WALK AND TALK SESSIONS

CONNECT ABOUT MENTAL HEALTH IN NATURE

1.

ENJOY WALKING IN NATURE?

Do you find remote or in-office counselling uncomfortable? Do you process thoughts and feelings better while moving? Perhaps Walk and Talk Therapy is for you!

2.

HOW DOES IT WORK?

First session in office or virtual where we discuss therapeutic goals and navigating confidentiality in public, following sessions are in nature in North Cowichan. You choose the pace, when to rest, and move.

3.

WHO AM I?

I'm Brett, a Master's Level Registered Social Worker providing counselling. Supporting you to find the sparkle, hope, and joy in life again.

4.

WHERE DO WE WALK?

Sessions are on local walking trails that are generally busy enough that people are around, but not busy enough for people to overhear. Choose between Ladysmith, Chemainus or Crofton locations

5.

WHO IS THIS FOR?

Everyone is welcome

- Youth age 13+
- Adults of any age

6.

SPECIALIZING IN

- Grief and Loss
- Depression and Anxiety
- 2SLGBTQIA+ communities
- Supporting trans people
- Life transitions
- Neurodivergence (Autism, ADHD, etc.)
- Finding hope

NOW ACCEPTING NEW CLIENTS

BrettMason.ca

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Email to book