



Women's Walk and Talk Therapy

Socializing Through Nature with Exercise

Event Details

Dates and Locations:

- May 21st - South Portland - Clarks Pond Trail
- June 4th - Topsham - Cathance River Head of Tide Park
- June 18th - Biddeford - Clifford Woods
- July 2nd - Standish - Sebago Land Trust Johnson Field

Time: 12:00 PM

Frequency: Bi-weekly on Thursdays, starting May 21st and ending July 2nd.

Duration: Approximately 75 minutes per session.

Trail Difficulty: Easy, around 1.5 miles.

Group Focus

Each group session will begin with a brief check-in, followed by reflection questions to consider during the walk. The session will conclude with a group closing. You do not need to commit to all sessions; attend as your schedule allows.

A \$10 suggested donation is appreciated.

Contact Information

If you are interested, please contact Innes Demers, LCPC at innesdemers@blackcatcounseling.org for more information. Further details about the group will be provided upon contact.

The continuation of this series will depend on participant interest. We hope to see you there!