

Please feel free to contact
Stedman Community Hospice at
519.751.7096 Ext. 2500 for information on
Horticultural Therapy Program.

Did you know that the Hospice exists solely
because of the generosity of our caring community?

Donations to St. Joseph's Lifecare Foundation
(the official fundraising organization for
Stedman Community Hospice), have brought this
beautiful building to life. Our community has funded
vital programs and services, purchased medical
equipment, patient meals, furnishings, therapeutic
gardens, heat/hydro and everything in between.

Ongoing donations are vital to ensure that
Hospice patients and families will never get a
bill for the care they need and deserve!

If you would like to donate to the Hospice,
please contact the Foundation office
or give directly on-line at www.sjlc.ca.
Thank you for caring!

St. Joseph's Lifecare Foundation's mailing
address is the same as the Hospice.



Stedman Community Hospice
99 Wayne Gretzky Parkway
Brantford, ON N3S 6T6
519.751.7096 Ext. 2500
www.sjlc.ca



Horticultural Therapy Program

*If you have been diagnosed with a life limiting
illness; you and your family are dealing with end
of life issues; or you are trying to cope with the
death of a loved one; our team is here to help.*

*At the core of our being is a hunger for meaning,
purpose, integrity and harmony, all leading to
peace of mind and soul.*

HORTICULTURAL THERAPY PROGRAM




Providing Peace and Restorative Connection to Nature

Overview

The Horticultural Therapy Program provides support to residents, day program participants and their families.

Areas of focus include:

- Providing peaceful, restorative garden areas for time with family or for bereavement sessions
- Horticultural Therapy activities – group or individual
- Meaningful legacy work in the garden or through nature-related projects
- Providing private, outdoor space for reflection and peace
- Encouraging and providing habitat for native wildlife as part of the therapeutic garden
- Horticultural education and student mentorship



“There is something about watching living things grow from the ground and thrive and bloom that is deeply reassuring that there is good in this world. There is something about the roots and the leaves and the water and dirt that makes you feel connected. Connected to nature, to living things, to the world, in a way that is increasingly rare.”

~ participant of the Stedman Horticultural Therapy Program



If you would like additional information please contact Stedman Community Hospice at

519-751-7096 Ext. 2500



Benefits of the Program

- Walking through the garden with private seating areas for quiet contemplation
- Area for picnics with family and friends
- Bird/Butterfly watching
- Restorative benefits of fresh air and exercise
- Peaceful time on the porch surrounded by nature’s healing beauty

“The powers of nature as seen in the growth of a plant, are both magical and curative. The lifecycle of plants provides us with hope of life renewed and a chance to begin again.”

~ Mitchell L. Hewson, HTM