

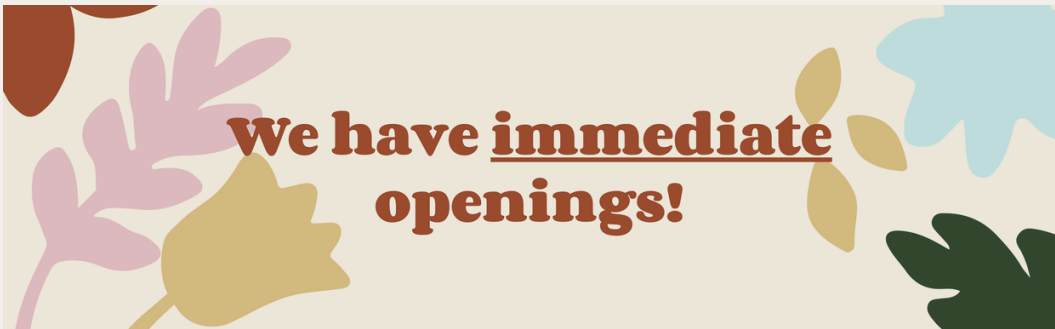
GET OUTSIDE NEWSLETTER

INSPIRATION AND IDEAS TO GET YOU OUTSIDE THIS MONTH



SUMMER CAMP SIGN-UP COMING SOON!!

We are rolling out our summer camp sign-ups within the next week! Keep your eye out for an email from us when the sign-ups go live! There are VERY limited spots available!



[CLICK HERE TO SCHEDULE A FREE CALL!](#)

Get OuTside Therapy services offers occupational therapy for children AND adults, working on building independence in daily routines like feeding/eating, sensory/emotional regulation, and many others, all while using the outdoors as our primary therapy space. We meet anywhere in Davidson or surrounding counties! And WE HAVE IMMEDIATE OPENINGS! Call today for your free consultation!

WHAT CAN GET OUTSIDE THERAPY SERVICES OFFER YOU?

Get OuTside Therapy services provides outdoor- and nature-based occupational therapy services for kids and adults with neurodivergence, disabilities, and special needs! We offer services from feeding therapy, sensory/emotional regulation, and working on all kinds of daily routines like sleeping, bathing, dressing, community outings, and others! And we do all this in an unconventional way: by using nature as our therapy space.

Get OuTside Therapy is dedicated to making our services **accessible**: we are a private-pay practice **using a sliding scale payment system**. We take Katie Beckett waivers, and can provide superbills for insurance.



HAPPY EARTH MONTH, OT MONTH, & AUTISM ACCEPTANCE MONTH!



EARTH MONTH

At Get OuTside Therapy services, we are dedicated to treating our precious planet the best we can. We appreciate how much the Earth does for us, and how lucky we are to call her home. Using the outdoors as our therapy space allows us to share the joy and amazement of earth every day!



OCCUPATIONAL THERAPY MONTH

Occupational therapy is the practice of getting people back to doing, or starting to do, the things they want/need to do throughout the day. Get OuTside Therapy Services (or Get OT!) helps children and adults do just that! Want to build independence and confidence? Schedule a consult today!



AUTISM ACCEPTANCE MONTH

At Get OuTside, we celebrate friends with autism & other neurodivergence. We are a neuro-affirming practice that champions the uniqueness each person brings to the world. We hope to help folks build confidence & independence while utilizing their individuality.

MARK YOUR CALENDAR FOR THESE FREE, FAMILY-FRIENDLY OUTDOOR EVENTS & ACTIVITIES!



EVENT CALENDAR

- **April 17:**
 - Fridays by the River
 - Shelby Park
- **April 18:**
 - Nashville Earth Day Festival
 - Richland Park Farmer’s Market
- **April 21:**
 - Ryman Sidewalk Sessions
 - PNC Plaza, 5pm
 - East Nashville Farmer’s Market
- **April 25-26:**
 - Franklin Main Street Festival
 - 10am-6pm
- **All month long!**
 - Tennessee Land Conservancy Hike-a-Thon

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17 	18 
19	20	21 	22	23	24	25 
26 	27	28	29	30		

Head to our website at www.getoutsidetherapy.org to get more info about these events and more!