

# STROLLER WALK

Tuesday, April 5, 2022

"I didn't realize until I showed up how much I really needed this walk. Probably more than my kids needed it. Thank you!"  
Alison Laye



**WALK  
with  
ME!**

# MUSIC IN THE PARK

**We'll miss you, though!!**

**You're irreplaceable! - B. N. B.**



It was a glorious, sunny fall day at the Music in the Park program! Everyone was kept movin' and groovin' by a participant!!

There is something to be said when your "tribe" get's together even when you aren't there.

**"It takes a village to raise a child and a child to raise a village"**  
**- J.A.A.**

# MUSIC IN THE PARK

Tuesday November 16th, 2021

What if a park bench was your waiting room?

And nature your co-therapist?

This week we took a nice long stroll and had some well-needed beautiful conversation.

We were reminded that it isn't just every once in a while, but for every season and whatever the weather!

Emotions and much-needed release happens regularly on walks, but there's a different quality to it when walking and talking. You are supporting your OWN mental health which is necessary to be able to support your children!

