Combating depression with green care therapies



One example of a promising but under-studied therapy is "green care" or "care farming," a type of

intervention that uses "nature and the natural environment to improve or promote health and well-being." Participants in green care programs are offered the opportunity to spend time volunteering on farms, where they learn new skills, interact with other workers, and come into contact with farm animals.

View the original post here: Combating depression with green care therapies