

Testimonial: Exploring Art, Exploring Nature with HumaNature Connect

Our 6 week Exploring Art Exploring Nature group with Erica from HumaNature Connect was just brilliant. The participants had many opportunities to really see and experience the natural world around them and they used this increased awareness to guide their art making. Participants described the activities as “inspiring” and “really enjoyable”.

One participant started utilising art making to cope with her emotions whilst at home. Another participant planned to take his family to explore the local parks we had visited during the group. All participants expressed the benefit of mindfully connecting with nature.

Erica was organised and very easy to collaborate with to organise the group. Erica brought everything needed for the group including all the materials you could think of, which made it much less time consuming for workers as we didn't need to do the running around. A highlight was sitting down together as a group each week to enjoy a healthy and warming lunch prepared by Erica on site.

I would certainly recommend this program to other organisations or individuals. It was a beautiful, inspiring group that provided a great space to enjoy and be challenged in many different ways.

Emily
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