

For immediate release

### **The Julien Project receives a \$25,000 Bell Let's Talk Community Fund grant**

Guelph, ON, November 1, 2018 – The Julien Project is pleased to receive a \$25,000 Bell Let's Talk Community Fund grant to support Using Gardening to Enrich Lives – therapeutic horticultural workshops and community-funded programs for individuals living with mental illness.

The Bell Let's Talk Community Fund grant will enable the organization to introduce a new series of workshops providing therapeutic and horticultural skill development for people suffering from trauma and post-traumatic stress disorders. Participants from Guelph and Wellington County include police officers, firefighters, EMS providers, new immigrants, and those who find themselves homeless.

“Thank you to Bell Let's Talk for this amazing opportunity to help us further serve our community and continue to build health and wellness for our citizens,” said Sharon Stewart, founder of the Julien Project. “The \$25,000 grant will enable the Julien Project to begin a new initiative that serves individuals suffering from trauma-related mental health issues.”

Horticultural Therapy practices support the holistic mind, body and soul approach to healing and recovery. Two Registered Horticultural Therapists will plan, design and deliver urban agricultural and therapeutic activities, assisted by volunteers, practicum students from the University of Guelph and a Horticultural Therapist Intern. Activities will take place on the Ignatius Jesuit Centre farmland and in the private barrier-free courtyard garden. Weekly workshops will begin in April and continue until November with the completion of harvest and food preservation activities.

“Bell Let's Talk is very pleased to support The Julien Project and its therapeutic horticultural workshops, which can make such a difference for members of the community who have mental health issues stemming from trauma and post-traumatic stress,” said Mary Deacon, Chair of Bell Let's Talk. “Having doubled the annual Bell Let's Talk Community Fund to \$2 million this year, we are helping some 120 organizations across Canada, like the Julien Project, that are supporting those affected by mental illness in their communities.”





Ignatius Jesuit Centre  
5420 Highway 6 North  
Guelph, Ontario  
N1H 6J2

The Bell Let's Talk initiative promotes Canadian mental health with national awareness and anti-stigma campaigns like Bell Let's Talk Day and significant Bell funding of community care and access, research and workplace leadership initiatives. To learn more, please visit [Bell.ca/LetsTalk](https://Bell.ca/LetsTalk).

### **About The Julien Project**

We are a community-based, charitable organization that provides social and therapeutic gardening opportunities for people of diverse backgrounds and abilities enabling personal growth, community membership, and environmental well-being.

For further information, please contact The Julien Project at [info@thejulienproject.org](mailto:info@thejulienproject.org) or visit [www.thejulienproject.org](http://www.thejulienproject.org). The Julien Project can also be followed on Twitter [@JulienProject](https://twitter.com/JulienProject), Instagram [@JulienProject](https://www.instagram.com/JulienProject), and on Facebook [@JulienProject](https://www.facebook.com/JulienProject).

