


Therapeutic Community Garden

Join us virtually
each week!

- Learn how gardening and nature can have a positive impact on your mental health and wellness
- Gain grounding skills through sensory and relaxation techniques
- Develop gardening skills
- Opportunities for organic harvest (fruits, herbs, vegetables, flowers) when available



Weekly Virtual Garden Groups

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	10 AM - 11 AM Garden Bloomers (For older adults 55+) 	10 AM - 11 AM Mindfulness through Virtual Gardening (For adults 18+) 	4 PM - 5 PM "Can You Dig It" Family Garden Group (For families & their children) 	1 PM - 2 PM "(Re)Connect in the Garden" Virtual Garden Gathering (For adults 18+) 

Garden Quote of the Week

To plant a garden is to believe in tomorrow.

- Audrey Hepburn

Sign-Up Today!

Contact TCG at (909) 623-6131 to learn how to participate.

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