



Come to the Garden

Join us for a morning workshop of guided practices,
savoring joy and seeking hope in nature.

Saturday, May 24, 9-11:30 AM

For Questions and Registration:



Through presentation, experience and discussion, learn how nature
affords an experience of relief, hope, and connection, a respite
from ordinary and extraordinary stress.

Facilitators Jacqueline Cleland, PsyD, and Margie Lang-Garnhart, LCSW, utilize principles of
mindfulness, Nature Informed Therapy and research-based modern psychology.
Participants will leave with insights and ideas for how to bring this experience into your
daily life. Please note that this workshop, while therapeutic, is not intended as a form of
mental health therapy.