

WHAT IS CARE FARMING?

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 by 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, therapy and life skills programming all in one, fully accessible location.



Developmental Delay
Anxiety
ADHD
Autism
Brain Injury
Grief/Loss
And many more...



THE FACILITIES

- Ⓢ Wheelchair accessible washroom
- Ⓢ Pond side picnic area
- Ⓢ Sensory Garden
- Ⓢ Organic Vegetable Gardens
- Ⓢ Accessible nature trail

WHERE TO FIND US



FCF is situated on organic farmland in Mono, ON
15 min north of Orangeville,
45 min north of the GTA.

CONTACT US

You can be referred by your health care team or contact us directly.

You are also welcome to visit the farm before getting a referral. Please phone or email to make an appointment.



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Fiddlehead Care Farm is an innovative, therapeutic farm that provides counselling services, animal-assisted therapy, nature exploration, and learning opportunities for families and 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 clients' physical, spiritual, psychosocial and mental health so they can reach their potential and become their best self.

WHY COME TO FIDDLEHEAD CARE FARM?

FCF's goal is to harness the healing and calming properties of nature to improve quality of life and restore the body, mind and spirit.

FCF is an accessible, integrated, non-clinical and natural environment allowing clients to explore and experience true freedom.

Play based therapy immersed in nature helps instill a sense of accomplishment, joy, and calmness, empowering an individual to conquer the challenges life has given them.



Our qualified therapists have extensive clinical and farming experience.

PROGRAMS AND SERVICES

SPECIALIZED THERAPY

Our therapists offer strength-based, client and family-centred and goal-focused individual and family counselling, animal and nature-assisted therapy, and social and emotional learning programs.

FARM VISITS

Come explore the farm! Self-guided with activity map or free exploration. Specific goal-based farming tasks available for visitors with support person

COMMUNITY GROUPS AND SCHOOL VISITS

Hands-on, facilitated activities offered around groups' needs, abilities and learning goals. Example programs include; Farm-to-table, nature appreciation, yoga, music and much more

LIFE SKILLS PROGRAM

Come be co-care farmers! Programs designed to obtain farm and life skills, fulfilling a sense of purpose and pride

SUMMER CAMP

A low-ratio, farming and nature day camp for kids with unique physical and psychosocial needs.

ADOPT-A-PLOT

From May-November, groups can plant, grow and harvest crops in their own organic garden.

Many programs are SSAH and/or Passport funding friendly. Ask about funding options and official receipts.



GET INVOLVED

- 🌀 Special Events
- 🌀 Student placements
- 🌀 Volunteer
- 🌀 Corporate groups
- 🌀 Partnerships
- 🌀 Workshops/Retreats

For more information visit www.fiddleheadcarefarm.com