



At one with nature's beauty.

What is Horticultural Therapy?

A therapy program that is suitable and adaptable for all ages and abilities.

- Includes caring for plants – indoors and out
- Connecting with nature, arranging flowers, creating botanical arts and crafts
- Helps optimize ones physical and mental health to improve quality of life through horticulture
- Helps improve memory, cognitive abilities, task initiation, language skills and socialization.
- Reduces depression and anxiety

About Me

I am a small town girl in the big city. I grew up on a farm and horticulture is who I am and who I have always been. I suffered great depression and anxiety in the city until I remembered who I was and what horticulture means to me. I started with one plant, then two, then dozens. The more plants I grew and cared for the happier and stronger I became. I want to share this passion with others that may be feeling lost, or alone, or the need for connection. It gives us all an outlet to express our inner self, cope with anxiety or depression, even helps us when we need to grieve.

Contact Me

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Visit me on Facebook: [thymeforthoughts](https://www.facebook.com/thymeforthoughts)

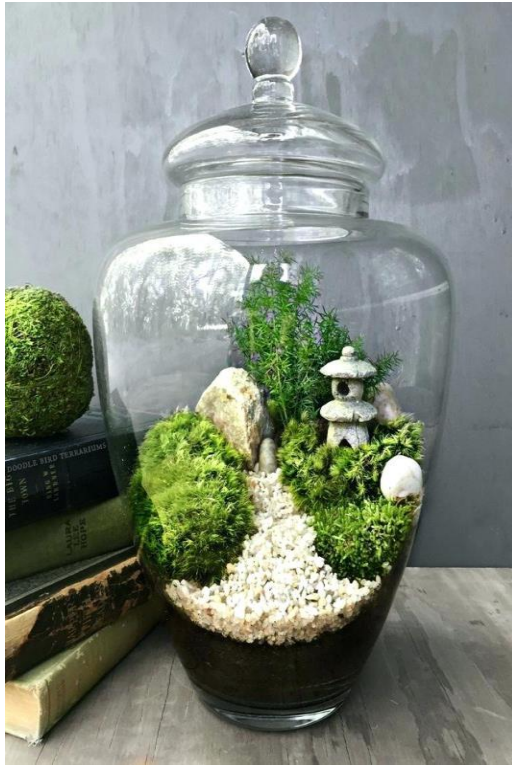


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Thyme for thoughts!

My mission...

Horticultural therapy is using gardening as a mode of therapy. Whether it is watering, harvesting, planting or arranging a bouquet it can have a wonderfully therapeutic effect. My goal is to enhance others' lives through Horticultural therapy to inspire creativity and wellbeing.

Programs available

Small intimate classes

2-4 hour

Workshops

Full day

Classes and workshops include the following:

- Includes caring for plants you will be working with
- Healing qualities of a “pick of the day” plant highlighted in class or workshop
- Materials needed to complete project
- Social interaction in non-judgmental environment that promotes healing and wellbeing
- One to one hands on assistant with projects and learning
- Tea, infused water and a snack

(please notify in advance of allergies)

Individual one on one classes are also available upon request



Bringing communities and families together!

Each program and class can be tailored for individuals, families, peer groups, or business team building functions.



Please contact for prices and project list