

Explore Nature By Nurture July Programs with Amherst County Rec

Direct questions to: Danielle Racke, connect@explorenaturebynurture.com

Shop's homepage: <https://www.explorenaturebynurture.com/grow>

Shop's QR code:



Direct link to Early Childhood Nature Program: [Early Childhood Nature Program](#)

Direct link to Intro to Nature Journaling: [Intro to Nature Journaling](#)

Facebook: @explorenaturebynurture

Title: Early Childhood Nature Program – Snakes of Virginia

Date/Time: July 17, 10:00a - 11:30a

Location: Thrasher's Lake playground parking lot; rain location Stonehouse Lake pavilion

Address: Thrasher's Lake Rd, Amherst, VA 24521

Age: Parents/caregivers + children 0-6 years old

Program topic: Snakes of Virginia

Program description:

Explore nature with your infant or child up to age 6 through an interactive program with an experienced naturalist and educator. Through activities like nature art, story-telling, songs, walks, and seek-and-find challenges; you and your child will learn to love and appreciate the outdoors. Through hands-on, interactive activities, you will both learn new nature knowledge and gain important skills like safe exploration and communication. This program takes place rain or shine and offers a variety of nature topics of interest.

Registration: \$22/parent-toddler pair, +\$4 for additional children

Advanced registration and payment are required and close Sunday, July 16 at 11:59pm. Register and pay at [Early Childhood Nature Program](#)

*Refer a friend who attends and enjoy a \$2 credit towards your next program. Offer is valid for up to three referrals each session.

Title: Intro to Nature Journaling for Teens and Adults

Date/Time: July 20, 10:00-11:30

Location: Coolwell Community Center – meet at the outdoor pavilion

Address: 640 N Coolwell Rd, Amherst, VA 24521

Audience: Ages 14+

Program Description:

Nature journaling can be a great way to release tension, relax your mind, bolster your immune system, and build awareness of the world around you.

Through fun exercises, a relaxed nature hike and new perspectives, we practice opening our senses to the natural world in an easy-going and encouraging atmosphere. After the session, participants are connected to additional resources to continue to develop and expand their journaling practice.

Bring: preferred notebook or sketchpad, pencil, sunscreen, bugspray, water

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