

# Horticulture Therapy



Horticulture Therapy engages people in gardening activities to enhance their quality of life. Since ancient times, healers have recognized the therapeutic benefits of involving people with plants. Modern research confirms that engaging with plants and gardening can improve many aspects of our physical, psychological and spiritual well-being. For individuals with physical, developmental or emotional limitations, horticulture therapy may also improve physical mobility, social interactions and an overall sense of well-being.

A committee of dedicated Collin County Master Gardeners develops horticulture therapy programs for local nursing and rehabilitation centers, day service centers and camps for special needs adults and children. The committee often helps on-site facilitators design activities to achieve specific goals. Scavenger hunts, leaf rubbings, collages, hands-on herb presentations and games like "Bug Bingo" are among just a few of the activities that delight our clients.

**Current Horticulture Therapy Activities:** Although the recent COVID-19 pandemic hinders our ability to provide in person services, members of our horticulture therapy committee remain available to help local facilities and community organizations with information about horticulture therapy. To learn more, [contact us](#).

