



Psychology



Tech-Free Wilderness Weekend

Spend a weekend with your child in the Coorong National Park completely without technology.

Activities include:

- Kayaking alongside huge sand-dunes
- A bush-tucker walk
- A night-walk to see marine creatures
- Picnicking by the ocean

Learn:

- Why we are so drawn to technology
- Strategies to help get off the tech when you need to do other things
- Skills for becoming more involved in recreational and social activities
- How to re-enter the world with a plan to balance tech-life and real-life activities and relationships

Age group: 10-17 year olds and their parents/caregivers

Dates: Saturday 13th to Sunday 14th November
Saturday 18th to Sunday 19th December
Thursday 13th to Friday 14th January 2022

Location: Two-day trips are held in the Coorong National Park, launching from the end of Mundoo Channel Drive, Hindmarsh Island.

Cost: \$398 per person. This includes four group psychology sessions, all meals, camping equipment, national park fees and kayak hire (private health and NDIS may apply).

Please contact fiona@okpsychology.com.au or call 8264 2311 for more information.

CANOE THE COORONG

