



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](#).

York



Saturday, May 23, 2026
10 to 11 a.m.



**Hall Tract - 15681 McCowan
Road, Whitchurch Stouffville**



Monday, July 20, 2026
10 to 11 a.m.



**Hollidge Tract - 16389 Highway
48, Whitchurch-Stouffville**



Saturday, October 3, 2026
10 to 11 a.m.



**North Tract - 17054 Highway 48,
Whitchurch-Stouffville**

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



If you have any questions about York dates, email Christina at ccorapi@ctnsy.ca or call 416-705-5765.
For Simcoe dates, please see the Simcoe flyer or email Sarah at swilson@ctnsy.ca or call 705-903-8135.
Looking for accessibility information for this location? Visit [AccessNow!](#)
Want to stay updated on CTN news and events? [Subscribe to CTN newsletters](#)