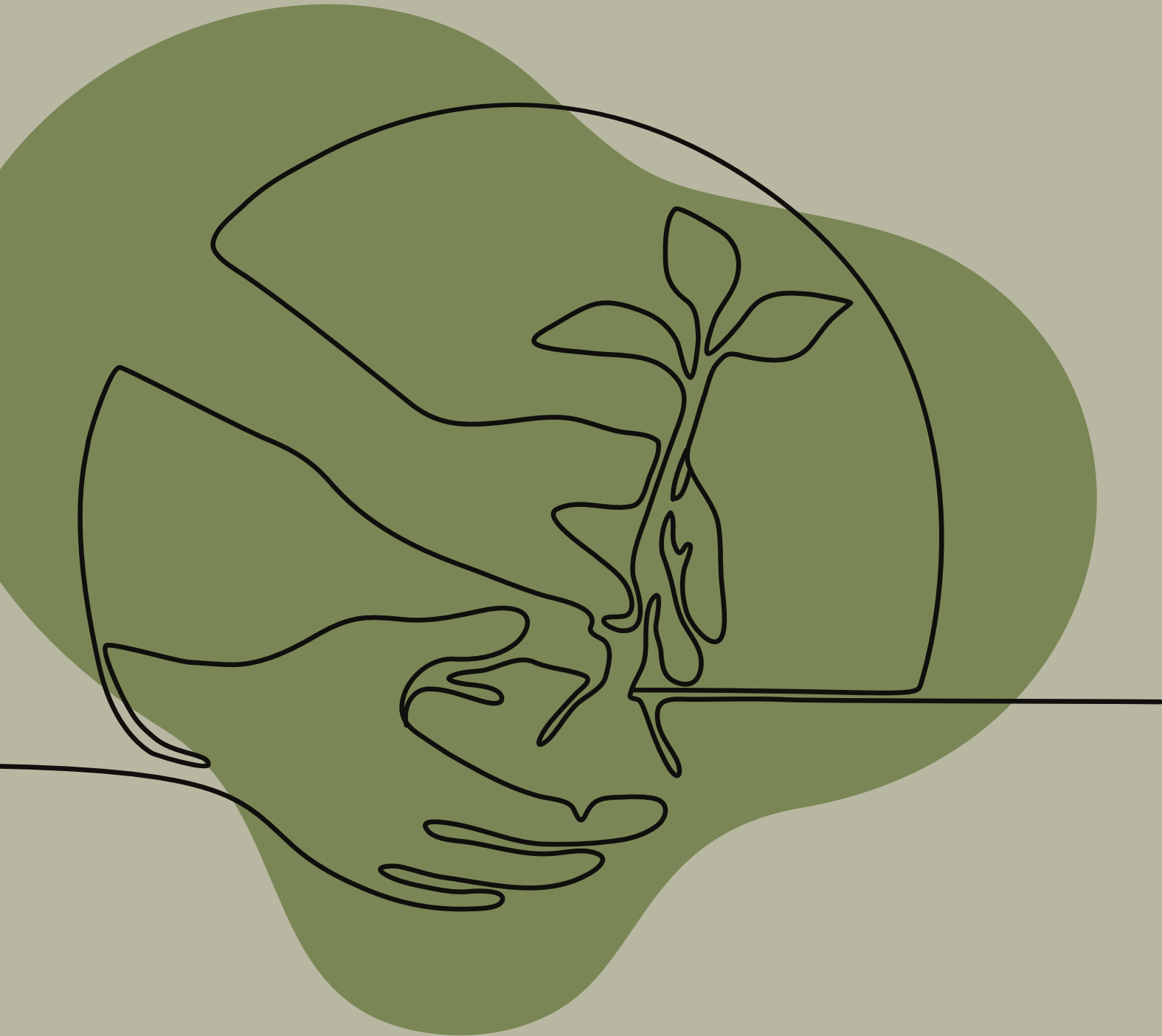


San Luis Obispo Botanical Garden

Honoring and preserving our connection
with nature





Introduction

- **Visualization activity**
- **SLOBG's background**
- **Our programs**
- **Nature's role in trauma-informed care and resilience-building**
- **Closing**



Background

- **Our mission: “To honor and preserve our connection with nature”**
- **SLOBG was founded in 1989 and opened its doors in 1997 officially**
- **With the guidance of Dr. Nisha Abdul-Cader, we received grant funding from First 5 to develop and implement programs for children, families, and early childhood professionals that focused on using nature as a tool to promote resilience and prevent the long-lasting effects of childhood trauma**





Soul and Soil: Prenatal and Postnatal Gatherings

- **Focused on supporting parents in all phases of the birthing process**
- **Meet twice a month with a doula as well as other guest educators and experts**
- **Topics can range from advice to nature grounding and connection and everything in between**





Little Acorns Parent Participation

- Early education paired with parent education once a week in the Children's Garden
- Fully outdoor toddler and preschool curriculum with a certified early educator
- Parents get the opportunity to connect with their children and with each other



More Programs



Art Workshops

Fused Glass, Botanical Illustration, Silk Dyeing and more!



Tours and Talks

Lectures and garden tours focused on topics ranging from gardening to animal life to ethnobotany!



Free Family Day

Free admission day for all, the second Sunday of each month with activities for all ages and special guest presentations!

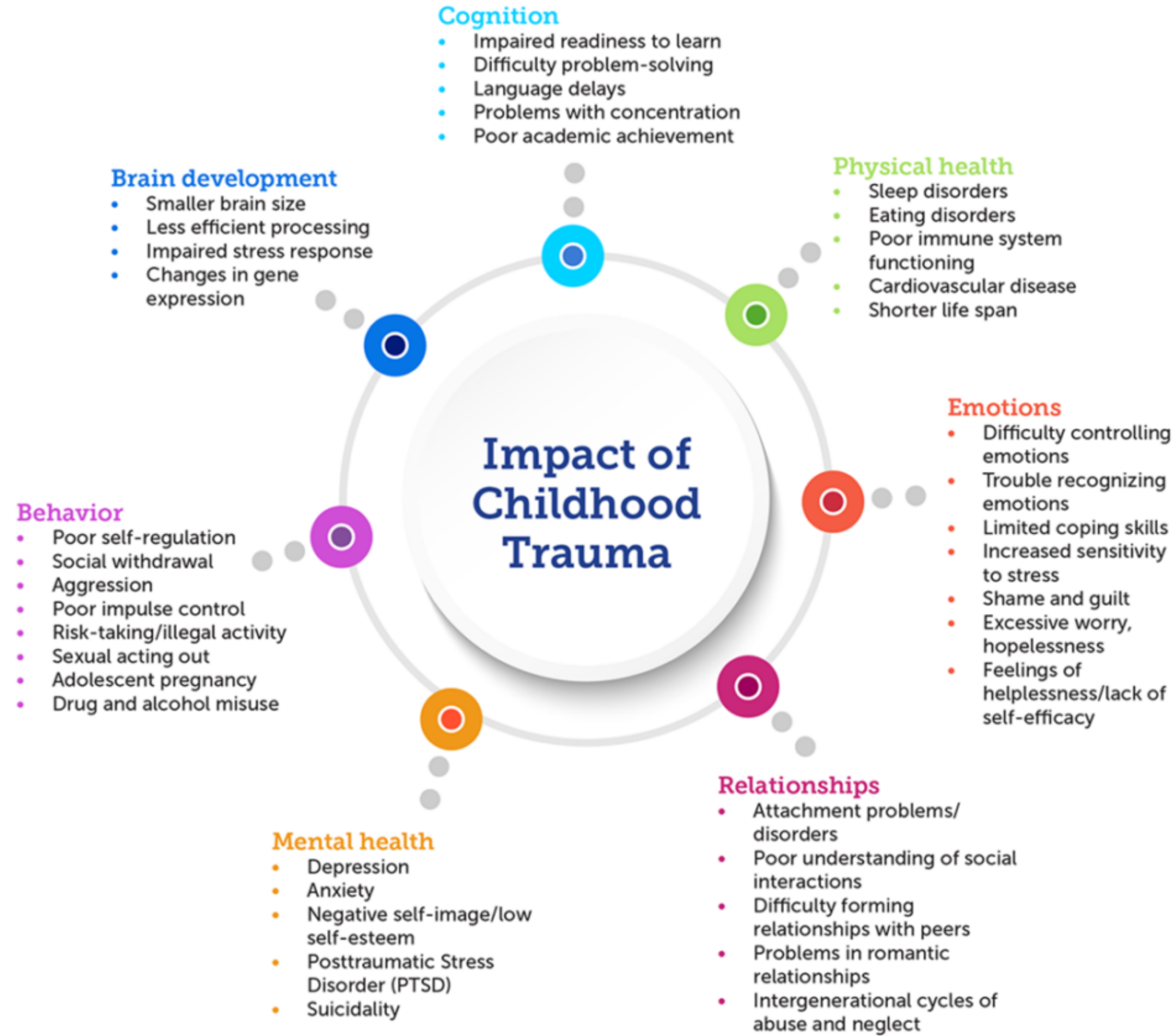
Accessing the Garden

There are many ways (both paid and free) to access the garden!

- **Admissions, memberships, and paid programs**
- **Free Day, volunteer memberships, and program scholarships**
- **Nonprofit events and tours, school tours**



Impact of Childhood Trauma



Protective Factors

the National Child Traumatic Stress Network highlights the following protective factors that promote resilience to childhood trauma:

- **Support from family, friends, people at school, and members of the community**
- **A sense of safety at home, at school, and in the community**
- **High self-esteem and positive sense of self-worth**
- **Self-efficacy**
- **Spiritual or cultural beliefs, goals, or dreams for the future that provide a sense of meaning to a child's life**
- **A talent or skill in a particular area (e.g., excelling in school or in a sport)**
- **Coping skills that can be applied to varying situations**



Community Support and Safety

- Heavily volunteer-supported programs
- Relationship building with the outdoors and with one another
- Collective care for the garden and for the outdoors
- Learning to navigate and understand nature helps children (and adults) develop the skills to assess threatening or non-threatening situations



Self-Efficacy and Developing Personal Interests

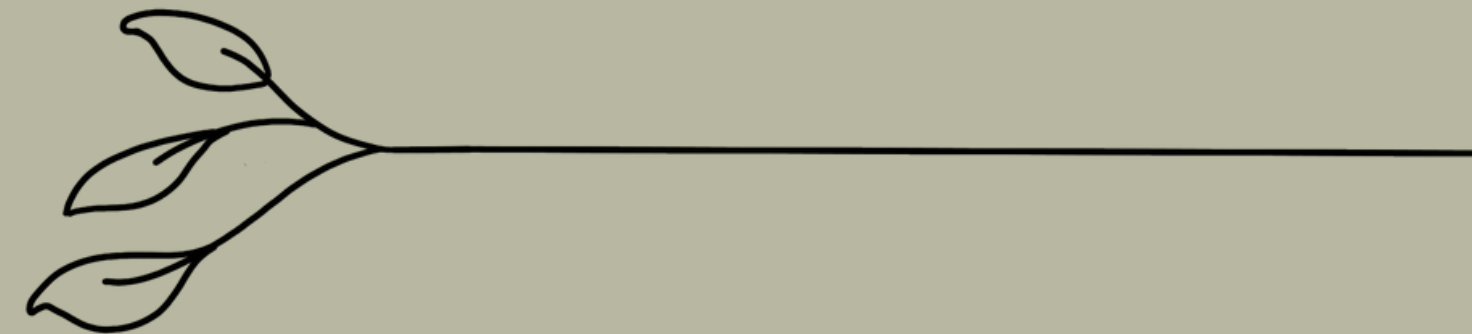
- Safe spaces to practice risk taking
- Community science projects and participating in research
- Building children's physical skills and confidence through outdoor play
- Space and means to fully investigate one's curiosities





Beliefs and Hopes

- “Honoring and preserving our connection with nature”
- Helping families to understand and appreciate our place in nature as well as our responsibility to it
- Our relationships with nature are spiritual



Coping Mechanisms

- Taking a walk, gardening, going for a run, just being outdoors in general...
- Share something you do in the outdoors to help yourself feel better!



The Garden as a Co-Therapist



- Therapies that use the outdoors as a tool (therapeutic gardening, outdoor activities)
- Nature interactions and experiences and ultimately relationships as a partner in bringing understanding and healing

Visit Us

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San Luis Obispo
**BOTANICAL
GARDEN**