

# BRIGHT LIGHTS AWARDS

2024

## 4. Mental health and addictions Aurora Newmarket Family Health Team

### Growing Kindness and Nurturing Mental Health: A Gardening Group



Our 8-week gardening group improved a sense of well-being and belonging in our patients through connectedness to community and meaningful participation in activities. Horticultural therapy has long been used to support and improve mental health and well-being utilizing a multi-sensory approach. Patients cared for seedling flowers, created flower-based crafts, and eventually shared the harvest with seniors at a nursing home. This program highlights our ongoing efforts to stay attuned to our patients' needs, including those that extend beyond the purely medical realm. We strive to provide our patients with access to meaningful social support, occupation, and a community where they feel they belong.