

My space, My Food

Written by Administrator

The objective of this project is that through different occupational activities, our Beneficiaries plant, care, cultivate and harvest vegetables that are then used in the preparation of their food in order to achieve self-sustainability of the institution generating our own food.

Through the therapeutic effect in our beneficiaries, they connect with their inner self, develop communication skills and improve their mood, which promotes a healthy mental state that helps them relax and live better in an appropriate space.

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