

Nature Discovery

Testimonial from Tina Baldry, Sonoma Valley Mentoring Alliance

Our trips to Point Reyes are always a discovery of nature for our teens. The youth we serve do not have the leisure of driving out to the coast to soak up nature's gifts, but through partnering with Point Reyes National Seashore Association, we are able to give our teens the gift of the Seashore.

Our youth are also challenged with many obstacles in life at such a young age. Often times it is the first time they have ever seen the ocean, or ventured that far from home. Our teens can be very quiet and protective when they first meet Biret, feeling unsure of the day ahead. But, with Biret's calm intellect, her ability to meet the teens where they are at, she is able to engage them, building trust along the way and win them over by her talent of bringing nature into their hearts.



"To bring peace, relaxation, and calm to our youth is a gift. We can't thank the funders of these programs enough for bringing nature to our youth."

Do you remember the first time you met the ocean? One 7th grader was unsure about taking his shoes off, so our Mentor Facilitator encouraged him to go for it. He reluctantly untied his shoes and took off his socks. The minute his bare feet hit the sand, his shoulders relaxed, a sense of calm came over him and he proceeded to walk into the water where he just stared at the waves and took in the beauty of his surroundings. It gives me chills just writing this because this young man has suffered in the past two years, so finding peace or a healthy escape from life's challenges can be hard. This experience will enrich his life forever and when things get tough, he knows there's a place not far from home where he can go to to embrace the Seashore and all it has to give.



We also had a unique watercolor experience taught by Michelle where we reflected upon our day and transferred our thoughts to paper brushing the page with our memories of our adventure at the beach.

To bring peace, calm and relaxation to our youth is a gift in itself. We can't thank the funders of these programs enough for bringing nature to our youth.