

Rock Climbing Therapy for Youth: Learn More



During your session we will combine climbing and talking, alongside taking a break in private and/or semi-private areas of the gym to catch up and talk further. I'll tailor each session to focus on individual and family goals. There's never pressure to talk or climb more than you feel comfortable with!

By climbing side by side, youth often experience success, encouragement, and trust as we both challenge ourselves together. This time climbing allows opportunity to practice managing risks, breaking goals down into small steps, building self-esteem, working through fear, and understanding 'big feelings' that can come up in climbing and in life. I have experience working with youth of diverse backgrounds and experiences, as well as personally being a kid that struggled a lot. I love challenges and problem solving with youth that need it.

Caregivers and youth will decide if their session includes bouldering, belay top-roping, and/or auto-belays (of which I am certified to do all). We will engage in activities to work on specific life skills, utilizing all the benefits of risk, community, exercise, conversation, connection with body, understanding our emotions better, and facing challenges together.

Sessions are held at Grand River Rocks indoor climbing gym in Kitchener (50 Borden Ave S, Kitchener: www.grandriverrocks.com.) All clients will need to complete a short climbing safety orientation with climbing staff. If you book sessions outside of their normal hours (between 9am-noon) you will need to complete your orientation during their normal hours prior to your session. Sessions are available early mornings, afternoons, late nights and some evenings.

Parents/Caregivers can wait in public areas during the youth's climb (picnic tables and wifi available) and/or watch the climbing up close at when invited. Most sessions are done privately between the youth and myself to build trust and encourage conversation. The climbing gym can be loud and busy, which is great to work on focus, communication, and impulse control! It can be overwhelming for others too. Get Out Adventure Therapy has access to the gym during their off hours for clients that may benefit from quieter sessions (generally 630am-noon).

Please visit Grand River Rocks online to watch videos of the facility, see photos, learn more and to sign the online waivers (required for the youth involved and the adult bringing the youth) at www.grandriverrocks.com.

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! This would require the supervision of an adult who has completed the climbing gym waiver and/or safety orientation.