



FALL 2025 newsletter



YEAR IN REVIEW



Can you believe another year is winding down?

As of October, more than 2,585 participants have attended programs, trainings and other events offered this year by Project GO! We've built new collaborations with Wilderness Inquiry, Tri-Valley Opportunity Council/Migrant Summer School, PICA Head Start in Minneapolis, and Hiawatha Valley Education District - SAIL Program, (a Level IV special education setting for K-12 students with emotional and behavioral challenges).

This year we piloted a training to empower school therapists, social workers, and counselors to work with nature as a partner in mental health. We are assisting Goodview Elementary School near Winona with installing an outdoor classroom and we hope to assist more schools by providing training and mentorship to empower educators to teach outdoors. We are also developing a mentorship program for immigrant and refugee community members to learn about nature in Minnesota and ways to engage outdoors.



We are grateful for our donors and volunteers! We couldn't do this work without your support!

Sara Holger, Program Coordinator

UPCOMING EVENT:



Gratitude Forest Bathing Walk

Friday, November 28th

10 am - Noon

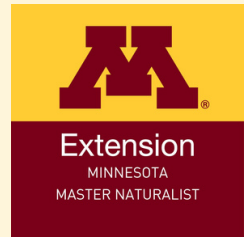
Frontenac State Park - Picnic Shelter

Join Project GO Naturalist and Forest Bathing Guide, Sara Holger, on a gentle walk to practice gratitude in nature.



VOLUNTEER HIGHLIGHT:

MINNESOTA MASTER NATURALIST VOLUNTEERS



Master Naturalist volunteers are trained at nature centers across the state, following a curriculum developed by the University of Minnesota Extension Service. Once trained, volunteers are required to volunteer 40 hours each year, assisting with conservation projects in their communities.

Master Naturalist volunteers assist Project GO in many ways, including:

- Serving on the Board of Directors
- Setting up our QuickBooks accounts
- Leading afterschool nature programs
- Staffing our booth at outreach events including the MN State Fair
- Assisting with outdoor classroom installation efforts
- Presenting about the importance of connecting children to nature within their communities.

Learn more about the Minnesota Master Naturalist program at www.minnesotamasternaturalist.org.

2025 SNAPSHOTS:



PARTNER HIGHLIGHT: WABASHA PUBLIC LIBRARY

The Wabasha Public Library has hosted several Project GO programs and events this year. On the first Friday of every other month, we offered a Nature in the Neighborhood program designed for clients of the Wabasha County DAC as well as the general public. We also provided nature programs for the children's summer program series. The library received a grant to launch the Feathered Horizons birding program and contracted with Project GO to develop birding backpacks for check-out through the library.



RESOURCES:

Part of our efforts involve developing resources to empower youth-serving professionals to weave nature into their work. Check out these resources created in collaboration with Project GO!

- [Healing Forest Curriculum](#) (for guiding youth in nature-based mindfulness)
- [Healing Waters Workshop guest panel discussion](#) (video on YouTube)
- [Legend Hunters documentary film](#)
- [Nature Prescription Activity Booklet](#)
- [Southeast Minnesota Campus Nature Rx storymap](#)
- [Teach Outdoors! Minnesota](#)

SUPPORT OUR WORK:

Please remember us on November 20th, Give to the Max Day! Donate [here](#).

You can also support Project GO through employer charitable gift matching and combined giving campaigns or by donating items from our [Amazon wish list](#).

In addition, businesses can contract with us to offer forest therapy sessions for employee wellbeing.



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