MENTAL HEALTH GARDEN SERIES
For all who want to improve their mental health through gardening!

Learn more at www.eatingdisorderfoundation.org/garden/

Earth Day - April 20 at 9am
Setting intentions; seeds, composting, and soil

Mother's Day - May 11 at 9am
Nurturing relationships with mother earth and one another; companion planting

Nurturing Relationships Part 2 - May 19 at 9am
Nurturing relationships with mother earth and one another; seedlings and transplants

Being Present in the Moment - June 22 at 9am
Sensory experiences in the garden; spiritual practices; herbal tea

Getting Into the Weeds - July 13 at 9am
Managing "weeds" in our lives; noxious weeds vs. edible weeds

Food in Community - August 3 at 9am
Food systems and cultivating supportive communities; plant guilds

Food in Community Part 2 - August 24 at 9am
Food justice, food insecurity, and access to food; harvesting

Celebrating Abundance - September 14 at 9am
Gratitude and food as medicine; cooking from the garden

Preparing for Change - October 12 at 9am
Changing seasons, resting, and resetting
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*Receive the many benefits of therapeutic horticulture!*

It is our hope that members of the community can utilize our garden space to improve their mental wellness. Each workshop in the garden series will include seasonally relevant gardening activities, discussions, mindfulness activities, and volunteering hours that should be accessible to most levels of ability. This series is not specific to eating disorders and is open to people anywhere on the mental health spectrum. However, the series aims to improve relationships with food and our own bodies.

**FREE - donations appreciated**

*Activities include:*
- Yoga, meditation and mindfulness
- Soil, mulch, and composting
- Companion planting and plant guilds
- Planting seedlings
- Native edible plants and "food forests"
- Making herbal teas
- Beneficial vs. harmful weeds
- Food justice and food insecurity
- Food as medicine
- Cooking from the garden

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