

Garden Therapy

The garden therapist uses the activities of gardening to help a client to get in touch with thoughts and emotions through contact with the soil, seeds, living plants and the acts of planting, watering, cultivating and harvesting plants. This is often a way to lift depression, work out anger and frustration and to generally improve mood.



Correctional Services Canada uses garden therapy in federal prisons and has noticed an improvement in the aggressive behaviour of inmates.



At the very least, gardening unleashes your creativity, while producing flowers, vegetables or landscapes for you to enjoy.

Whether you choose pots on a patio or a larger area of land, being in touch with nature provides you with exercise and joy.



You might even make new friends at a garden center or horticultural club.