



HEALING WATERS

Workshop for Youth Mental Health Workers

August 13, 2025

8:00 am - 4:30 pm

at the Minnesota Marine Art Museum - Winona



8-hour, Professional Development workshop for Mental Health Professionals serving K-12 students at Winona area schools.

Learn about nature-based therapy and ways to incorporate nature into youth mental health services offered through schools.

Sessions include:

Paddling Therapy - Forest Bathing - Fishing for Wellbeing
Healing Forest Curriculum Activities - Resource Sharing
Q&A Practitioner Panel

Keynote Speaker:

Cathy Jordan, PhD.

University of Minnesota, Professor of Pediatrics, Medical School

Lunch provided. Cost is \$25.

To register, email:

minnesotaprojectgo@gmail.com.



Dharma River
Manitou Center
Holistic development of mind,
body, and spirit



WINONA AREA PUBLIC SCHOOLS
Welcoming All Learners
Community Education
Community KIDS Preschool

