

All of us need to be close to nature for an optimal psychological and physical development. Unfortunately, most of us have the feeling of having lost this link to nature, thus having negative consequences, such as lack of concentration, stress or anxiety. This is why therapeutic gardening is more necessary than ever!

We want to bring the benefits of nature to our daily lives, not only to heal, but also to prevent from different illnesses. We want to create comfortable, relaxing and full of energy nature-based spaces where we can work, receive therapy, learn, socialize or simply be.



# HEALING gardener

HEALING GARDENER is a training program on therapeutic gardening addressed to people with different disabilities to learn how to establish a healing garden and the benefits that the nature brings to our lives.



Co-funded by  
the European Union

[www.healinggardener.eu](http://www.healinggardener.eu)

*Let nature  
come into your  
life*



Be together

Feel

See

Share

Eat

Smell

Hear

Touch



## OUR AIM

Development of an eLearning platform for adults with disabilities (mental health challenges, mild to moderate developmental intellectual disabilities, seniors with cognitive impairment and autism spectrum disorder) on therapeutic gardening to improve their skills, key competences, socio-labour integration and their quality of life in an enjoyable and effective way, thus improving their learning opportunities.

## CONTACT US

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FUNDACIÓN  
**intras**



**PALMLÖF**  
JARDINES  
*Servicios Terapéuticos*



Valakupių  
reabilitacijos centras



Diakonie-Klinik  
Mosbach



## PARTNERS

## ACTIVITIES

- Design & development of a **curriculum on therapeutic gardening**.
- Implementation of **five pilot courses** in Spain, Greece, Germany and Lithuania, delivering specific training on therapeutic gardening to around 50 adults with disabilities.
- Development of the **Healing Gardener toolkit** (a manual to become a Healing Garden tour guide, the Biophilic designs portfolio, virtual tours to the gardens and the creation of the European network of Healing Gardeners).

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