

Rock Climbing Therapy for Adults: Learn More



During your session we will combine indoor rock-climbing and counselling, with access to private and semi-private areas of the gym to talk as well. There are lots of spaces to take a break from climbing and just connect. I'll tailor each session to focus on your goals. Each session is always up to you, what you want to focus on, and what type of climbing you want to do that day, as well as the conversations we have.

By experiencing this together, clients share that they feel a sense of accomplishment, success, encouragement, and trust as we both challenge ourselves. This time climbing allows opportunity to practice managing risk, breaking goals down into small steps, working through fear, practicing mindfulness, and learning about ourselves and life through climbing.

You can decide if your session includes bouldering, belay top-roping, and/or auto-belays. We will engage in optional activities to work on specific life skills that are important to you, utilizing all the benefits of adventure work, community, exercise, conversation, connection with body, understanding our emotions better, and facing challenges together.

Sessions are held at Grand River Rocks (50 Borden Ave S, Kitchener, ON). All clients will need to complete a climbing safety orientation with GRR climbing staff prior to their Adventure Therapy session.

Besides normal hours, Get Out Adventure Therapy has access to the gym during off hours for clients that may benefit from quieter sessions. If you book sessions outside of their normal hours (between 9am-noon) you will need to complete your orientation during open hours.

Adventure Therapy Sessions are available mornings (630am-noon), afternoons, some evenings and weekends. Family members can wait in public areas during the session (picnic tables and wifi available) and/or watch the climbing up close at times. Session availability is limited.

The climbing gym can be loud, busy and chaotic at times. Please visit Grand River Rocks online at www.grandriverrocks.com to watch videos of the facility, see photos, learn more and to sign the online waiver.

The cost of your session includes your day pass and all rental gear required (climbing shoes, harness, ropes and chalk bag). Feel free to continue climbing on your own after our session has finished if you still have some strength!

WWW.GETOUTADVENTURETHERAPY.COM

