

OUTDOOR ADVENTURE
TRANSITION SUPPORT
FOR VETERANS AND
THEIR FAMILIES

5-DAY RIVER
EXPEDITION



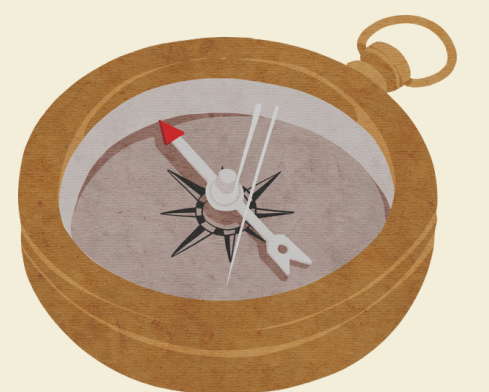
NAVIGATE

MAY 21 - JUNE 10

A PROGRAM DESIGNED TO SUPPORT
VETERANS AND THEIR FAMILIES AS THEY
NAVIGATE THE TRANSITION TO CIVILIAN
COMMUNITY TOGETHER.

WHY OUTDOOR ADVENTURE?
TIME IN NATURE, ADVENTURE, EXERCISE, PEER
& PROFESSIONAL SUPPORT, HEALTHY FOOD...
IT'S A WINNING COMBO!

THE NAVIGATE PROGRAM IS A PILOT PROJECT FUNDED BY
THE OFFICE FOR VETERANS, VICTORIA STATE GOVERNMENT



PROGRAM INFORMATION

DURING TIMES OF ADJUSTMENT AND CHANGE IT'S IMPORTANT TO CREATE SPACE TO REFLECT, RESET AND STRENGTHEN CONNECTIONS WITH THE PEOPLE AROUND YOU. THE NAVIGATE PROGRAM SUPPORTS VETERANS TO GAIN CLARITY AND TO FORWARD PLAN INDIVIDUAL WAYPOINTS ON THEIR JOURNEY THAT SUPPORT MENTAL AND PHYSICAL HEALTH AND STRONGER FAMILY RELATIONSHIPS.

JOIN A SMALL GROUP OF VETERANS AND CIVILIAN SUPPORT STAFF ON A 5-DAY PADDLING EXPEDITION ON THE GLENELG RIVER.

PREPARATION BEGINS IN MAY WITH VETERANS ASKED TO CONTRIBUTE TO THE DESIGN OF A PILOT THAT WILL NOT ONLY BENEFIT THEM, BUT ALSO THEIR COLLEAGUES IN FUTURE VERSIONS OF THE PROGRAM.

WE INVITE FAMILIES TO BE PART OF THE JOURNEY, ATTENDING A FAMILY DAY AND A CELEBRATION DAY WHERE THEY CAN PARTICIPATE IN OUTDOOR ADVENTURE ACTIVITIES ALONGSIDE OTHER GROUP MEMBERS.

OPEN TO ALL VICTORIAN VETERANS AGE 55 AND UNDER.

Register your interest using the online form.

<https://geelongadventurespecialists.snapforms.com.au/form/expression-of-interest>

Shelley can answer your questions:

0490 037 699 | shelley@geelongadventurespecialists.com.au

PROGRAM DATES

MAY 11: Online Info Session (5:30 - 6:30pm)

MAY 15-19: Individual interview (60min)

MAY 21: Family Adventure Day (12-4pm)

MAY 23: Co-Design Day

MAY 24: Outdoor Adventure Day

MAY 25: Expedition Preparation Day

MAY 29 - JUNE 2: PADDLE JOURNEY

JUNE 9: Outdoor Adventure Day

JUNE 10: Family Celebration Day

PROGRAM FACILITATORS

BEN (ADVENTURE WORKS AUSTRALIA), SHELLEY & JOSH (GAS) ARE QUALIFIED MENTAL HEALTH PRACTITIONERS WHO ALSO HAVE QUALIFICATIONS AND EXTENSIVE EXPERIENCE IN OUTDOOR LEADERSHIP.

NATURE | ADVENTURE | FAMILY

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