



# Fiddlehead Care Farm

GROW FROM WITHIN

## Winter 2018 Newsletter

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### What is FCF?

Fiddlehead Care Farm (FCF) is a 50-acre organic, non-profit farm whose mission is to give children, youth and young adults with a variety of needs, and their families, the opportunity to learn, experience and grow without boundaries through innovative animal-assisted therapy and nature-based education, rehabilitation and recreation.

### Co-Care Farmers

The successes of the Co-Care Farmers (CCF) continues this winter. During the program, participants ages 18-24 years joined us to learn advocacy, independence, teamwork, and social skills. Friendships were made and lots of fun was had caring for the animals and creating a snowshoe trail.

### Call Out for 2018 Sessions!

Do you know someone 10-15 years (CCF jr.) or 18+ (CCF) with special needs who would benefit from learning life and farm skills in a supported day program? New sessions starting April 2018!! Check out our website or call/email for more information.



### What's New at FCF

- A NEW program, *Co-Care Farmers Junior (CCF jr.)*, supporting youth 10-15 years started in January, out of demand for a life skills program for teens.
- Ongoing community awareness with presentations to the Orangeville Agricultural Society and the Shelburne Rotary Club.
- In January, FCF was nominated for a Headwaters Tourism Award.



### Winter!

Although the snow is still falling, there is lots to do at the farm in the winter such as snowshoeing and searching for animals tracks!



### Letters from Luna

*Hello Everyone,  
Thank you to all who have visited me and brought me treats to my winter condo this season! I am waiting for the snow to melt to venture outdoors again.  
-Luna*



### Vitamin N Challenge



Hang up a bird feeder and see who comes to visit!



### Woodland Wellness Walks

As recipients of MEC's Community Grant, FCF is able to provide monthly accessible and interactive outdoor adventures **FREE** for the whole family!

Mark down these dates:

- Sunday February 25 (1:00-2:00pm)
- Tuesday March 13 (3:00-4:00pm)
- Sunday March 25 (1:00-2:00pm)



### Group & School Visits

Book your winter or spring group visit to the farm. FCF staff will work with you to plan an exciting visit personalized to your group's goals and needs.