

INTRODUCING THE GROWING WELLNESS CAFE

An interview with hosts Emma and Victoria



What is the Growing Wellness Cafe?

If you enjoy watching birds, appreciate flowers and trees, or have a houseplant or two, the Growing Wellness Cafe is the place for you. No previous experience or knowledge required.

The **Growing Wellness Cafe** is a vibrant community of garden and nature enthusiasts from across Canada who have been meeting together online since the start of the pandemic. We love that our program brings together older adults discovering a new interest as well as lifelong gardeners looking for ideas and connection.

Why did you come together to offer this experience?

We had already been programming together for several years in the community, starting with the High Park Children's Garden. At the beginning of the pandemic, we wanted a way to support each other and the communities we work with, and thus the online Growing Wellness Cafe was born! In the early days of the lockdown, we saw a huge need to bring people together in new and meaningful ways. We don't do pre-recorded videos—this is live community interaction online through Zoom! It's great when participants jump on before the session starts to chat with each other and share their updates. Personally, this program has been a silver lining for us at a challenging time. We so enjoy seeing the faces of the group members on a regular basis and hearing our group members' stories.

We are excited to continue offering this unique program, which lets group members experience the many benefits of connecting to nature. We have both experienced the positive impact of getting outside for a daily walk and paying more attention to the world around us.

What can I expect at the Growing Wellness Cafe?

We meet once a month on Zoom. Every session includes a gentle warm-up and brain exercise to get started. We introduce a nature theme and include a

little poetry, art, and group discussion. There are always practical tips, ideas for activities you can easily try at home, and lots of encouragement to keep you motivated. We hope that you leave the cafe feeling cared for, connected to community, and carrying new knowledge and tools to grow your wellness naturally.

Why are you bringing the Growing Wellness Cafe to Mosaic at this time?

We see this partnership as an opportunity to bring two awesome communities together. We align in our commitment to programs that allow us to feel less isolated, be a part of a community, and enhance our physical and emotional health. Mosaic is a perfect fit for what we see as the future of high-quality programs for older adults. As the pandemic continues to have lasting effects, and we are learning to co-exist in a world with new health concerns, this is where we see online communities continuing to be important spaces to bring people together in accessible ways.



The cafe is defined as a memory-friendly community. What do you mean by "memory friendly"?

From the beginning, we have wanted to create an environment that promotes lifelong learning because it's never too late to try new things. We've seen so many people join and have their love of gardening rekindled in spite of their belief they were "too old to keep it up." We have also met people who were at first too shy to admit that they'd never paid much attention to nature but were now getting great pleasure from simply looking out the window. We want to remain an **inclusive program** that welcomes everyone, including those **living with memory loss and their care partners**. It doesn't matter if you have a diagnosis or not—we are here to support each other to continue learning and growing wellness together!

Emma Rooney, Blooming Caravan founder
Victoria Muir-Burcea, My Recreo founder

The Growing Wellness Cafe starts Thursday, January 12, from 2 to 3 pm EST. We meet monthly online through Zoom. Register for free to join.





MOSAIC'S GROWING WELLNESS CAFE

A Memory – Friendly Community*

Brighten your month with inspiration from nature

Easily awaken your senses with a gentle warm-up and brain exercise. Experience the month's **garden and nature theme** through poetry, art, and activities. Participate in a friendly group discussion. Leave the virtual cafe feeling connected to community and with new knowledge and tools to grow your wellness naturally.



**We are an inclusive community that welcomes everyone, including those living with memory loss and their care partners.*

Dates: Thursdays, January 12th, February 2nd, March 2nd, 2023

Time: 2:00 p.m. to 3:00 p.m. EST

Location: Zoom

Registration required



Emma Rooney - Certified Forest Therapy Guide and Horticultural Therapy Practitioner with a passion for helping others connect to benefits of nearby nature. (www.bloomingcaravan.ca)

Victoria Muir-Burcea - Wellness Advocate and Certified Life Coach with a passion for helping others connect and create more health and joy in their lives. (www.myrecreo.health)



To register for all programs call our offices at **416.322.7002** or info@mosaichomecare.com if you need more information. A Zoom link for the program will be sent once you have completed the registration.



Mosaic Home Care Services & Community Resource Centre

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What a difference we make!*

www.mosaichomecare.com

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