

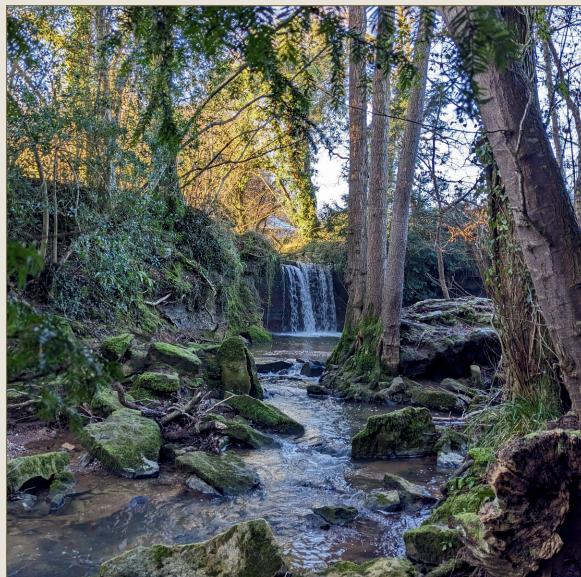
# Ecotherapy

**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.



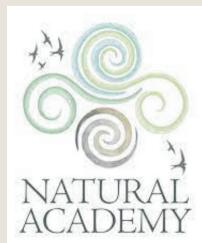
*Sarah Poppy Jackson*

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](http://www.strodewaterfall.earth/ecotherapy)**  
**[strodewaterfall@gmail.com](mailto:strodewaterfall@gmail.com)**



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