

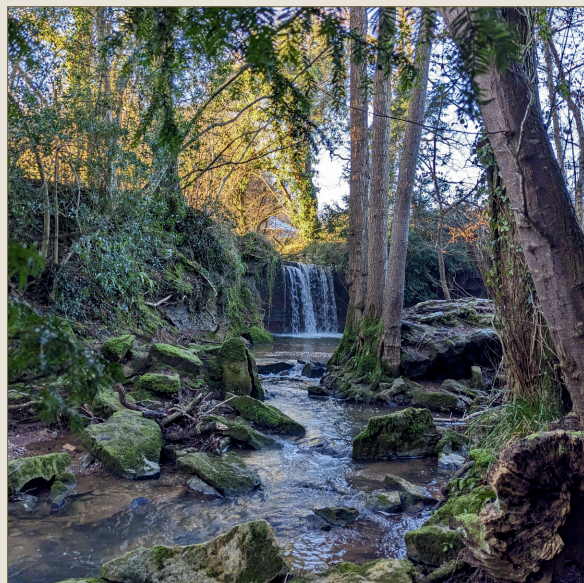
Ecotherapy

HEALING & PERSONAL GROWTH THROUGH DEEP NATURE CONNECTION AND PROFESSIONAL THERAPEUTIC SUPPORT

Everyone can feel worried disconnected, disempowered, numb, or tired at times.

We all need support occasionally.

I offer nature-based, trauma-informed therapy, working together to explore ways to integrate healing and growth into your life.



Sarah Poppy Jackson

Book a 1:1 session in a beautiful haven in the Chew Valley ten miles south of Bristol.

Get in touch for a **free chat** to see if it's right for you.

Find out more about my 1:1 and group offers:

www.strodewaterfall.earth/ecotherapy
strodewaterfall@gmail.com



**STRODE
WATERFALL
LAND & STORY
PROJECT**

