



Roots & Tales  
clinic

# Roots & Tales NATURE PROGRAM



Dedicated Staff: Our team, with backgrounds in mental health, ensures individualized support for every child.

FOR ALL KIDS WITH DIFFERENT NEEDS AND SKILLS

## Program Features

- Integrating Therapy and Nature for Developmental Growth
- From 3 to 15 years old
- OAP Eligible
- All year long-Daily and Weekly options available
- 9 AM to 3 PM(Summer Camp) & 4:00 PM to 7:30 PM(After School)

### Focus Areas:

- Language development
- Socialization
- Play Development
- Self-care Independence
- Gross Motor Skills
- Self-Regulation and Behavior Modification

Drop off\Pick up: 9040 Leslie St, Richmond Hill  
kids will be traveling by car to farm

# Butterflies

## Ages 4-7

Butterflies are super creative and love to have a blast! Get ready to make awesome crafts, dive into exciting stories, play fun games, and explore every corner of Nature with us!



# Squirrels

## Ages 7-10

Squirrels are buzzing with energy and curiosity! Join in as we play nature games, create amazing crafts from nature's treasures, embark on thrilling scavenger hunts, and make heaps of new friends along the way!



# Raccoons

## Ages 10-15

Raccoons are natural explorers! Adventurous campers will dive into the wonders of the outdoors, unraveling the secrets of the Nature diverse ecosystem. From tracking wildlife to identifying plants, there's endless fun and learning awaiting them on every trail.



# Nature Walks and Exploration

Embark on guided nature walks through forests, meadows, and pond sides to spark children's curiosity and interaction with the natural world. Alongside, encounter sensory stations featuring textures, scents, and sounds of nature, from smooth river rocks to fragrant flowers and tranquil wind chimes.



# What do we have?

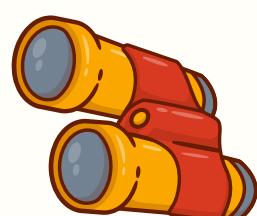


## Nature Art and Craft

We encourage inclusive art sessions where children share their nature stories while creating artwork. We adapt activities for diverse abilities and provide tools for full engagement. Using natural materials, like leaves and stones, we inspire creativity and nurture a love for the environment.

## Bird Watching Scavenger Hunt:

Provide an inclusive scavenger hunt experience by creating a visual guidebook featuring colorful illustrations and simplified instructions for observing specific bird species and behaviors. Include diverse challenges like counting birds, mimicking bird calls, and sketching, catering to various interests and sensory preferences.



# Mindfulness and Meditation

Picture peaceful pockets nestled in our nature sanctuary, just right for our kids to retreat and unwind. We'll deck them out with comfy cushions and soothing tools and creating havens where they can catch their breath and soak in the tranquility of the surroundings. It's all about ensuring their journey with us is filled with moments of calm and joy amidst the wonders of nature!



# GARDENING

Let's get the little ones involved in some fun gardening projects! They can roll up their sleeves and plant their very own veggies or flowers, taking care of them every step of the way. We'll teach them cool stuff like composting, recycling, and saving water, so they can feel like eco-heroes while they watch their plants grow.



# NATURE JOURNALING

Let's equip each child with their own nature journal to record observations, thoughts, and feelings during outdoor adventures, fostering reflection and connection with the natural world. We'll encourage them to sketch plants, animals, and landscapes, and to write about their experiences, nurturing their appreciation for nature and enriching their outdoor exploration.



# Who will run the Program?



**Maryam Soltanzadeh**

- Registered Psychotherapist(Qualifying)
- +4 Years of experience of working with children special needs

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\$549+HST: 5-day week  
\$350+HST: 3-day week  
\$125+HST: Daily

**10% OFF IF YOU SIGN UP FOR 8 WEEKS**

**Daily and Weekly options available**

## OAP ELIGIBLE PROGRAM

Space is limited, and enrollment is on a first-come, first-served basis. If you're interested, please RSVP promptly. To register and receive further details, reach out to the clinic admin via the contact number or email provided below.

### **Masoud Ahmadi**

- Master of Educational psychology
- +6 Years of experience of working with children as a therapist and facilitator in nature settings



289-316-2556-CALL ONLY



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