

Therapeutic Horticulture



**Institute for Bioregional Studies
and The PEI Farm Centre**

Welcome to a natural path towards healing and well-being.

Therapeutic horticulture harnesses the power of gardening and nature to aid in overcoming physical and/or mental health disabilities.

Participants discover how connecting with plants and outdoor spaces or artisan crafts activities can positively impact their healing journey.



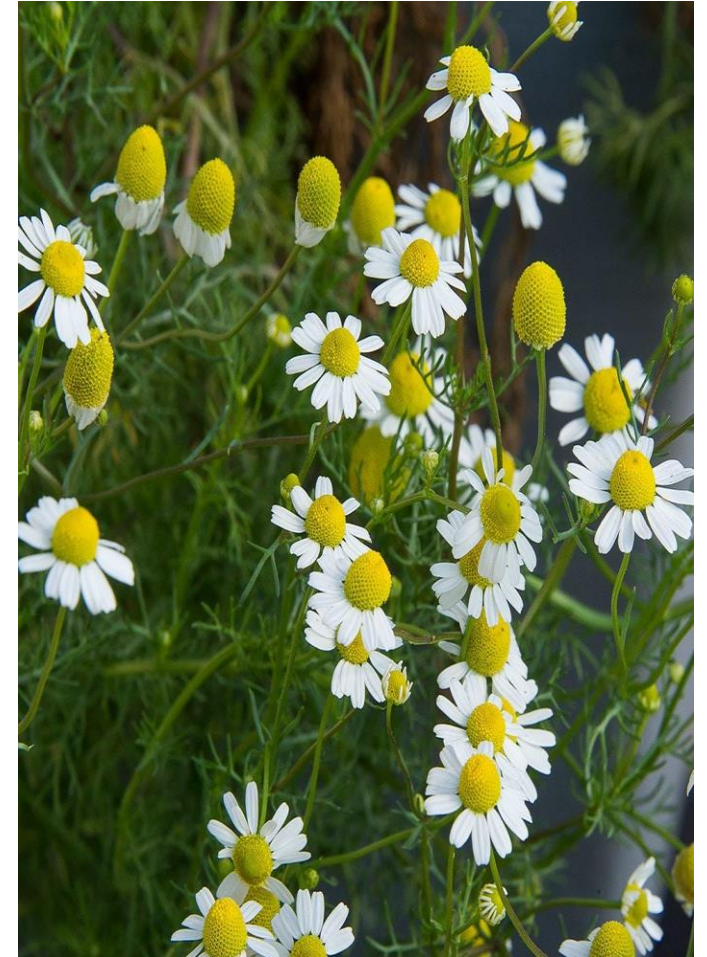
Therapeutic Horticulture: a time-proven practice

The curative benefits of a peaceful and productive garden environment have been understood since ancient times.

Today therapeutic horticulture is recognised as a practical and viable treatment with wide-ranging benefits for people in therapeutic, vocational and wellness programs

- **Benefits of Therapeutic Horticulture**

- **Stress Reduction:** Engaging in gardening activities has been shown to lower cortisol levels and reduce stress, providing a calming effect on the mind and body.
- **Mood Enhancement:** Spending time in nature and tending to plants can increase the production of serotonin and dopamine, contributing to improved mood and reduced feelings of anxiety.
- **Sense of Achievement:** Nurturing plants and witnessing their growth can instill a sense of accomplishment and boost self-esteem, aiding in building a positive self-image.
- **Mindfulness and Focus:** Gardening encourages mindfulness as you focus on the present moment, helping to divert attention from traumatic memories and promoting mental clarity.



How Therapeutic Horticulture Works

Therapeutic horticulture engages your senses, promotes physical activity, and creates a supportive environment for healing.

Join us in guided garden therapy sessions where you can participate in various gardening activities, artistic endeavours or construction projects, or take leisurely walks in natural settings, immersing yourself in the sights, sounds, and smells of the outdoors.



Related Participatory Activities

- Develop artistic woodworking talents in our shop; turning bowls on lathes or working on a creative construction project allows individuals to tap into their creativity. Designing and crafting unique pieces can provide a sense of accomplishment and fulfillment.
- Play some music or sing along. Listening to uplifting music or playing musical instruments can contribute to a more positive emotional state. Collaborative music-making promotes teamwork and a sense of belonging.
- Engaging in food preparation can help someone stay in the present moment, promoting mindfulness and reducing stress. It can be a way to feel a deeper sense of belonging, engage our senses and evoke positive emotions.



Farm Centre Legacy Garden



The Legacy Garden, is situated on 8.5 acres in the heart of Charlottetown. The Garden includes a two-acre, 'Goodwill Garden' which supplies fresh, naturally grown produce to local charities. Many projects are undertaken in cooperation with hundreds of enthusiastic volunteers who work with us to grow the garden.

Our 200 community garden plots are carefully tended by gardeners from all walks of life; young families, seniors and newcomers.

The Centre's Therapeutic Horticulture program has worked with individuals with intellectual/developmental disabilities, and young adults recently exiting rehabilitation or mental health facilities. The program can also benefit individuals with PTSD, cognitive functioning impairment, individuals in incarceration, children, seniors and many more.



The Institute for Bioregional Studies Ltd. Little River Farm



Little River Farm is a social enterprise operated by The Institute for Bioregional Studies Ltd. We focus on solutions to social and environmental problems to drive change and solve societal needs. We believe in doing well by doing good in the communities where we operate, with the customers we serve, and with the co-workers we employ.

We aim to engage participants in a venture to address food insecurity and local solutions to the environmental crisis while helping them improve their physical and mental well-being. Our programs are effective in helping participants to re-engage with their family and community, reduce stress, improve their memory, develop social skills and coordination, work independently, and problem-solve.

Little River Farm Barn, Greenhouse, Woodworking Shop and Meeting Room



Little River Farm Boat Cottage and Washroom



Ginny's Pride and Orchard



Little River Farm

Solar Barn, Greenhouse, Woodworking Shop,
Gardens, Orchard and Vineyard



“Duncan’s House”



November 11, 2023.



Embark on Your Journey of Healing Through Therapeutic Horticulture

Discover the healing potential of nurturing plants and your own well-being today.

Two Locations

Farm Centre Legacy Garden
Charlottetown, PEI

or

Little River Farm
Fortune, PEI

For inquiries and session schedules, contact us at:

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