

HORTICULTURAL THERAPY PROGRAMS FOR CEDAR ROCK

Horticultural Therapy is an alternative supportive therapy that uses gardening and nature-related activities to facilitate both health and well-being.

The idea that gardening is therapeutic is not a new one: most gardeners can passionately elaborate on the numerous benefits they experience when working with plants.

Through gardening and other nature-related activities, even those individuals who are coping with disabilities can experience a greater sense of competence, enhance sensory stimulation, improve motor skills, and find alternative occasions for socialization, self-expression and creativity that may have otherwise been lacking in their daily lives.

The profession of Horticultural Therapy (in the United States) can be traced back to the 1880's, where the first greenhouse for use in treatment of the mentally challenged was built in Philadelphia. In the early 1900's the Menninger Clinic in Topeka, Kansas implemented the use of gardening to treat illness; and since World War II, horticultural therapy has been developed as an alternative treatment for those with a variety of disabilities, including Alzheimer's Disease, cardiac disease, brain injury, developmental disabilities, and other illnesses.

Cedar Rock plans to provide On-Site Programs for its residents and visitors with an average of 4 programs per month.

Adult and Youth Day Classes; Group and Summer Camps (held in conjunction with the Cedar Rock Conservatory Educational Programs) are also planned.

Topics will include:

Gardening For the Novice (First Thursday & Saturday, monthly, 0930h – noon)– Introductory classes to familiarize 'new' gardeners with the Rock Creek's seasons and soils. Discussions on proper permacultural techniques, composting, and watering is included, along with walking tours of the Eco Gardens and Japanese Terraced Gardens. These classes will be taught by trained Horticultural Therapists/specialists.

Pre-registration is required.

Cost: \$15.00

Successful Plants for Southern British Columbia Gardens (Third Saturday, monthly, 0930h-noon) –

An excellent follow-up to the Novice classes that emphasizes the selection of appropriate plants for landscapes in Southern British Columbia. Characteristics of

highly recommended trees, shrubs, perennials and groundcovers will be discussed. Information on ultimate sizes, flowering seasons, hardiness, and preferred exposures will help participants make informed choices. These classes will be taught by trained Horticultural Therapists/specialists.

Pre-registration is required.
Cost: \$15.00

Rain Water Harvesting (Fourth Saturday, monthly, 0930h – 1100h – May to October)

Snow Harvesting (Fourth Saturday, monthly, 0930h – 1100h – December to March)

The focus will be on the developing the basic understanding of the principles of rainwater and snow harvesting. The discussions will include techniques and products used, with emphasis on residential properties and what individuals can do on their own properties. Slides and visual materials of examples of other passive and active rainwater /snow harvesting sites from smaller to larger, more complex operations will be presented. The programs will conclude with a tour of the rainwater/snow harvesting techniques used in Cedar Rock.

Pre-registration is required.
Cost: \$15.00

For more information about these programs and others, please contact the Cedar Rock Horticultural Therapy Coordinator or Conservatory Education Coordinator.