



REDUCING CHILDHOOD STRESS THROUGH OUTDOOR PLAY IN NATURE

A **free** parent workshop brought to you by
Department for Education and Nature Play SA



ADELAIDE ENTERTAINMENT CENTRE | 7 AUGUST, 6.45PM – 8.30PM

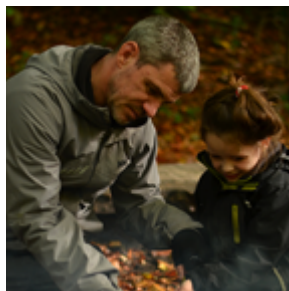
STAR Room, entry via Port Road or Adam Street | [VIEW MAP HERE](#)

Guest speakers 7-8PM | Tea, coffee and light supper from 8PM

[BOOK HERE NOW](#)

Join us as we spend an evening with Terri and Daniel Harrison as they explore strategies for understanding and managing behaviour for children of any age. They will use examples from their *Nature Nurture* program in Scotland where spending time in nature is a key part of addressing behavioural concerns. This workshop will provide parents with 'take-home' strategies to better understand childhood stress and how to support their children's mental health through outdoor play.

Terri and Daniel Harrison are Directors at *Nature Nurture* in Scotland where they run a nature-based program for children who have been through anxiety, stress, trauma and neglect.



For more information please contact Sally at sally.baldwinson@sa.gov.au



Government of South Australia
Department for Education