

The Healing Gardens Program: Reclaiming the Sacred



Would you like to learn how to create your own sacred space?

The Naturalized Habitat Network of Essex County & Windsor is presently developing a course on the planning and design of healing gardens specifically for survivors of sexual abuse. A pilot course is being planned for October and we are seeking 12 participants.

Healing gardens are essentially any outdoor spaces that are created and maintained specifically for physical, mental and spiritual well being. They can be readily adapted to different property sizes, preferences and circumstances. Whether used as a place to relax or as a sacred space for quiet reflection, prayer, yoga or meditation, a well designed healing garden can offer proven benefits, including those recovering from abuse and trauma. These gardens can also provide additional therapeutic benefits through their planning and design. Far more than simply a pleasant diversion, healing gardens can serve as a means of personal restoration and empowerment for survivors of sexual abuse.

A six part, weekly evening pilot course will begin on Tuesday, October 4 at 7:00 pm.

The course will take place in Windsor. To maintain the privacy of participants, the exact location of this course will only be disclosed upon registration.

Participation in this course will be free. Qualifying participants can also receive assistance toward the purchase of plants and other landscape supplies.

In order to qualify for this pilot course, all participants must be:

- Survivors of sexual abuse.
- At least 18 years old and living in Windsor or Essex County.
- Willing to respect the confidentiality of other persons in the class.
- Committed to attending all classes and taking part in a course feedback survey.

To register or to learn more, call Dan at the Naturalized Habitat Network at...

519-259-2407

* All personal information shared will remain confidential. *

Presented by...

The Naturalized Habitat Network 
 *of Essex County & Windsor*

To learn more, visit the "Reclaiming the Sacred" page on our web site at
www.naturalizedhabitat.org