



Balanced Beings Outdoor Recreation
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Virtual Classes Information

Overview:

Virtual Classes will consist of social games and meaningful crafts. Balanced Beings Outdoor Recreation recognizes the significance of flexibility and adaptive teaching approaches, which is why we are launching online classes. Your weekly project will be sent via mail or delivered (going rate price through USPS or UPS) to connect with fellow participants at scheduled times, with those who are also eager to expand their horizons from the comfort of their homes. These will be offered during the summer, when Arizona is too hot to be outdoors.

Coming in June, 2026

- Journaling
- Art projects
- Crafting creations
- Book club
- Kahoots, games and trivia
- Scavenger hunts
- String art, and more!

Purpose Summary:

Not every meaningful experience requires leaving home. Balanced Beings Outdoor Recreation's Virtual Classes bring evidence-based, therapeutically informed recreational experiences directly to participants through the convenience of technology — making quality programming accessible to a wider range of individuals, schedules, and circumstances.

Grounded in expressive arts therapy and facilitated within a small-group format, these classes are designed to promote self-expression, social connection, emotional wellness, and cognitive engagement — all from the comfort of your own space. Rather than functioning as a traditional art class, Virtual Classes use creative modalities as a vehicle for something deeper: encouraging verbal and nonverbal communication, building self-advocacy, and fostering meaningful connection between participants. Activities range from painting with historical and cultural context built in, to collaborative games, thought-provoking conversation starters, drama,

humor, and goal-focused projects like vision collages — each thoughtfully selected for its evidence-based benefits across social, emotional, and cognitive domains.

Sessions are intentionally kept small to preserve the quality of connection between participants, and lesson plans are theme-based and purposefully structured to ensure every experience is grounded in research and relevant to real life. Some activities are designed to be completed within a single session, while others invite participants to continue exploring independently between meetings. Where applicable, cognitive-behavioral frameworks may be gently incorporated into discussion to help participants better understand their own thought patterns and discover healthy, personalized strategies for self-expression and coping.

Whether you're seeking a creative outlet, a supportive community, or simply something genuinely enjoyable that also happens to be good for you — Virtual Classes offer a welcoming, low-barrier space to explore, connect, and grow.

Ages:

18+

When:

TBD

Price:

\$50 sessions

Returning equipment rented is the participants responsibility. All items rented out fit within the various Priority boxes USPS offers and are a standard price. Materials not returned within (14) days will be given one reminder on day 14, and on day (21 or nearest business day), materials will be charged to the card left on file.

Duration:

1.25 hours

Minimum Attendance:

4 participants

Maximum Attendance:

20 participants

Things to know:

If you have more than one person attending, please register them each individually. Thank you for your time!

Documentation preferences may affect assessment requirements. Insurance billing is in transition of being offered. Program structure, documentation requirements, and pricing may change in the future if insurance options become available. All required registration, assessment documentation, waivers, and hybrid in-take interview must be completed and received no less than **five days** prior to booking and participation, as well as paid in full prior to participation. This information is required to allow sufficient time for review and to develop appropriate protocols, safety considerations, and individualized session planning.

Contact:

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