

Therapeutic Horticulture Skills Team Training Program



Bring Plant & Nature-Based Activities Into Practice

Therapeutic horticulture is a professionally facilitated practice that uses gardening, plants, and nature to support health and well-being goals.

Our team training program helps staff build the knowledge, confidence, and practical tools to integrate therapeutic horticulture into their work.

Team members begin with a self-paced training course focused on safe and engaging facilitation. They then receive ongoing access to ready-to-use activities, session plans, templates, and support through the GrowTH Network.



Chelsea
Korzenko

"If you want an easily digestible and quality understanding of the practice of therapeutic horticulture, this is the course! It was well organized, concise, easy to move through, and rich with information."

About Root in Nature

Root in Nature strengthens health by connecting people with plants and nature through therapeutic horticulture. We serve as a training hub for allied health professionals and care teams, offering online courses, resources, and ongoing support to bring nature programming into practice.



**To discuss team access for
your organization, contact:**

Alexis Ashworth
Founder & CEO
alexis@rootinnature.ca
1-613-552-0629

The Process

Step 1: Choose the Core course (4 hours) for training in gardening and nature-based activities, or the Comprehensive course (12 - 18 hours) for deeper therapeutic horticulture training.

Once your team members are added to your account, they receive onboarding emails and orientation videos to help them begin their self-paced course. They learn how to facilitate garden and nature-based activities, supported by foundational horticulture and safety training.

Course Features:

- Self-paced learning in as few as four hours or as many as 18 hours, as your team prefers
- Engaging video content
- Comprehensive course manual for reference and application
- Therapeutic Horticulture Ally Certificate upon completion
- Digital badge for both participants and the organization
- Pre-approved for CE credits: NCTRC

Step 2: Ongoing membership in the GrowTH Network: Resource & Support Platform

Your team has ongoing access to activities, resources and support, including:

- Hundreds of activities in a sortable database with new activities added each week
- 12 ready-to-use therapeutic horticulture session plans
- 80+ resource documents and templates
- Monthly optional live support calls
- Regular guest speaker professional development events

