

Embark Walks

Over the past 15 years I have worked with a number of young males. Many of these young males reported wanting to be active and outdoors and that they found sitting still in a therapeutic space uncomfortable. Embark Retreats looks to take young men into the outdoors to explore themselves away from the distractions of the modern world. It incorporates the well documented benefits of nature, exercise, and belonging but also incorporates a structured therapeutic program. It is not designed for people with significant mental health issues, but for young people looking to make sense of their world and themselves.

Accommodation

Embark Walks are conducted on the Bibbulmun Track over 2 nights/3 days (Friday-Sunday). Participants will walk 24kms over this time and are expected to sleep in tents and bring their own sleeping bag, mat, and pack.

The Facilitators

Chris Darmody has been a psychologist working with young people for over 15 years and has facilitated and developed a number of successful groups. Embark Walks utilise past attendees as co facilitators who are still within the age bracket and have a level of insider knowledge of what it is like to be a of that age and going through the program.

Food

Embark Walks asks participants to carry their own food which will be very basic and above all light. All food will be provided by the facilitators and meet the daily intake requirements for young active males.

Getting There

Walks are held 1 hour from Perth and participants are expected to arrange their own transport to and from the site and will be offered the address once they have registered. There is ample parking available but groups of people and carpooling arrangements are more than welcome.

Cost

Embark Retreats are \$300 per participant. This covers all food, accommodation and life changing events for the full 3 days.

Please contact me if you have further queries or for an application package,

Chris Darmody