

Garden Event

1-13-22, 710pm, Online Webinar, Horticultural Therapy in Practice - How Our Intrinsic Connection to The Natural World Can Help Heal Us with Arleen Ferrara of Satori Garden Design in LA

Description = The Southern California Horticultural Society welcomes Arleen Ferrara as the first speaker of the new year. She is a landscape designer and owner of Satori Garden Design in Los Angeles, and is also a horticultural therapy practitioner. During her 14 years in business, Ferrara has served on the board of the L.A. chapter of the Association of Professional Landscape Designers and become certified in permaculture. However, her interest in horticultural therapy began when she was putting her garden guru skills to work at the schools of her then-young children. She came to realize how powerful gardening was for children, especially those struggling with developmental delays or social challenges, and her experiences there led her into a secondary career in horticultural therapy. Ferrara pursued her educational training in horticultural therapy through Colorado State University, and in 2013 she began an internship at Vista Del Mar Child and Family Services with the goal of becoming a registered horticultural therapy practitioner. During her time at Vista, Ferrara designed and developed two large gardens and the horticultural therapy program that serves children and young adults with intellectual and developmental disabilities. In this evening's presentation, Ferrara will discuss what horticultural therapy is and where it is practiced, and she will share her experience using therapeutic horticulture with children. As stated on her website: "Horticultural therapy is practiced in many environments with many special populations – from schools to rehab facilities, for inpatient or outpatient mental health, as community based homeless support and so on. It is used to meet therapeutic goals and objectives whether they be for an individual or group." (Links to a list of books and organizations through which we can expand our knowledge in this field will be posted on SCHS's website following the program.) We are pleased to usher in 2022 with a program celebrating the benefits all of us can derive from the world of horticulture, spiritually as well as physically. Join us to learn about this important field of horticulture as we welcome a new year in the garden. Registration is now open at: www.socalhort.org.

Cost = Free, but must register to receive Zoom access = www.socalhort.org

Location = Friendship Hall, 3201 Riverside Dr, Los Angeles 90027

For more information, www.socalhort.org , <https://satoridesigns.net/horticulturalthrapy/>

Meeting Timeline = 7:10pm Announcements, 7:15pm Plant Forum, and 7:30pm Webinar