



**THERAPEUTIC
HORTICULTURE IS THE
PURPOSEFUL USE OF
PLANTS AND PLANT-
RELATED ACTIVITIES
TO PROMOTE HEALTH
AND WELLNESS FOR
AN INDIVIDUAL OR
GROUP.**

Consider

- *Becoming a collaborating partner or supply a letter of support*
- *Booking a tour of the Legacy Garden or Little River Farm to learn more!*
- *Work with us to help the community that you serve*
- *Donating to this program*
- *Volunteering to help others through the therapeutic horticulture process*
- *Contact us to reap the benefits of therapeutic horticulture!*

Locations

*Legacy Garden, PEI Farm Centre,
Charlottetown PE*

Little River Farm, Fortune PE

We can come to you!

Contact Us:

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Therapeutic Horticulture

*Institute for Bioregional
Studies*

In partnership with The Farm Centre

Why Therapeutic Horticulture?

Building on our experience as food producers, mentors, and advocates, we identified that the Therapeutic Horticulture Program (THP) is the best way to promote healthy locally-produced products, address food insecurity, and mitigate climate change while also offering therapeutically beneficial opportunities to an otherwise marginalized sector of our community.

Where's the proof?

Throughout the UK, more than 20,000 clients participate in THP each week. These programs provide activities for people with mental health challenges, learning disabilities, physical disabilities, and other vulnerabilities. The benefits of our THP include structure, social contact, improved cognitive functioning, physical coordination, building of life skills and resiliency. THPs on a similar scale are found in many counties in the world.

No such program exists here on PEI.

Therapeutic Horticulture Activities

- *Developing physical dexterity while moving through the gardens.*
- *Learning the benefits of fresh food and herbs.*
- *Planning and planting a garden*
- *Harvesting and preparing meals with fresh vegetables, fruits and herbs.*
- *Self-soothing techniques through meditation and aromatherapy*
- *Outdoor yoga/stretching*
- *Artistic experiences*
- *So much more!*

Goals of Therapeutic Horticulture

- *Improve overall physical coordination*
- *Provide a safe and relaxing environment for rest, work and play.*
- *Provide an outlet for creativity and imagination.*
- *Build self-esteem through meaningful activities with living materials.*
- *Building life skills and job readiness experiences*
- *Building resiliency and self-reliance to improve mental well-being*

Services

SMALL GROUP

Regular therapeutic horticultural sessions (1-4 times a week) for 1-3 hours that will include a combination of activities. Goals and activities will be catered to the groups' needs and individual goals.

INDIVIDUAL

Regular therapeutic horticulture sessions (1-4 times a week) for 1-3 hours. Activities and goals will be catered to individual needs.

OFFSITE

We can come to you! One-off or regular sessions done indoors or outdoors using an organization's outdoor garden or sessions involving materials brought from our own gardens.

Endorsement

Our program is endorsed by the Canadian Horticultural Therapy Association. We propose to help participants improve their memory, language skills, cognition, and social skills.