



What is Therapeutic Horticulture?

Therapeutic horticulture (TH) is a practice that embraces the healing power of nature to promote physical and emotional wellbeing. It involves using plants, gardens, and cultivating a sense of connection with nature to help people improve their health, wellbeing and quality of life.

Benefits of Therapeutic Horticulture

Improved Mental Health: TH can improve mental health by reducing anxiety and stress, enhancing mood, and fostering a sense of accomplishment through engaging with nature.

Improved Physical Health: TH involves physical activity that can improve strength, flexibility, and cardiovascular health. It also encourages outdoor exercise and exposure to sunlight.

Increased Social Interaction: TH often involves group activities that foster social connections, improve communication skills, and combat feelings of isolation.

Boosted Cognitive Function: The planning, problem-solving, and sensory experiences involved in TH can enhance cognitive abilities, memory, and concentration.

Emotional Well-being: Cultivating plants and witnessing their growth can provide a sense of accomplishment, boost self-esteem, and promote a positive outlook.

Skill Development: Participants can develop practical skills, such as planting, nurturing, and harvesting, while learning about nature and sustainability.

Connection to Nature: Gardening fosters a deeper appreciation for the environment and encourages mindfulness and relaxation through direct interaction with nature.



Everyone can benefit! Some examples of specific populations we work with include:

Seniors, individuals with autism, learning disabilities, ADHD, Alzheimer's Disease, developmental or physical disabilities, mental health issues, veterans, cancer patients, chronic pain sufferers, those in palliative care, people in correctional facilities, and more.



Settings for Therapeutic Horticulture

- Long-term care homes
- Senior living homes
- Community gardens
- Schools
- Community centres
- Hospices
- Assisted living facilities
- Correctional facilities
- Online virtual sessions, and more



What it Involves

Horticulture

Involves practices related to the cultivation, care, and management of plants.

Botanical Crafts

Involves using plant materials to create artistic or decorative items

Nature Studies and Connection

Involves exploring, observing and connecting with the natural world.

Culinary

Utilizing edible plants and herbs for cooking and culinary purposes

About Root in Nature

Root in Nature™ strengthens human health by connecting people with plants and nature through therapeutic horticulture, while serving as a training hub and professional growth platform for practitioners in the field.

We offer in-person therapeutic horticulture services in Ottawa, a growing suite of online courses and a robust international practitioner network called GrowTH: Grow Therapeutic Horticulture.



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For more information, visit [Root in Nature](#).