

YOUTH OUTDOOR THERAPY PROGRAM

10 WEEKS
STARTING

6

MAY 2025



Funded by

phn
CENTRAL AND
EASTERN SYDNEY

An Australian Government Initiative



LILLY PILLY
counselling

ABOUT THIS GROUP

Join us for a free 10-week Ecotherapy program that combines group therapy with nature exploration.

This program is open to anyone aged 16-25 facing mental health challenges who are interested in fostering connections with others, learning practical skills to improve wellbeing, and getting into nature.

The program will help you:

- Keep physically fit and mentally healthy
- Connect with nature
- Connect with others in a safe and supportive group

MEET THE GROUP FACILITATOR



Mark Micelli is a Mental Health Social Worker with a Master's Degree in Social Work.

Mark facilitates ecotherapy programs yearly to introduce others to the great benefits getting

outside and into nature can have on your mental health. These programs are designed to create a warm and welcoming experience for all participants.

THE DETAILS



9:00am - 10:30am Tuesdays
10 weeks, starting May 6, 2025



Clarity Therapy & Nature
1/100 Gynea Bay Rd Gynea for week 1 and then various parks and trails in the Sutherland Shire area.



FREE
For eligible participants

RSVP & MORE INFO



Clarity Therapy: 02 8581 4307



Mark: info@claritytherapy.com.au

TO SECURE YOUR SPACE

Eligibility criteria:

Ages 16-25 with severe and persistent mental health concerns (not currently receiving NDIS funding).

This group is open to self referral or referral by clinician or support person using the link below:

<https://phncesws.redicase.com.au/#!/referral/create>

CLARITY
THERAPY



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