

Whole Hearts, Minds, and Bodies

Young people engaging their lives through mentoring, healing, and nature connection



Are you interested in:



- Spending more time in nature?
- Living a greater version of yourself?
- Adults and peers you can relate to?
- Activities that are meaningful?
- Art, nature-skills, creativity?
- Adventures such as hiking , exploring and rock climbing?
- Feeling more connected, empowered, and alive?

Whole Hearts, Minds, and Bodies is a program for young people who want to approach their lives and wellbeing in a full and integrated way. We utilize an approach that we call **Nature Based Therapeutic Mentoring**, which combines modern therapeutic approaches with traditional mentoring to create relationships that are deliberate and nurturing. With nature as our backdrop we guide youth through multi-hour, activity-based sessions where they learn skills and develop the capacities they need to face their challenges and meet life with confidence.

Who We Are: We are a team of therapists, mountain guides, mentors, and teachers. We utilize our experience in mental health services, youth empowerment, outdoor leadership, and substance abuse treatment, to work with youth from a variety of backgrounds, from those who face specific life challenges to those who are simply seeking a more meaningful way of being in the world.

Format: We offer weekly multi-hour sessions that are individually tailored to the goals, desires, and abilities of each participant. Group experiences are available when appropriate to enhance peer connection and learning.



For more information contact
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Gateway Mountain Center



Whole Hearts, Minds, and Bodies is a nature-based therapeutic mentoring program for youth who are receiving or could benefit from services related to mental health, including behavioral, and/or substance abuse issues. Our model works with the supports that are already in place to provide a well-rounded, holistic approach to treatment. Youth are witnessed and supported by adult mentors as they connect to nature, participate in adventure based activities, explore their individual passions, meet challenges, learn how to make healthy decisions, and experience success that can be translated into everyday life. Our services are individually tailored and meet youth where they are, helping them to navigate challenges as they arise and engage their lives in a full, connected, and resilient way.

Our Program Consists Of:

• ***Weekly individual sessions that include:***

- nature connectedness activities
- outdoor adventures such as rock climbing, hiking, skiing, and nature sensory exercises
- deep reflective time to integrate experience and relate it to everyday life
- activities that are tailored to participants individual desires
- nutritional counseling
- peer connectedness and support
- group activities that model possibilities, and demonstrate success
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• ***One to one mentoring that:***

- helps youth to feel seen and heard by invested non-parental adults
- creates a bridge between existing supports and helps to engage community resources
- is supportive and empowering
- provides an outlet as youth move through personal challenges
- focuses on individual gifts and helps to strengthen internal resources

Bi-yearly weekend retreats to:

- deepen relationships with peers and mentors
- reflect upon growth and mark moments of passage
- create a space for youth to experience themselves outside of daily life

Who We Are

Gateway Mountain Center has operated nature-based adventure and therapeutic programs in the Truckee/North Tahoe area for 10 years. Our team consists of individuals with extensive experience in mentoring, outdoor adventure leadership, counseling, addiction treatment, public and private education, and holistic-based therapies. We draw from our professional training as well as our personal experience to support participants through knowledge, skill, and deep care.

For more information contact Peter Mayfield at (530) 205-6245

The Gateway Mountain Center – *Helping Youth Learn, Heal and Thrive!*

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