



# 1 Day Workshop

## Introduction to Therapeutic Horticulture

Friday 31st May, 2019

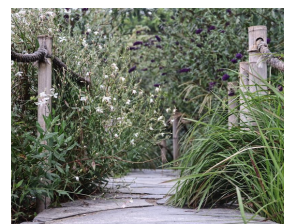
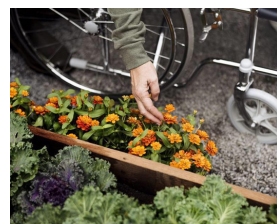
**Learn how to run your own group or individual gardening program in this introductory course on therapeutic horticulture.**

This is a general course suited to anyone wanting to work or volunteer in mental health, ageing & dementia, rehabilitation, disability or community gardens. Theory, research and practical components feature throughout the day so you can tailor examples to your specific area of interest.

**Topics will include:**

- Introduction to therapeutic horticulture and supporting research
- Purpose, setting & focus of a gardening program
- Selecting appropriate activities
- Setting client goals
- Using adaptive tools
- Reporting and recording
- Risk assessment & WHS
- Fundraising and sustainability of a program
- Practical simulated group activities

**Your teacher will be Toni Salter**, Horticulturalist, past President of Cultivate NSW and also known as "The Veggie Lady". Toni has run horticultural therapy programs and developed sensory gardens through a number of organisations such as AFFORD (Australian Foundation for Disability) and Diversional & Recreational Therapy Australia.



**When:** Friday 31st May, 2019 9.30am to 4.30pm

**Where:** The Common Room, Camperdown Commons  
31A Mallett Street, Camperdown NSW 2050

**Tickets:** Cultivate Member: \$190; Concession/Student: \$150; Non-Member: \$215

**Bookings:** Book online at [www.trybooking.com/BBZGR](http://www.trybooking.com/BBZGR)

Class size limited to 15 persons to maximise learning - there will be a waiting list once sold out.

**Other:** Each participant will be provided with take home resource manual. Morning & Afternoon Tea will be provided. Bring a packed lunch.