
WHAT SEEDS IS

Mental wellness looks different for everyone. Sometimes it means new ways to cope. Sometimes it means a place where you feel comfortable being yourself.

SEEDs of Success is a therapeutic mental health and wellness program at Northwood.

WHO IS SEEDS FOR?

SEEDs is for older adults who want to connect with others, try new activities and support their mental well-being.



WHAT DOES SEEDS LOOK LIKE?

MINDFUL GARDENING

Seed starting, growing and harvesting through the seasons.

CREATIVE EXPRESSION

Art as a way to explore feelings and connect with others.

PEER SUPPORT GROUPS

Guided conversation on anxiety, grief, health and change.

COMMUNITY ACTIVITIES

Movement, seasonal projects, volunteering and drop-ins.

You do not have to be an artist or a gardener. You only need to be open to finding what works for you.

WHAT CAN I EXPECT?

- 01 **A conversation first.** We talk with you about what you're looking for and answer your questions.
- 02 **You try the program.** Take part and see if SEEDs feels right for you.
- 03 **You choose what matters to you.** You decide what you'd like to work on, and that can change over time.

Choice · Respect · Confidentiality · Kindness · Listening · Learning · Support · Growth



FOR FAMILY AND
PROFESSIONALS
**THINKING
ABOUT SEEDS
FOR SOMEONE
ELSE?**

Family, Northwood staff, health professionals and community partners can enquire or refer someone who may benefit. **Taking part is always the person's own choice.** We talk with them directly, and they decide.

**WE GO AT YOUR
PACE**

We talk with you about what you need to feel comfortable. We can adjust activities and the pace to suit you.

**CURIOUS
ABOUT SEEDS?**

Asking for yourself or for someone else, we would be glad to hear from you.

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General inquiries

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**TAKE THE FIRST
STEP. SEE WHERE
IT GROWS.**

Northwood
LIVE MORE

Northwood
LIVE MORE

**MENTAL HEALTH &
WELLNESS PROGRAM**

**SEEDS OF
SUCCESS**



Grow your well-being through connection, creativity and nature.

**HALIFAX & BEDFORD
CAMPUSES**