

Therapeutic gardening:

Lucy Kyriacou is our therapeutic garden specialist. She is qualified in Horticultural Therapy, has completed a Counselling Children course, and is currently undertaking her teaching degree. The Horticultural Therapy Association of Victoria promotes the therapeutic and recreational benefits of gardening and we follow the guidelines and ethics set by them here at St Joseph's through our therapeutic gardening program.

Students allocated to this adjustment program spend time in the garden on a weekly basis and work with Lucy to improve confidence, learn new skills, spend time in nature, and work towards social, emotional and learning goals. St Joseph's has a long history of putting sustainability and permaculture at the heart of the curriculum and the therapeutic gardening program complements the experience all students are lucky enough to participate in here at school.