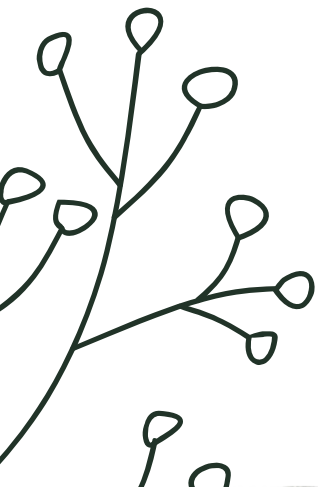


# Butterfly

## HEALING GARDEN

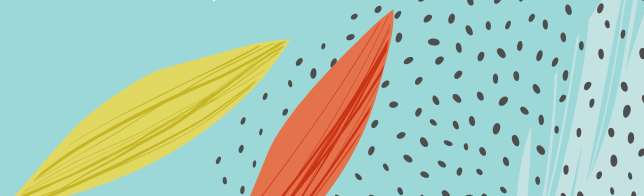


BUTTERFLY BRIDGE  
CHILDREN'S ADVOCACY CENTER



plant a seed for the

# Future





# Butterfly

## HEALING GARDEN

### PROJECT SUMMARY

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The Butterfly Healing Garden will be a space where children who have experienced the trauma of sexual or physical abuse can benefit from the therapeutic elements of nature. We envision a space where there will be native plantings, plants that will attract butterflies, flowing water, a rock garden, and other elements to provide sensory stimulation, which research shows has a positive impact on healing from trauma.

Every month we receive an average of 10 new cases of sexual or physical abuse in Chilton County. When a child is referred to our Center, our focus is to hear their story, heal the pain, and halt the cycle of abuse. These children range in age from 3 to 17 years old. We also serve their non-offending parents/caregivers.

For a child who has experienced trauma, the healing journey is vital to each child living an emotionally, mentally, and physically healthy life. This is why we would like to bring the therapeutic experience of a healing garden to Butterfly Bridge Children's Advocacy Center.

### PROJECT OBJECTIVES

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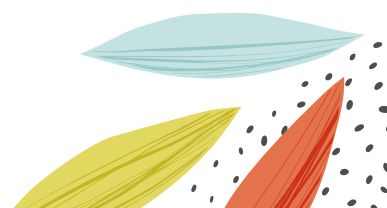
An outdoor healing garden can provide numerous therapeutic benefits for child victims of abuse. These benefits span emotional, psychological, physical, and social aspects, contributing to holistic healing and recovery. Some of the benefits include:

- **Stress Reduction:** Nature has a calming effect that can reduce stress levels. The soothing environment of a garden helps lower cortisol levels and promotes relaxation.
- **Improved Mood:** Exposure to natural settings can enhance mood and reduce symptoms of depression and anxiety. Gardens provide a serene space that can uplift spirits and foster positive emotions.
- **Sense of Safety:** A well-designed healing garden can create a safe space where children feel secure and protected, aiding in their emotional recovery.
- **Enhanced Coping Mechanisms:** Engaging with nature helps children develop better coping strategies by providing a constructive outlet for their emotions.
- **Increased Resilience:** Regular interaction with nature can build resilience, helping children better manage and overcome the effects of trauma.
- **Reduction of PTSD Symptoms:** Natural environments can help reduce symptoms of post-traumatic stress disorder (PTSD) by providing a tranquil setting for reflection and healing.
- **Improved Concentration and Focus:** Nature has been shown to improve concentration and cognitive function, which can be particularly beneficial for children who may struggle with these areas due to trauma.
- **Creative Expression:** Gardens offer a space for creative activities like drawing, storytelling, and imaginative play, which can be therapeutic and help children express their emotions.

### Why is this project important?

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There is research on the positive impact of healing gardens on victims of trauma. Documented studies have explored the benefits of nature in working with trauma survivors. The research has shown that the exposure to nature has had many benefits, including; decreasing stress and anxiety, and increasing relaxation and self-esteem.



# SPREADING OUR WINGS

## MISSION

Butterfly Bridge Children's Advocacy Center offers a safe, child-friendly environment to children victimized by abuse or neglect as we provide restoration and justice in their lives. The trauma of being abused is more than any child deserves. Butterfly Bridge CAC exists to minimize that trauma and help rebuild little lives shattered by abuse.

## INVEST

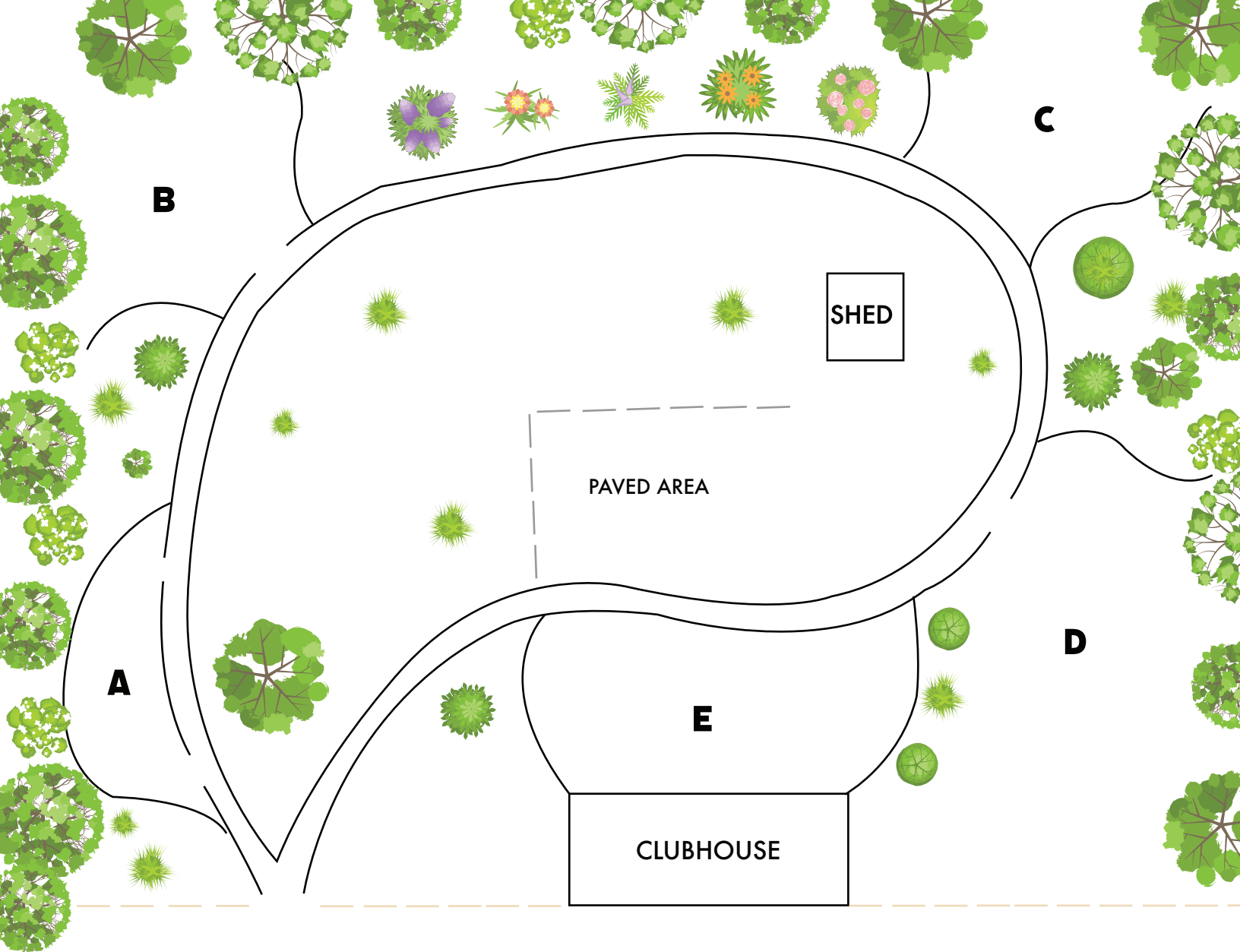
Butterfly Bridge CAC is a place where courageous children, victims of child abuse, can gain the strength needed to rebuild their lives. 1 in 10 children will be sexually abused by their 18th birthday. We cannot change the past but we can **INVEST** in their future. Together, with your support, we can further enhance our facility by adding a therapeutic outdoor space.



The vision of Butterfly Bridge Children's Advocacy Center is that every abused child will receive the services, advocacy, and support needed to move beyond the abuse to a life full of possibilities.



BUTTERFLY BRIDGE CHILDREN'S ADVOCACY CENTER



# Butterfly

## HEALING GARDEN

The healing garden provides a special place for relaxation and trauma therapy sessions, offering child and teen victims of abuse a safe and inspirational place for them to heal and find serenity.

plant a seed for the **Future**

# INVEST IN HOPE & HEALING

A financial contribution to the Butterfly Healing Garden is a direct way to make an investment in the lives of the children we serve.

Your tax-deductible donation will give children the opportunity to utilize nature as a healing tool.

## NAMING OPPORTUNITIES

One of the best ways a company, foundation, group, or family can contribute to the Butterfly Healing Garden, is to sponsor a “garden room”.

Each sponsor will be recognized with an appropriate plaque affixed in a prominent position in the garden.  
(see insert with specific rooms and pricing)

## OTHER OPTIONS TO GIVE

\$10,000 – Harvest Heroes	\$1,500 – Blossom Benefactors
\$5,000 – Sunlight Sustainers	\$500 – Sprout Supporters
\$2,500 – Garden Guardians	Other Amount – Seed Sowers

## DONOR RECOGNITION

All gifts over \$1,000 will be acknowledged prominently and permanently displayed in the garden.  
(unless anonymity is preferred).



# Garden Room: A

Wrapped with evergreen hedges, Garden Room A, is a sanctuary of privacy. Follow a gravel path to bench swings nestled under a pergola.

The rhythmic motion of the swing promotes calmness and tranquility.



Garden A provides bilateral stimulation which helps in processing things that have happened and that may be "stuck". Bilateral stimulation engages both sides of the brain to achieve this.

Garden A can also provide a sense of closeness with the therapist sitting next to the client that helps with trust. The swinging bench also allows for the client to not have to make eye contact when discussing hard things.



# Garden Room: B

Garden B is a sensory garden space filled with enticing sounds, scents and textures, designed to delight.

Garden B will have a concentration of different elements that stimulate the five basic senses of sight, sound, touch, smell and taste.



Garden B will provide an opportunity for grounding, a coping skill used to help individuals stay present and connected to the here-and-now, particularly when they are experiencing distressing emotions, flashbacks, dissociation, or anxiety. The primary goal of grounding techniques is to bring attention away from negative thoughts, memories, or feelings and refocus on the present moment through sensory experiences or cognitive exercises. This sensory engagement has a calming effect and is a way to cope with difficult feelings experienced by children who have been through trauma.



# Garden Room: C

Garden C is home to a beautiful raised playhouse. This space provides the perfect setting for privacy and confidentiality.



Garden C has the privacy needed while still enjoying the garden. The children and teens who do better processing, thinking and talking in outdoor spaces will enjoy this space for therapy sessions.





# Garden Room: D

A rock garden and dry creek bed is the focal point of Garden Room D. Year-round beauty will be enjoyed from this garden room.



Rocks will be artfully arranged in their own grouping or along paths in Garden Room D. Rock gardens are associated with Zen and tranquility. Children will be able to paint a rock and leave it behind in the rock garden, making a promise to the subsequent children receiving child abuse intervention services at our center – that they are not alone.



# Garden Room: E

Garden Room E is a shaded, hands-on play area. This space will be open for play with a water feature and seating area. This space will allow for Play Therapy outside.



Therapists strategically utilize play therapy to help children express what is troubling them when they do not have the verbal language to express their thoughts and feelings. In play therapy, toys are like the child's words and play is the child's language





# Shed & Court Makeover

In the center of the Healing Garden an existing shed and pavement area are in need of some TLC.



The shed will provide storage for toys and other garden items. It also allows for a shady spot in the center of the garden to rest and relax.

The court area can be used for basketball and open play for clients as they enjoy the space to move & run around.

