

Get Out Adventure Therapy

Rock Climbing / Counselling for Youth



"Picture regular counselling... but instead of talking in an office, we're rock climbing together, building trust, working on life skills side by side. This is about building self confidence, practicing mindfulness and focus, discovering strengths, and talking about life.

I can't wait to meet you." -Brandon



**Get Out
Adventure
Therapy**

- Coverage Through Most Health Benefits
- Sessions Available at Grand River Rocks
- Suitable for Ages 10-18

GetOutAdventureTherapy.com