

HEALING gardener

Training program on therapeutic gardening for adults with disabilities

We are irretrievably linked to nature. All of us need to be close to nature for an optimal psychological and physical development. Unfortunately, today's society broke this bond and the still not very well-known nature-deficit disorder appeared in our lives (lack of concentration, stress, anxiety, etc.).

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

We want to improve their learning opportunities, skills, sociolabor integration and, overall their quality of life in an enjoyable and effective way. The therapeutic gardens are established during a learning by doing training course in the rehabilitation centers where the participants receive treatment or in public spaces where they can benefit the whole society. Thus, the learners co-create a new wellness tool for other people in an enriching and empowering process that increases the wellbeing of the communities.

For a HEALING GARDENER green is not just a colour but an attitude to life!

More info at www.healinggardener.eu

HEALING
gardener



Co-funded by
the European Union