

# imagine that

## VENTURES

### OUR MISSION

Imagine That Ventures (501c3) develops engaging and immersive experiences in outdoor spaces that promote mental health, physical wellness, and emotional resilience. We aim to utilize the elements of our natural world, including plants and animals, to offer environmental education, mindfulness activities, experiential learning, and community building.

### WHO WE ARE

We are a team of licensed mental health professionals, experiential learning experts, outdoor educators, and conservationists.

### OUR PROJECT

Imagine That Ventures designs and implements outdoor experiences including interactive stations and activities which promote mental and emotional wellness for participants. Projects are customized for a variety of outdoor spaces, including public parks, trail systems, schools, community centers, urban, suburban, public or private lands. These projects are suitable for individuals and groups of all ages and cultural backgrounds.

*Some examples of our future projects:*

**Imagine That Design Consulting:** Our services empower other groups to create outdoor experiences based on our model.

**Imagine That Backpack:** A portable facilitation model which allows individuals and groups to engage in mindful activities in any outdoor location.

**Imagine That Map:** Collaborating with parks, we bring mindfulness and wellness activities into a map experience to enhance the use of already existing trail systems. Interactive stations and activities are described via map for hikers to use as self-guides.

### ADVANTAGES OF OUR MODEL

- Provides a theoretical basis for experiential learning in nature.
- Targets specific goals for mental health, physical wellness, and emotional resilience.
- Uses evidence-based practices and tools to promote holistic wellness.
- Generates an ever-growing handbook of facilitated and/or self-guided nature activities for individuals and/or groups.
- Empowers groups to create experiential wellness parks in their communities.
- Trains facilitators to lead individuals or groups through experiential learning.

**Imagine a place where everyone can experience the awe and innate healing of the natural world.**

### FEATURES OF OUR INTERACTIVE STATIONS

Our customized stations are designed for zero environmental impact and use features such as metal placards, signs, and boxes which can withstand weather and animals. Stations include directions for activities that promote awareness, healthy mindset, self-care, compassion for others, resilience practices, and an expanded worldview. Exercises will engage the five senses and rotate with the seasons to help participants sync with the natural environment and to offer a diverse experience for returning visitors.

### OUR CURRENT PROJECT: IMAGINE THAT PARK

Our current project, Imagine That Park, is located at a historic ranch in Morgan Hill, California, where we will design and implement a perimeter trail with our customized interactive stations. This experiential trail may be self-guided or facilitated, offering visitors a space to connect with the outdoors, to increase awareness, and to improve stress management. Visitors of the park will gain a greater personal connection to the natural world and gather lessons from nature which can be used to handle emotions and difficulties more effectively. The park will host invited groups (schools, mental health, first responders) and also hold monthly open park hours. The park will offer fee-based rental for events which can be offered to corporate groups.

### OUTCOMES

Over the past 15 years, research has concluded that connection with nature has a range of impactful benefits to our physical, mental, and emotional well being. Data supports that engagement with nature alleviates depression, decreases social isolation, and reduces stress. Medical and mental health professionals are currently “prescribing” nature-based activities to help people cope more effectively with the stresses of everyday life.

