



Wellness in the Woods

Formerly Mood Walks



CTN kids, youth and their families are invited to join the Child and Family Wellness Program for Wellness in the Woods. Spend time in nature on accessible trails at a comfortable pace. Connect with other CTN families and enjoy time together.

Being outdoors and moving in ways that work for you can support well-being.

Each session includes a simple, family-friendly activity focused on self-care, connection and enjoying nature.

You can explore accessible equipment options for outdoor experiences through [CTN's Equipment Loan Program](#).

Simcoe



Friday, June 26, 2026
10 a.m.



Scanlon Creek Conservation Area
- 2450 9 Line, Bradford



Monday, Aug. 31, 2026
1 p.m.



Scanlon Creek Conservation Area
- 2450 9 Line, Bradford

Complete the [Wellness In The Woods Registration Form](#) or scan the QR Code.



For York dates, please see the York flyer or email Christina at ccorapi@ctnsy.ca or call 416-705-5765.

If you have any questions about Simcoe dates, email Sarah at swilson@ctnsy.ca or call 705-903-8135.

Looking for accessibility information for this location? Visit [AccessNow!](#)

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