



Who can Participate?

THEO BC's Gardengate Training Centre supports persons with mental health issues who are interested in Gardengate programs.

How can you become a Community Volunteer?

Gardengate also welcomes all those interested in volunteering their time in the garden or other program related activities in your field of interest.

*Growing Food -
Growing Futures*

For more information contact the Gardengate Training Centre or THEO BC.

Funder Info:

The Gardengate Training Centre is managed by the BC Society of Training for Health and Employment Opportunities (THEO BC) in Co-operation with the Kamloops Food Policy Council (KFPC). This project is made possible through the generous financial support of the Interior Health Authority.

Managing Partners:



Funded by:



Gardengate is a certified organic garden. Organic Certification Number: 157



An innovative horticulture project that aims to promote healthy eating and active living for persons with mental health issues.

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THEO BC: (250) 377-3670

What do Participants Say?

“I like how there is always something to do. There is always work.”

“You get a sense of pride in growing your own food.”

“It is good working together and developing people skills”

“How good it feels to volunteer and feel useful again!”

“It is therapeutic and helps me with my time and how to spend my time. Also, it is great getting free vegetables and fruit.”

“I love working to grow healthy organic food for us to enjoy”



Gardengate's large greenhouse is a perfect place to grow all kinds of produce, flowers and spices.



What will Participants do at Gardengate?

Gardengate offers Healthy Living Workshops and/or Volunteer Opportunities.

Healthy Living Workshops: Participants can choose workshops on topics such as: gardening, nutrition, cooking, food preservation, building, crafts, mechanics, pre-employment skills, and life skills.

Volunteering: A lot of volunteer time is spent growing flowers and vegetables in the greenhouse and the outdoor garden. However, you don't have to have a green thumb to volunteer. There are also volunteer opportunities related to construction, landscaping, nursery production, and office work. With such a variety of opportunities there is certainly a position at Gardengate that is best suited to your strengths and interests. Volunteer opportunities are not limited to participants and are also offered to all interested members of the community.

Our Mission:

Growing food and futures through diverse and supportive programs for persons with disabilities while contributing to the health and wellness of our community.

Our Vision:

To promote self-confidence, self-sufficiency, community connectedness and wellness.

To encourage healthy eating, safe food handling and food security.

To provide access to nutritious organic vegetables.

To expand the horticulture skills of all of our participants and community volunteers.



Just a few of the many rows of tasty organically grown vegetables.