

2010 Horticultural Therapy Teaching Sessions

The Guelph Enabling Garden welcomes all to participate in these FREE educational workshops from 7-8 pm. Private Sessions facilitated by the Garden's Horticultural Therapist can also be scheduled on alternate dates. To register for a teaching session contact Lea: lea@green-ideas.ca 519-265-5770

All sessions take place in The Guelph Enabling Garden, located in Riverside Park on the west side of the Speed River. Donations always welcome.

Edible Container Gardening

Monday June 7th

Bring an interesting container at least 6 inches deep (the deeper, the better) and we'll plant it up with herbs and flowers for your garden, patio, or balcony. Container ideas: an old boot, a tea pot, an old watering can. Recycled growers' pots will be provided for those without their own container.

Nature Note Cards

Monday June 14th

Guest Speaker – Marilyn Swaby

Learn how to make professional looking faux parchment greeting cards using a special technique with pressed flowers and serviettes.

Seed Notepaper

Monday June 21st

Learn how easy it is to turn old newspaper into lovely notepaper embedded with seeds that can be planted in the garden.

Reiki 101 – Can Reiki Heal You?

Guest Speaker – Leanne Hodgson

Monday June 28th

Reiki Master, Leanne Hodgson, will touch upon the history and basic concepts behind balancing the mind, body and soul with this type of energy therapy. Find out if this type of healing is right for you.

Herbs 101

Monday July 5th

Learn about the herbs growing in the Guelph Enabling Garden and how they can be used therapeutically for health and well-being. Each participant will have the opportunity to take stem cuttings home with them to start their own herb gardens.

Herbal Vinegars

Monday July 12th

Learn the steps in making vinegar flavoured with your favourite garden herbs. Take a bottle of your own home with you.

Was in the Enabling Garden, Thinking of You - Post Card from Mother Nature

Monday July 19th

Make a post card inspired by the plants in the Guelph Enabling Garden using natural plant dyes, leaf rubbings, pressed flowers, and your own unique touch.

Breath and Meditation for the Garden

Guest Speaker – Kathy Savage

Monday July 26th

Come to the Garden to catch your breath and relax. After spending some time with our breath, we will engage our imagination with the natural world around us, including all our senses.

Herbal Teas

Monday August 2nd

Learn how to dry your own herbs and enjoy them as soothing teas. Sample some tea leaves grown in the Garden!

Being Present in the Garden with our Senses

Monday August 9th

Discover how nature can change how we think and feel about ourselves and others. The natural environment can teach us a lot if we only learn how to 'listen' with all of our senses. Honor and express these messages from nature through writing, drawing, and/or painting.

This workshop will be facilitated by Lea Tran, Judith Rosenberg and Marilyn Swaby.

Do-It-Yourself Natural Health & Beauty Products

Monday August 16th

Pamper yourself from head to toe. Learn how to prepare soothing foot and body baths, aromatherapy massage lotions, and natural hair rinses. Make a herbal bath sachet to take home with you.

Herb Dip Mixes

Monday August 23rd

Join us in creating flavourful dip mixes using herbs grown in the Guelph Enabling Garden. You will be putting the dry ingredients in a gift jar. Then, all you have to do is add creamy condiments when you are ready to snack! Makes a great gift.

Seed Saving and Storing

Monday September 20th

Learn how to properly save garden seeds and store them to ensure they are viable for next season.

Guelph Enabling Garden Knit Knites

Wednesday June 2nd

Wednesday July 7th

Wednesday August 4th

Taking place in the Guelph Enabling Garden at 6:30 pm.

A unique way to spend an evening. Experienced and new knitters welcome. Come with your own knitting project and learn tricks of the trade or teach others. Comforting hot tea leaves grown in the Enabling Garden will be served. Please bring your own mug.

Kids' Public Workshops:

Generally, kids aged 5-8 participate in these workshops, but all are welcome and parents are encouraged to join in. To register please contact Lea: lea@green-ideas.ca 519-265-5770.

Thursday June 17th 10-11 am

Experiencing Nature Through Our Senses

Let's give our bodies and minds a treat by using our senses in the Garden to feel a sense of connection and well-being in nature. Participants will be able to sample some herbs and do crafts in the Garden.

Thursday July 15th 10-11 am

Interactions in the Garden

Check out all of the cool living creatures that we share the Earth with! Make a bouquet of beautiful flowers that critters in the Garden helped to shape and grow.