

CULTIVATING WELL-BEING

through therapeutic horticulture



www.cultivatingwell-being.com



Cultivating Well-Being

TH sessions are conducted twice a week and we host 4 community events on campus each semester.

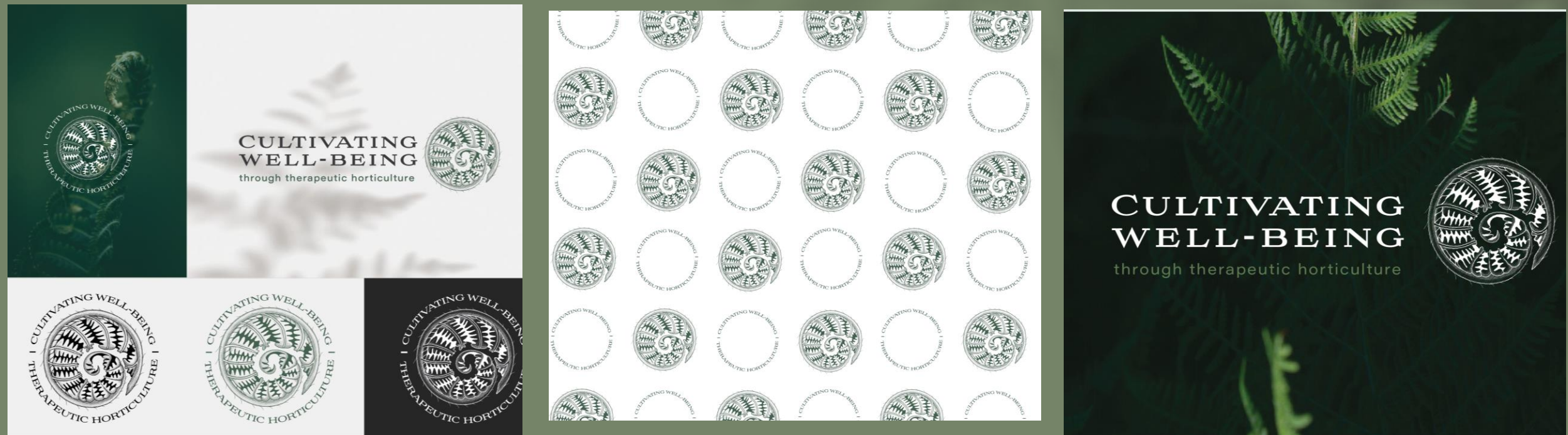
We have use of 2 raised beds in the community garden and the hydroponic system in the greenhouse

Thus far we have been able to collaborate with the Horticulture, Art, & Student Services Departments.

Therapeutic outcomes:

- Increase ability to focus/clarity of mind
- Strategies to reduce the influence of stress
- Establish self-care awareness goals
- Reduce feelings of isolation through social interactions
- Acquire a positive sense of self
- Improve mental health and overall wellness

Logo design by graphic arts student as their Senior Project



Growing Leafy Greens for the Captain's Cupboard Food Pantry

- Cultivating Well-Being uses the hydroponic system in the greenhouse to grow leafy greens year-round. This offers altruistic opportunity to students.



Community Event!

Harvest Festival in October:
Making Herb Bundles
African Drumming



Community Event!

Botanical Dyeing Project

We used dye flowers grown in our raised beds in the campus community garden over the summer.



Other Botanical Projects



Lavender Project



Petal Pounding



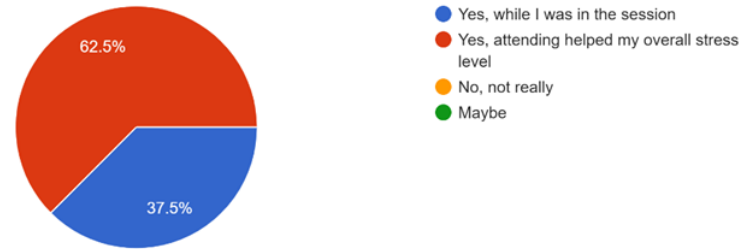
Restorative Walk on the campus of Southern Maine Community College



We designed the walk to restore physical, mental, and emotional energy. At specific stopping points, a sign with a QR code and a prompt invites participants to take a moment to become present and reflect on life's challenges and successes.

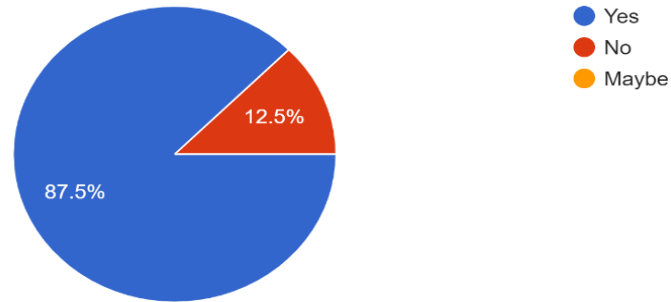
Did you find the sessions helpful in reducing your stress level?

8 responses



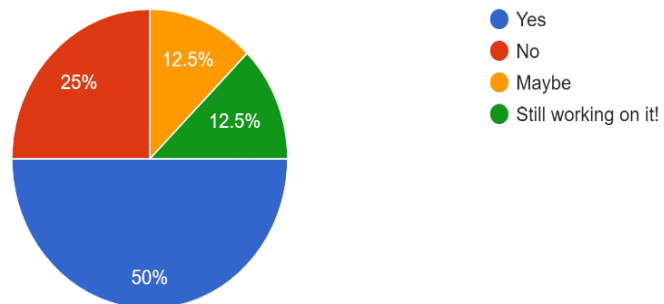
Did you benefit from the social connection during the sessions?

8 responses



Did you develop new self-care habits as a result of participating in the sessions?

8 responses



Stats From the Pilot Program Spring Semester '22

Program Data- A total of 23 participants attended at least one of the eight sessions. The average number of participants per session was 5. The more popular sessions are the community events.

Results- Participants were surveyed three times throughout the program to provide valuable information and data for future use.

Community Outreach

Through our work on the SMCC campus

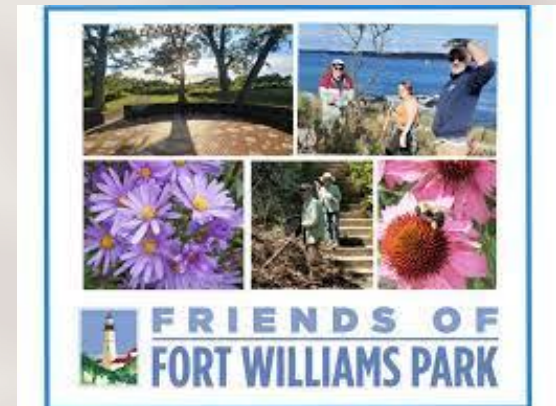
Cultivating Well-Being has been able to connect with organizations and non-profits in the Greater Portland area and beyond.

We hope to continue to expand and strengthen community outreach projects in the future.

SARSSM | SEXUAL ASSAULT
RESPONSE SERVICES
OF SOUTHERN MAINE

 **Wild Seed Project**
RETURNING NATIVE PLANTS TO THE MAINE LANDSCAPE

 **NatureRx**



Publicity



Maine Women Magazine, October 2022 issue.
Article featuring Cultivating Well-Being as part of "the body issue." pg. 28

Interview with Todd Gutner,
News Center Maine, Summer 2022.



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