

Nurturing the Nature (NtN): Reducing Social Isolation through Community Gardening



**Centre for Research,
Education, and Social Services
(CRESS Centre)**

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Activity Report, 2024



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Background and Objectives

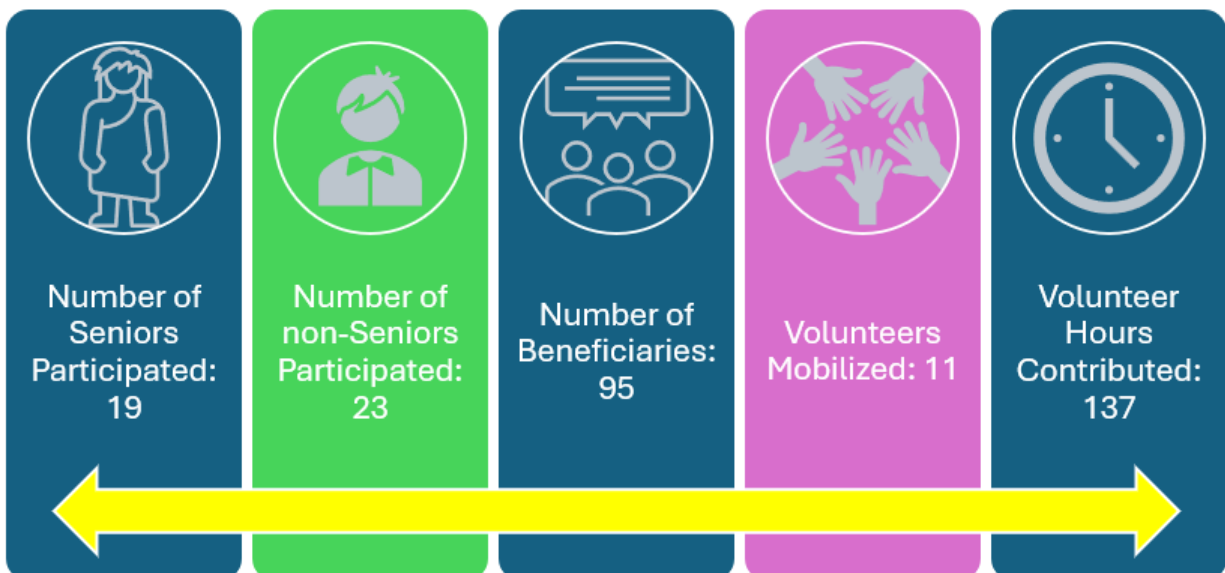
Managed and led by the Calgary Catholic Immigration Society (CCIS), the community gardening project at Land of Dreams (LoD) is an iconic program aiming to make diverse communities vibrant by engaging them in regenerative agriculture. The Centre for Research, Education, and Social Services (CRESS Centre) collaborated with CCIS in the vision of creating a regenerative farm where different cultures come together to share their stories and knowledge, as they support each other and build a thriving and inclusive society. Through the NtN project, the CRESS Centre aims to reduce the social isolation of seniors by engaging them in organic production on the



community farm. The specific objectives are to:

- promote intercultural and intergenerational learning
- develop a volunteering culture among seniors and non-seniors
- make fresh farm produce available to the participants
- increase cross-cultural knowledge including knowledge of Indigenous culture

Indicators



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Outcomes



Feedback from the participants

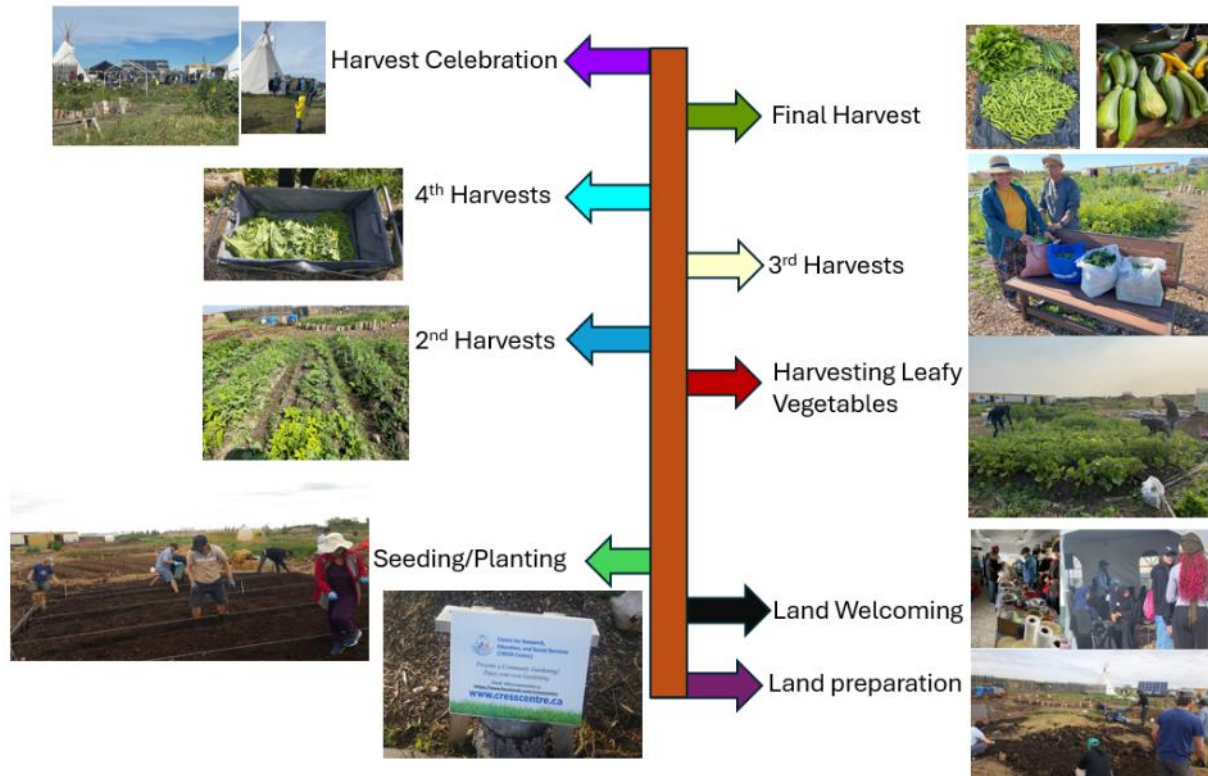
I find community gardening initiative organized by the CRESS Centre very promising in terms of engaging seniors like me to revive my skills and interest in open and cultural mosaic environment. I got an opportunity to harvest fresh and organic produce while interacting with the folks from other cultures and learning from them.

Don't miss me in next year. I found this program very interesting and engaging. Driving way from the resident every weekend, doing fun while engaging in agriculture, and learning from other cultures are what I like the most. Please bring more people and host some celebrations like BBQ event together with the participants.



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Key activities



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