

The Benefits of Nature in Winter



GUELPH
ENABLING
GARDEN

It can be hard to get outside and enjoy nature in cold Ontario winters. **Heidi Torreiter** from Guelph Enabling Garden, will guide us through indoor and outdoor ways to connect with nature during the winter months during monthly, virtual English conversation circles.

Join us to learn about bird watching, tropical greenhouse plants, and inexpensive, easy ways to bring nature inside! (Location to be determined, may be virtual or in person)

Mondays - January 8, February 5, March 4
2:00pm - 3:00pm

Please register here: <https://is-gw.ca/series/the-benefits-of-nature-in-winter/>

For more information contact **Yasmin** at 519-836-2222, ext. 230 or yholoubi@is-gw.ca

The Guelph Enabling Garden (GEG), located in Riverside Park, is a multi-use garden designed for everyone! It is specifically designed to enable people to enjoy the full range of benefits that gardening can provide.

Heidi Torreiter is a Horticultural Therapist at GEG. She works with people to connect them to nature for greater well-being.

Join us!

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104 Dawson Road, Unit 102, Guelph, ON N1H 1A6
T: 519-836-2222 F: 519-837-2884 **Bus route #11**