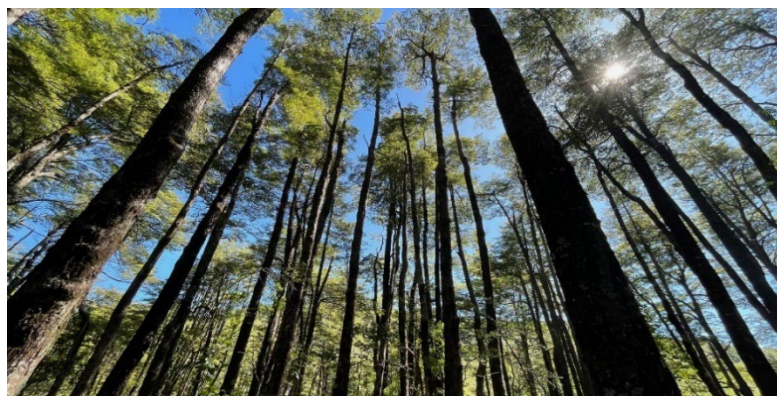


With Nature in Mind

Six Wednesdays 4, 11, 18, 25 June, 2, 9 July 2025
13:30-4pm



This is a nature-connection programme offering people seeking sanctuary and local people a chance to come together, slow down and feel in greater harmony with the rhythms of the natural world. Spending time in nature is a powerful and proven way to relax, ease stress and worry, and find peace of mind in the bustle of city life. Throughout the programme we will be spending time outdoors at a park in Highgate

"I connected with the nature for the first time in the way I have never done before, and it was an amazing feeling." Spring Participant.

The programme runs over 6 sessions and will explore:

- Connection with nature using our senses
- The beauty and awe present in the natural world
- Compassion for ourselves, for others, and nature
- Practices to take forward into your everyday life
- We will close with a celebration of our community of students.

This course is for anyone who would like to spend time outside with others, to find a greater sense of balance and calm, compassion, and appreciation of life.

The first session on 4 June is mandatory.

Enrol: <https://www.northlondonmentalhealth.nhs.uk/recoverycollege>

Find out more: 0203 317 6904 NLFT.recoverycollege@nhs.net

