

Growing with Gardens

Parent and Child Support Group

Thursdays:

Noon to 1:00 pm (Parents-only group).

or

4:00-5:00 pm (Parent/Caregiver & Child group).

Meeting dates:

October 10, 17, 24, and November 7, 14, 21, 2019.

Instructor:

Julie Tucker, Marriage & Family Therapist



Growing with Gardens is a new CDM therapy offering that is perfect for someone ready to “dig-in,” have fun, and build practical skills. New research has found that exposure to nature is associated with better mental health. To facilitate this concept, the *Growing with Gardens* class is held on the outdoor patio of the clinic, using raised garden beds, where a CDM therapist with a passion for gardening will guide the group through a series of helpful sessions designed to:

- Reduce stress, boost mood and help with self-esteem,
- Build sensory coping skills and learn ideas for handling disappointments,
- Practice self-care and encourage healthy living,
- Develop executive functioning skills,
- Provide a supportive environment for participants to connect with others and experience growth.

Two groups are available, one for adults only, and the other, a parent/caregiver and child group for children ages 5-10 years-old. Each gardening group will meet for six classes at the Center for Developing Minds. The group size is limited to provide participants with personalized attention. Fee for each group is \$450 per family. Please register in advance.



To register for these programs, please contact the Center for Developing Minds at 408.358.1853

www.devminds.com

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