



Puni Jackson

### Puni Jackson, Ho’oulu ‘Āina Director

Puni is a Native Hawaiian cultural practitioner and accomplished kanaka maoli artist who has led Hawaiian health and ‘āina-based educational programming for over 20 years. She helped to establish Ho’oulu ‘Āina, a 100-acre nature preserve in Kalihi, supporting youth, families, and individuals including Native Hawaiian and Pacific Islander healers and cultural practitioners sustain their connection to land. As part of Kōkua Kalihi Valley’s leadership, Puni is a co-designer of the indigenous health framework *Pilinahā: The Four Connections* which has been used across the nation to demonstrate connectedness as health and wellbeing.

[hoouluaina.org](http://hoouluaina.org)



Erika Warner

### Reflective Supervision: A Resiliency Building Tool by Erika Warner,

Hawaii Association for Infant Mental Health, dba AIMH HI  
(with CEU credits available)

Erika works part time as Clinical Specialist. When she is not working for AIMH HI, she continues her work in the IECMH space at her private practice REFLECT & CONNECT ([reflect-connect.com](http://reflect-connect.com)). She previously worked at Salvation Army Family Treatment Services in many roles. Her heart lies with moms and children that are simply trying to survive in a world where they find themselves consistently undervalued and under-resourced. You may have heard her say many times that Infant Mental Health is a social justice issue. Erika believes that the most impactful change we can make is on the next generation, by supporting their caregivers. This keeps Erika in the work, even on the hardest days. If you have worked with Erika before, you know she isn’t just all work- and encourages our members (and her colleagues) to find rest and play often.

AIMH HI promotes the social and emotional health of Hawai’i’s youngest by building commitment and capacity to foster nurturing relationships, through partnerships, public education, professional training and advocacy. AIMH HI nurtures the emotional health and resiliency of Hawai’i’s keiki by growing a network of professionals and a system of care that is founded upon infant and early childhood mental health practices.

[aimhhi.org](http://aimhhi.org)



Phyllis Look

**Forest Bathing Hawai’i is owned and operated by Phyllis Look**, Hawai’i’s first certified forest therapy guide trained by the Association of Nature and Forest Therapy Guides and Programs (ANFT). She is also certified in Wilderness First Aid and as a global consultant for Wellbeing Inspired by Nature, an international network for bringing the benefits of nature into workplaces. Since the company’s founding in 2018, Phyllis has guided more than 400 forest bathing walks, in-person and virtually.

Former clients have included Google, Japan America Society, Blue Zones Project, Hawaiian Telcom, American Savings Bank, and Hawai’i Community Foundation, among others. Forest Bathing Hawai’i’s walks have been recommended by The New York Times, recognized by Treehugger as one of 2021’s best green travel experiences, and listed as one of the top five travel experiences in the world by Forbes.

Forest bathing is inspired by the Japanese practice of Shinrin-yoku, originally developed in the early 1980s as a preventative self-care practice in response to the stressful conditions of living in an increasingly urbanized and technologically dependent society. The benefits of immersing yourself in a natural environment have now been documented by decades of scientific evidence. Those benefits include reduced stress, boosted immunity, and improved cardiovascular functioning, as well as enhanced creativity and clarity, memory and focus, and overall sense of wellbeing. The ANFT approach further creates opportunities to restore heart-centered relationships to the natural world and to others, and ultimately to finding one’s true sense of purpose.

[forestbathinghi.com](http://forestbathinghi.com)



Likelike Falls

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### Waterfall Hike – Likelike Falls

This is a 0.8-mile trail highlighting Kaneohe’s beauty. Generally considered a moderately challenging, but kid friendly route, it takes an average of 27 min to complete. This is a very popular area for hiking and running, leading to a waterfall. The trail is open year-round and is beautiful to visit anytime.

This hike will be led by avid hiker Kerrie Urosevich.  
Please come in comfortable, hiking clothes and shoes.



Quantum School of  
Massage & Holistic  
Health

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**The Quantum School of Massage & Holistic Health (QSMHH)** is a one-of-a-kind comprehensive massage school training center, who are locally owned and operated. The massage school is located in University Plaza, Honolulu, near Waikiki and University of Hawaii, Manoa Campus on the corner of King St. and University Ave.

Quantum School of Massage provides programs for the following Massage and Holistic Health: Licensed Massage Therapist, Holistic Massage Therapist, Holistic Health Practitioner, Nutritional Healing Basic, and Sound Healing Practitioner. The Quantum School of Massage and Holistic Healing has bodywork, coaching, counseling and meditation services.

[www.qsmhh.school](http://www.qsmhh.school)

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