WHAT IS CARE FARMING?

Using therapeutic farming practices, care farms combine care of the land and animals with care of people in a setting where they feel safe, respected and engaged in meaningful activity. The farmland, woodlands and gardens are used as a base for promoting mental and physical health for vulnerable groups of people through incorporating normal farming activities with therapy. Fiddlehead Care Farm is the first of its kind in Canada which provides a full complement of nature based education and therapy all in one, fully accessible location.

How Do I Get Involved?
You can be referred by your health team care or contact Fiddlehead Care Farm directly at 647-624-8421 or fiddleheadcarefarm@gmail.com. You’re also welcome to visit the farm before getting a referral. Please phone or email us to make an appointment.

WHERE TO FIND US

FCF is situated in picturesque Mono, Ontario, on organic farmland 15 minutes north of Orangeville. (45 minutes north of the GTA).

Fiddlehead Care Farm
426059 - 25th Sideroad, Mono, ON L9V 1E2
(647)-624-8421
fiddleheadcarefarm@gmail.com
www.fiddleheadcarefarm.com

Fiddlehead Care Farm is an innovative, therapeutic farm that provides counselling services, animal-assisted therapy, nature exploration, and learning opportunities for children, youth and young adults with developmental, physical, behavioural and mental health needs in a caring, supportive environment.

GROW FROM WITHIN

Our mission is to give children, youth and young adults with varying abilities the opportunity to learn, experience, and grow without boundaries. Our programs and services are targeted at improving our member’s physical, spiritual, psychosocial and mental health so they can reach their potential and become the best self.

Visit our website for more information at www.fiddleheadcarefarm.com.

FARMING / ENVIRONMENTAL

We offer an accessible sensory garden, picnic area, and trail specifically made to stimulate all senses and unlock the imagination. For an annual fee, community groups, agencies or clubs can adopt a plot of our organic farmland. These groups will have the opportunity to plant, grow and harvest their own crops.

THERAPEUTIC

Our qualified therapists offer individualized counselling, animal and nature-assisted therapy, and social and emotional learning programs. Specialized therapeutic groups are also facilitated, such as non-pharmacological pain group sessions, brain injury family intervention and positive parenting sessions.

EDUCATIONAL / VOCATIONAL

We offer a school visit program, a farm-to-table program that teaches healthy eating, internship opportunities for college or university level students and volunteer opportunities for Ontario secondary school students, including students with disabilities. In the future, we would like to offer a life skills training program to young adults with special needs who have an interest in farming.