

'Nature & Community' Programs

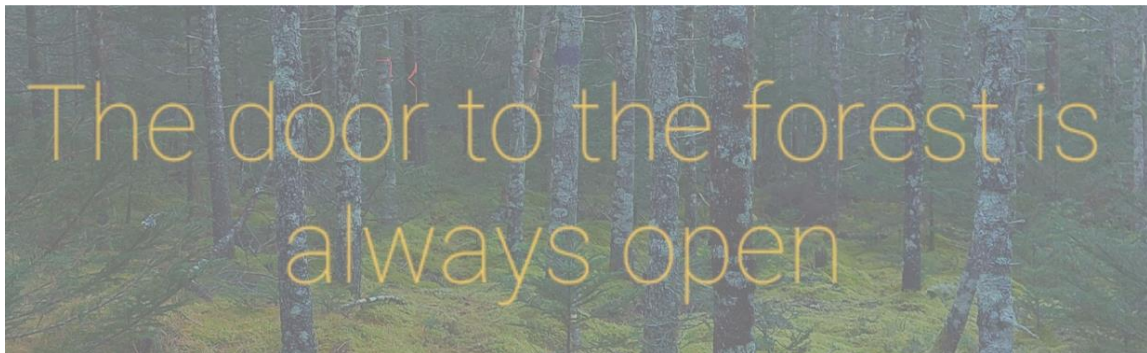
Background & Rationale

- Community-based [recreation](#) meets multiple health promotion goals
- Time in nature has many [health benefits](#) including better sleep, lower blood pressure, reduced chronic disease and lower risk of psychiatric disorders
- During environmental, social and economic challenges, accessible activities can build [community resilience, equality and wellbeing](#)
- Community climate discussions instill [hope](#) and addresses difficult [climate emotions](#)

Nature-based Programs

Outdoor and community offerings are facilitated by Wil Brunner of [Soft Pine Wellness](#). Wil has an Ecosystem Management Diploma and is a certified Forest Therapy Guide. Soft Pine Wellness is a small business in Greenwood, Nova Scotia, and is focused on supporting community well-being, environmental education and conserving natural spaces. **Please see the following CV.**

The goal of this work is to support local people in taking positive actions towards wellbeing. This includes **mindful breathing and meditation, accessible outdoor recreation, community togetherness and nature-based education**. Promoting community connection, sense of place and environmental awareness can all improve resilience and response to personal and community challenges.



Offerings

Nature connection and forest therapy

- [ANFT](#) guided forest bathing sessions
 - Invitational and accessible sensory activities
 - Light physical activity with moments of stillness
- Immersive nature connection experiences
 - Creative writing and art inspired by the Earth
 - Local and healthy snacks

- Outdoor-based mindfulness activities
 - Guided breathing and meditations
- Natural history education
 - Local naturalist topics and interpretation

Community climate resilience

- [Climate Psychology Alliance](#) climate cafés
 - Facilitated safe and brave spaces for sharing emotions and experiences
- [Climate Connections](#) facilitation
 - Topics that build community resilience and awareness
 - Local initiatives and action

Would Your Community Benefit?

These activities are an excellent fit for community gatherings, non-profit groups, seniors' programs or community-based projects. Supporting awareness and care towards the natural world helps cultivate inspiration, curiosity and healing.

Programs and offerings can be tailored to best suit your community:

- **Costs are variable** and can be tailored to your community's capacity and requirements
Choose from individual sessions or a designed series of activities
- Weekday, evening, weekend and year-round programs
- Ideal settings include community centres and facilities, private properties, parks and trails. Virtual sessions are also available
- Based on the South Mountain near Greenwood, but able to travel Nova Scotia wide




Connect

Wil at Soft Pine Wellness is extremely passionate about this work and would love to hear what your community could benefit from most. Weaved throughout all offerings is a firm belief that building relationships between local people and natural spaces can change the world for the better.

Please feel free to reach out to Wil to discuss activities and any other ideas or questions you may have. Thank you for your time in considering these offerings!

 softpinewellness.ca

 softpinewellness@gmail.com

 705-279-4479

Wil Brunner
230 Rocknotch Road, NS, B0P 1R0
softpinewellness@gmail.com
softpinewellness.ca
(705) 279-4479

HIGHLIGHTS

- Development of nature-based wellness practices
- Extensive community engagement and conservation background
- Passion for environmental conservation and social equity
- Dedicated stakeholder collaboration
- Naturally empathetic, curious and calm

EDUCATION

Sir Sandford Fleming College, Lindsay ON 2005-2008

- Ecosystem Management Technologist Diploma

PROFESSIONAL EXPERIENCE

Soft Pine Wellness, South Tremont NS 2021-Present
SOLE PROPRIETOR

- Offering nature therapy, mindfulness, climate change and wellness programs and experiences across Nova Scotia
- Integrating approaches from counselling, mindfulness meditation and environmental conservation and education
- Collaborating with municipal recreation, education programs, tourism partners, etc.
- Trauma and equity informed activities

Clean Foundation, Dartmouth NS 2022-2024
ENVIRONMENTAL EDUCATION FACILITATOR

- Facilitated environmental Professional Development workshops
- Created a pilot program to support climate emotions for secondary classrooms
- Collaborated with partners including Mi'kmaw Kina'matnewey, Department of Education and Early Childhood Development and Canadian Mental Health Association NS Branch

Annapolis Valley Regional Centre for Education, Berwick NS 2021-2022
EDUCATIONAL ASSISTANT

- Supported youth with various behavioural and developmental challenges in the public school system
- Utilized active listening, distorted thinking, goal setting, emotional awareness and empathy approaches to support learners' wellbeing, inclusion and growth

Pine River Institute, Dwight ON 2015-2020
OUTDOOR LEADERSHIP EXPERIENCE COUNSELLOR/COORDINATOR

- Provided wilderness-based therapeutic and counselling support to teenagers with addictions and other mental health challenges
- Integrated mindfulness meditation, family systems and related therapy approaches
- Executed logistical and emergency plans

Various Environmental Non-Government Organizations, ON and NS 2009-2015
FISH HABITAT RESTORATION

- Facilitated community stewardship and education initiatives
- Completed in-stream and riparian habitat restoration projects
- Implemented watershed-based monitoring and assessment programs

SKILL DEVELOPMENT

- Association of Nature and Forest Therapy Guide
- Climate Psychology Alliance Climate Café Facilitator
- One Resilient Earth Climate Circle Facilitator
- Climate Conversations Facilitator
- 4 Seasons of Reconciliation, Season 1 and 2
- The True Nature of Environmental Racism, Chuk Odenigbo
- Barefoot Facilitation
- Safe Management Group Crisis Intervention
- Wilderness First Aid
- Training in CBT, DBT trauma and attachment models
- Mindfulness Based Stress Reduction participant
- 10 year mindfulness meditation practice

PASSIONS

- Sustainable building
- Community development
- Food gardening, local food economies
- Guitar playing, music collaboration
- Canoeing, trout fishing