

HORTICULTURAL THERAPY GARDEN

We are sponsoring the SIMBA/SIMSA Circle Youth Program. SIMBA (Safe In My Brother’s Arms) and SIMSA (Safe In My Sister’s Arms) are an Africentric community that creates a space for listening, teaching, and responding to the needs of young African American males and females. We are determined to: Rescue their gifts, Release their potential, and Restore their promise.

J. Jireh Development Corp. (JJDC) is the founder of the Kimball Farms Urban Farming Program. In 2018, JJDC taught the SIMBA/SIMSA Circle youth how to operate an urban farm in The Community of Kimball Farms. The SIMBA/SIMSA Circle youth will use those skills to establish a horticultural therapy urban farm for a Recovery House for women within their neighborhood. The SIMBA/SIMSA Circle youth will teach the women how to grow their own fresh produce. The youth will apply the Seven Principles of Nguzo Saba for the empowerment of their Africentric community.

A holistic approach to addiction treatment should include both traditional and complementary therapies. Horticultural therapy is one of many complementary therapies used in high-quality treatment programs, and research shows that there are many benefits of horticultural therapy. The women living at the JJDC Recovery House will be given the opportunity to grow their own flowers and vegetables; sell their produce to the community at a Farmers Market at the Franklin Park Conservatory. Horticultural therapy is a nature-based intervention that takes place in a garden setting. The women at the JJDC Recovery House will engage in gardening activities and learn new skills, guided by the SIMBA/SIMSA Circle youth, make connections between gardening and their own experiences. This horticultural therapy project will allow the women to achieve their individual treatment goals and enhances traditional treatment therapies by looking at a variety of problems in new ways.

The working crew of
SIMBAs for the project



 **J. Jireh**
DEVELOPMENT CORP
“Empowering Lives to Live Again”



Before the project



After the project

 **J. Jireh**
DEVELOPMENT CORP
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Before the project



After the project