



*You are the key to unlocking
a child's potential*

Make a donation today to help us
maintain the garden for our patients and families
by contacting the Kennedy Krieger Foundation
at **443-923-7330** or visiting
www.helpkids.kennedykrieger.org.



Kennedy Krieger Institute

707 North Broadway
Baltimore, Maryland 21205
www.kennedykrieger.org

Our Mission

We at the Kennedy Krieger Institute dedicate ourselves to helping children and adolescents with disorders of the brain, spinal cord, and musculoskeletal system achieve their potential and participate as fully as possible in family, school, and community life.



A healing and therapeutic
environment for patients
and their families

Every child is born with great potential.
Shouldn't every child have the chance to achieve it?



Explore Our Therapeutic Garden



A Healing Environment for Patients and Their Families

Here at the Kennedy Krieger Institute, we have created unique spaces that enhance the therapeutic and healing process for our patients and their families. Nowhere is our philosophy of healing environments more evident than the therapeutic garden. We created this beautiful garden space because numerous studies have shown that direct contact with nature is essential for a person's health. The garden's peaceful surroundings can also help decrease anxiety, sadness, and pain. In addition, the garden offers a safe environment for our patients to practice their therapy goals. We hope all our patients, families and staff will find this an ideal setting for relaxation, rehabilitation, and restoration.



Creating Real-world Opportunities for Therapy

The garden provides a variety of ways for our patients to work on their therapy goals. These real-world challenges — such as gravel, grass, and cobble stone — can be hard to find inside a hospital, but they are abundant in the therapy garden. Best of all, we've created a safe environment where our patients can practice going over curbs in their wheelchairs or navigating stairs, as they will need to do in their own communities.

A Place for Meditation and Reflection

The far end of the garden offers a fountain with seating and a labyrinth specifically designed to promote a quiet place for meditation and reflection. The labyrinth can be used as a meditation tool — the quiet motion of walking the labyrinth will provide a new opportunity for reflection. There is no right or wrong way to use the labyrinth. Children often enjoy running through the labyrinth, while adults may prefer to quietly walk its single path. No matter how you use the labyrinth, it allows you the opportunity to slow down, focus, and relax.

The healing garden was designed to stimulate the visitors senses. Through the use of sight, touch, smells, and sounds patients are inspired to achieve their therapeutic goals by:

- *Stimulating the Senses*—Trees, flowers, and shrubs provide visual stimulation and whose form, color, and texture change from season to season.
- *Using Natural Light*—Sunshine triggers chemicals that regulate moods and promote sleep. It also helps the body produce vitamin D, which is essential for strong bones.
- *Providing Rest and Relaxation*—The garden contains seating in a variety of locations that provides a quiet place where visitors can rest, relax, and enjoy the beauty of nature.

The healing garden is in compliance with all ADA requirements.