

Why Does Growing Roots Utilize an Agricultural Setting and Nature-Based Therapeutic Activity?

The agricultural setting is ideal for many individuals with developmental and/or cognitive differences. This is because it provides a calm and innately therapeutic environment in which to organically gain insight and build skills. Amongst the stress and demands of an ever-changing and overwhelming world, skill-building can be incredibly difficult for those with unique needs.

Nature provides endless opportunity for sensory and motor experiences in a safe, supportive environment. This offers welcome relief from the bombardment of aversive sensory input experienced in most other real-world settings. Work and recreation in a natural setting – such as a farm – is so incredibly varied and growth-oriented that programming is easily individualized to match the interests and abilities of each participant. The progressive results of a participant's work are readily evident, enhancing their sense of accomplishment and fostering the confidence needed to take on other tasks. Self-esteem is then developed, and constant growth is facilitated.

On the farm, participants are “challenged by choice,” meaning that they are the ones ultimately determining what they want to work on and at what pace. At Growing Roots, the responsibility of caring for living beings that fully depend upon the participant provides myriad experiences for the participant and allows for immense physical, neurological, psychological and spiritual growth.

Our Mission:

To provide a therapeutic, nature-based learning and living facility that allows all individuals to live a meaningful, satisfying life and to reach their highest potential.

Contact us:

Phone:

616-516-6777

Email:

jessica@wegrowroots.org

sarah@wegrowroots.org

www.wegrowroots.org



Providing nature-based therapeutic activity for community members with diverse abilities.



Growing Roots allows individuals with developmental and/or cognitive differences to:

- Experience wholeness, health and wellness.
- Be aligned with proper neurological, psychological, social, spiritual and physical development.
- Remediate existing challenges as they participate in the restorative and healing processes embedded within nature.
- Enjoy a wide range of support in their journey to reaching their full potential.
- Work, grow and socialize in a calm, self-paced, naturally stimulating environment.



What Services Does Growing Roots Offer?

Growing Roots currently provides participants with the opportunity to:

- Learn and practice new coping and self-regulation skills utilizing nature-based therapy.
- Care for and work with a variety of animals.
- Care for and work with various plants producing fruits, vegetables and herbs.
- Practice vocational skills and life skills.
- Participate in creative art activities.
- Run a community produce stand.
- Complete a wide variety of projects from beginning to end, seeing a direct result from their efforts.
- Socialize with other participants and trained volunteers.

Those who have always been cared for will have the opportunity to be the caregiver, building self-esteem, sense of worth and a wide array of invaluable skills.



Who Does Growing Roots Serve?

Growing Roots currently serves teenagers and adults with developmental and cognitive differences living in West Michigan and surrounding areas.

Generally, these are people with autism, Down syndrome, cerebral palsy, mental illness and cognitive impairments; however, diagnosis is of little to no importance.

At Growing Roots, each participant is celebrated for their strengths and supported in their weaknesses. Growing Roots is able to accommodate participants of all physical, emotional, social, and cognitive abilities.

How do I get involved?

To get involved as a participant or volunteer, contact jessica@wegrowroots.org or visit www.wegrowroots.org. Spaces are limited and are filled on a first-come, first-served basis. The minimal fee for participation is based on a sliding scale, allowing anyone who could benefit to participate! Please contact us for details!