



Gardening

Healing, medication, contemplation and restorative gardens all can be beneficial for health and well-being. Whether a flower, rock or vegetable garden, the process of planting, caring and harvesting can be rewarding to Soldiers and their Family during the recovery process. Additionally, gardening can provide skills for sustenance upon transition.

Resources are provided by:

- Soldier and Family Assistance Centers (SFACs)
- Morale, Welfare and Recreation (MWR) programs
- United Service Organization (USO)
- Adaptive Reconditioning team (to assist in coordination)
- Non-Commissioned Officer (NCO)
- An experienced landscape or gardening instructor is recommended for the initial set up of gardens

Adaptive Reconditioning resources and Recreational Services may be available through the WCT Community Support Network (CSN) at no cost, or significantly reduced in price. Please refer to our CSN page for more information:

http://www.wct.army.mil/modules/support%20network/c1_adaptivereconditioning.html

Equipment/resources provided:

- Basic gardening tools (shovels, hoes, wheelbarrow, watering devices, wood, landscape material, plants/vegetables, seeds or starters) – Will depend on the type of garden

Equipment/resources Soldier brings:

- Gloves
- Sunscreen
- Water

Location(s):

- Anywhere permitted on post (AR team will help coordinate)
- Initial seeding/potting could take place indoors
- Local gardening clubs
- *Costs may be associated (purchase of materials, gardening club fees)