

# Outdoor Explorers – Nature based therapy



## Expression Of Interest!

### Who is this for?

- Children aged 5-9 years old & 10+ years old
- Neurodiverse inclusive (ASD/ADHD)
- This group is a closed program, where participants start at week 1 and continue through to the group's conclusion

### Funding:

- \$150 per session (\$1200 for entire program)
- 8 week block - paid in whole at commencement
- Funding streams
  - NDIS / Non Claiming / Wesley Mission

## Nature based Occupational Therapy and Speech & Language based groups Includes:



Social



Emotional Regulation



Sensory



Gross / Fine Motor Skills

## What is the key focus?

**Calmness and Mindfulness:** engage in a variety of sensory experiences, aiding in sensory modulation & integration to promote calmness, mindfulness, and emotional regulation

**Improved Concentration:** rejuvenate mental fatigue, allowing children to focus and concentrate for longer periods

**Enhanced Connectedness:** nurturing environment for children to socialize and connect with others. Time spent with animals fosters empathy and social skills, promoting perspective-taking and enriching social development

**Gross & Fine Motor Skills Development:** develop gross and fine motor skills through exploration and play. From climbing trees to digging in the dirt, nature provides a dynamic environment for motor skill development that seamlessly carries over into daily life

## Call our admin team to find out dates and times

find out more

→ [www.AHHB.com.au](http://www.AHHB.com.au)

01

Make an enquiry or booking today

[admin@ahhb.com.au](mailto:admin@ahhb.com.au)

PH: 07 3890 7033 / Fax: 07 3890 7077

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Groups Co-ordinator will email  
your Group Welcome  
information

### Clinic Hours

MON - THURS: 7AM - 7PM  
FRI: 7AM - 5PM | SAT: 8AM - 4PM

### Wynnum (HQ)

Shop 11, 89A Bay Tce  
Wynnum QLD 4178

### Belmont Farm

13 Grassdale Road  
Belmont QLD 4153

