

# GET OUTSIDE NEWSLETTER

INSPIRATION AND IDEAS TO GET YOU OUTSIDE THIS MONTH

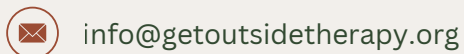
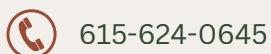
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Summer camp registration is officially open! Spots are limited so register **HERE** today!



Our summer camp will offer outdoor activities that are enriching, sensory friendly, and led by 2 occupational therapists! Each participant will have a pre-camp screening to ensure their unique needs are met during camp! Camp is 4 days/week (Mon-Thurs), 3 hours per day (AM or PM), for 2 weeks. Dates and age groups are listed on the sign up page! **Sign up before May 15 to get early-bird pricing of \$875!**





## YOUR MAY OUTDOOR EVENT CALENDAR

- **May 9**
  - Wake Up Woodland
  - Strawberry Jubilee
- **May 14/15/21/28:**
  - Ryman Sidewalk Sessions
- **Every Fri/Sat + Sun, May 24:**
  - Musicians' Corner @ Centennial
- **May 17**
  - Get OT trash pick up!
- **May 26**
  - Yoga @ Centennial

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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3	4	5	6	7	8	9 
10	11	12	13	14 	15 	16 
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24 	25	26 	27	28 	29 	30 
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Learn more at [www.getoutsidetherapy.org](http://www.getoutsidetherapy.org)

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## 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.



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## HAPPY MENTAL HEALTH AWARENESS & ASIAN-AMERICAN/PACIFIC ISLANDER HERITAGE MONTH!

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### MENTAL HEALTH AWARENESS MONTH

At Get OuTside Therapy Services, we know that your mental health is just as important as your physical health. Our brain is one of our most important organs after all! Mental health is closely linked to regulation (both sensory and emotional), and plays a huge role in our motivation to get back to doing (or starting to do) our daily tasks and routines! OT even got its start as a mental health profession!



### ASIAN-AMERICAN/PACIFIC ISLANDER HERITAGE MONTH

Get OuTside Therapy Services recognizes just how important immigrants are to the foundation of our country. We appreciate and honor the unique heritage of Asian and Pacific-Islanders who have taken the bold step of immigrating to the USA and raising generations. We appreciate that Asian-Americans and Pacific Islanders have made our country what it is today: diverse, unique, and beautiful.

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