

# MENTAL HEALTH GARDEN SERIES

For all who want to improve their mental health through gardening!

Learn more at [www.eatingdisorderfoundation.org/garden/](http://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

# MENTAL HEALTH GARDEN SERIES

*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*

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### *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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