



VISION

To be a preeminent resource for trauma survivors.



MISSION

To provide pathways to healing and growth for trauma survivors—through education, embodiment work, nature connection, and community building.

VALUES

RESPECT

We affirm the dignity, differences, and rights of each person and treat each individual with care and compassion.

INTEGRITY

We speak and act honestly to build trust.

ACCEPTANCE

We meet everyone where they are, without judgment, and endeavor to understand where they are in their journey.

CONNECTION

We work to stay connected-- to ourselves, to nature, and to the world around us, recognizing that the power of our combined collaborative efforts will exceed what we can accomplish individually.

KINDNESS

We treat everyone we come into contact with as we would want to be treated.

SUPPORT

We provide comfort and encouragement to those we serve and strive to build strength and community.

TRAUMA INFORMED

We employ a framework of thinking and interventions that are guided by the understanding that trauma has profound neurological, biological, psychological, and social effects on survivors and recognize their constant interdependent needs for safety, connections, and ways to manage emotions/impulses.

