Gardens for Hope

DID YOU KNOW? HOPE IS TEACHABLE.

WHY GARDENS FOR HOPE?

- Gardening is a Happiness Habit that can help you maintain a hopeful mindset. Sunflowers have been proven to provide happiness for those who see them. Planting sunflower gardens therefore allows you to activate hope in both your own life and your community.
- Gardens for Hope is a project developed by the International Foundation for Research and Education on Depression (iFred) to use the sunflower as a positive symbol of hope. We ask you to plant sunflowers to raise awareness and share hope with your community.

WHY HOPE?

- Hope is a known protective factor against anxiety, depression, addiction, and suicide. Hope positively impacts all outcomes in life, including academic achievement, athletic performance, health, and resilience. Higher hope is associated with higher grades, improved attention in class, better sports performance, better quality relationships, and less likelihood of violence, risky behaviors, addiction, and loneliness.

WHY THE SUNFLOWER?

- Sunflowers serve as a symbol of light and hope. Like the sunflower growing towards the sunlight, Artworks for Hope show us that it is always possible to move from hopelessness to hope.
- iFred believes this symbol, if used similarly to the pink ribbon for breast cancer or red dress for heart disease, can serve as a positive icon for hope.

HOW CAN YOU HELP?

- Plant a garden at a local school or community area and get groups involved in planting.
- Print and post a sign found in our digital toolbox and share the photos with us. There are so many ways to help us #GrowHope. If you have a few seeds, a little soil, and a desire to spread hope, join us today.

"Keep your face to the sunshine and you cannot see the shadow. It's what sunflowers do."

-Helen Keller

We would like to thank our Sponsors:

iFred™ shine a light on depression HOPE

Gardens for Hope an iFred.org project

Learn more about Gardens for Hope by visiting www.hopefulcities.org/art

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