



Conservation  
**ONTARIO**  
*Natural Champions*

# STEPPING INTO NATURE: A Partnership in Action

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AUGUST 1, 2018 | MOOD WALKS RETREAT



# Who we are

## **Conservation Ontario represents Ontario's 36 Conservation Authorities, which are:**

- ✓ Local watershed management agencies
- ✓ Mandated to ensure the conservation, restoration and responsible management of Ontario's water, land and natural habitats
- ✓ Implement programs that balance human, environmental and economic needs

# Conservation lands

Ontario's 36 Conservation Authorities are the **second largest land owners** after the Province of Ontario. There are nearly **300 publicly accessible Conservation Areas** across Ontario.





# Making the connection

1. Since 2014, Conservation Ontario has partnered with CMHA on Mood Walks
2. Conservation Ontario and Ontario's 36 Conservation Authorities facilitate ways for Ontarians to get out into nature in order to promote healthy minds and bodies
3. One of Conservation Ontario's strategic goals is to be **quality of place experts for healthy living**
4. Includes creating more positive connections between human health and the health of our environment, as well as, promoting the nearly 300 publicly accessible Conservation Areas that our network operates as spaces which encourage mental and physical health



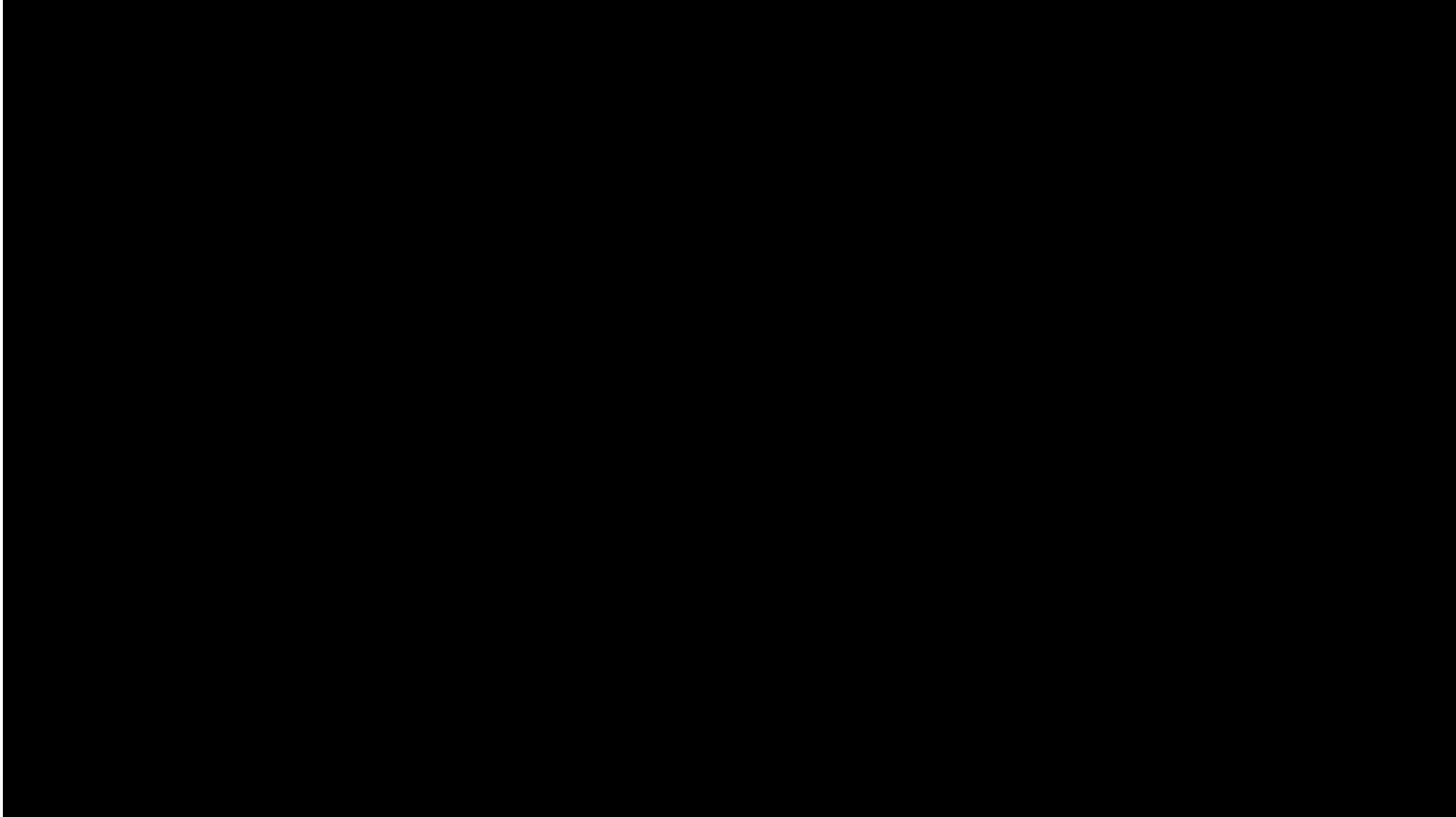
# Healthy Hikes

## Nature and Mental Health





# Forest Therapy Conservation Areas





# Trails, Trails, Trails



# What we have to offer



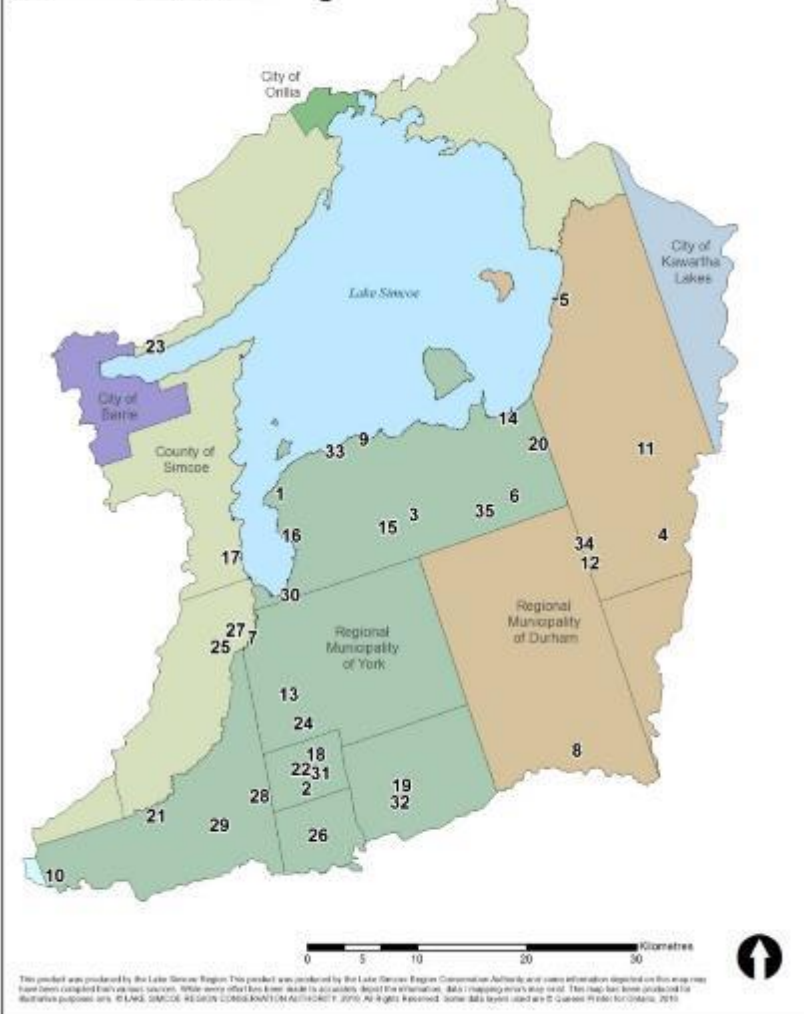
- Ontario's Conservation Areas – 150,000 hectares of local and regional greenspace, 8,400 campsites and ***2,600 km of trails.***
- Trails - important to health and quality of life
  - ✓ Opportunity to be physically active
  - ✓ Opportunity to experience different environments
  - ✓ Trail connections strengthen communities
  - ✓ Economic benefits



# Where we are headed



Conservation Landholdings



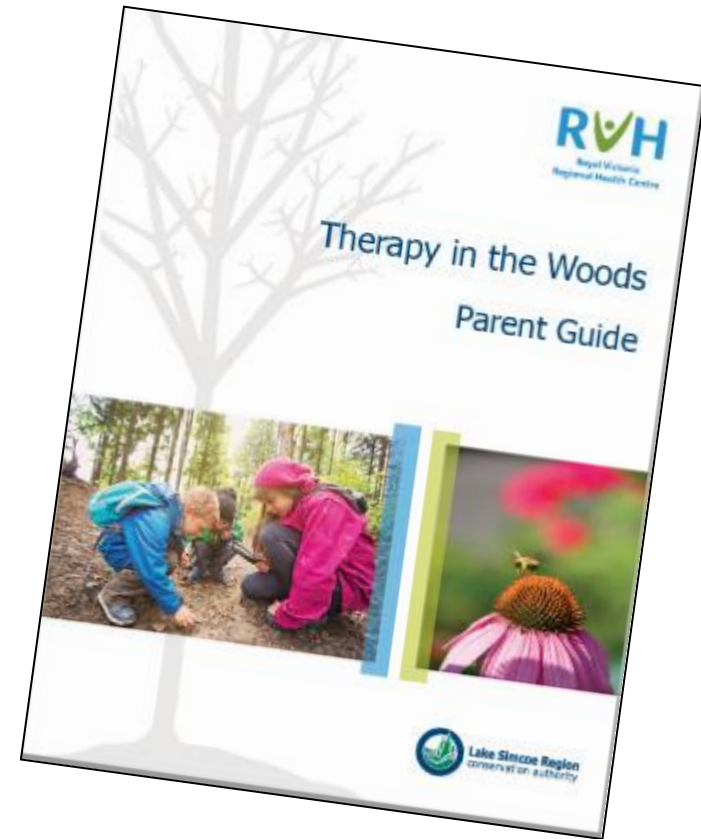
- Making a stronger connection to healthy communities
- Community Events
- Connecting Communities
- Partnerships



# Therapy in the Woods

## Highlights

- New partnership with Children's Development Services, Royal Victoria Regional Health Centre
- A program designed to support early learners with sensory and physical challenges through outdoor, environmental education that aligns with their therapeutic and learning goals

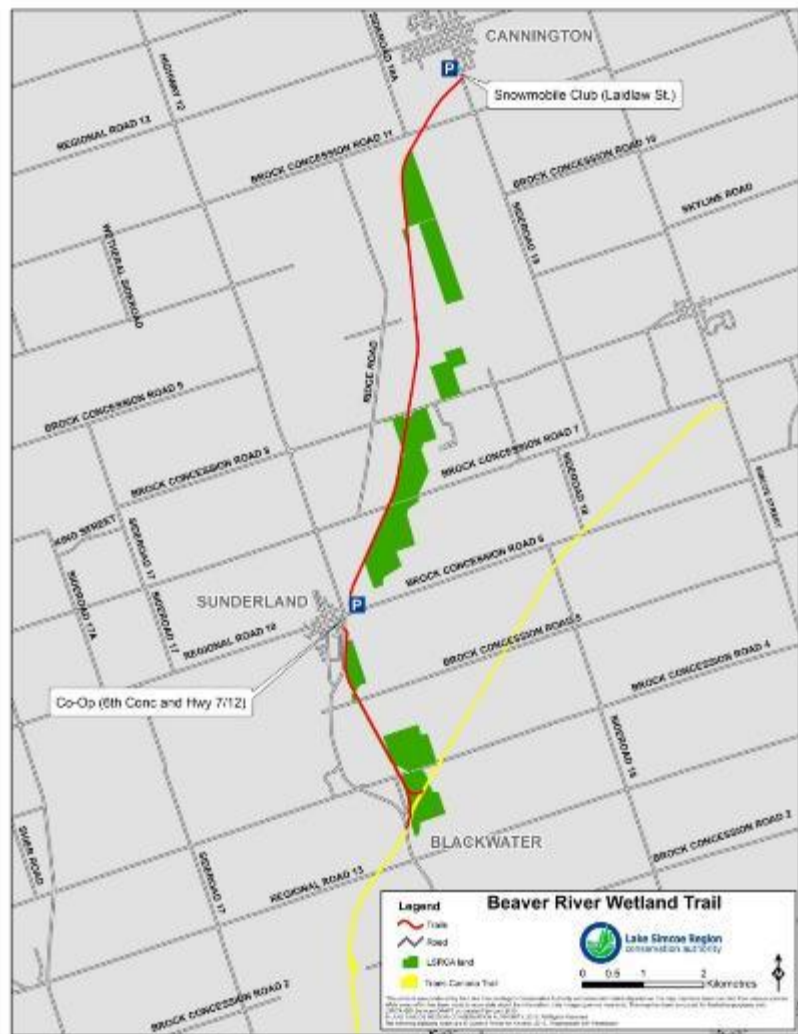


# Therapy in the Woods

“Nature is important to children’s development in every major way - intellectually, emotionally, socially, spiritually and physically” (Kellert, 2005).



# Connecting communities



# Thank you

## CONNECT WITH CONSERVATION ONTARIO

**FACEBOOK** Ontario's Conservation Areas

**TWITTER** @conont

**INSTAGRAM** conont

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