

ELEVATE: Mental Health

A Free Nature Based Mental Health Day

Heart-J Center for Experiential Learning

Spend a day in nature focused on rest, connection, and well-being in the foothills of the Rockies. Elevate is hosted by the Heart- J Center and funded by The Colorado Trust and takes place at Sylvan Dale Ranch just west of Loveland.



Who Is It For:

- Community orgs serving marginalized communities
- College students from diverse backgrounds
- Service professionals

What to Expect:

- Guided Wellness Sessions
- Therapist + Mental Health Resources
- Take Home Field Guide
- Connection & Reflection



Details

April - October

Tuesdays and Thursdays

9:30 AM - 2:30 PM

Sylvan Dale Ranch

Free - Bring Your Own Lunch

Learn more at

www.colorado-elevate.org

