



Recreation for Mental Health: Inspiring Programs

# Wilderness Wellness

Nova Scotia Central Region

2013

## Recreation Therapy Inpatient Mental Health

Capital District Health Authority  
Abbie J. Lane Building  
Recreation Therapists: Jacqueline Connors & Robert Baird

**Wilderness Wellness** supports the recovery and rehabilitation of individuals experiencing mental health issues through the combination of recreation and a safe, supportive, natural environment. The program provides patients with the opportunity to develop goals, make new social connections, and improve on or learn functional skills. It takes place on a three-day camping trip and includes activities such as hiking, music, games, campfires, cooking, arts and crafts, and writing. Wilderness Wellness facilitates the development of skills for optimal success in the community by providing a chance to address real-life challenges and barriers.

For more information on this program please visit [www.cdha.nshealth.ca/recreation-therapy-mental-health/locations-programs/abbie-j-lane](http://www.cdha.nshealth.ca/recreation-therapy-mental-health/locations-programs/abbie-j-lane)



*Camp Kanada, Musquodoboitt Harbour, N.S.*

Recreation for Mental Health



Connecting Nova Scotia



Submit your inspiring program to  
[mentalhealth@recreationns.ns.ca](mailto:mentalhealth@recreationns.ns.ca)

To view other inspiring programs or  
to discover resources for recreation  
and mental health please visit  
[www.recreationns.ns.ca/mental-health-and-recreation/](http://www.recreationns.ns.ca/mental-health-and-recreation/)

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