



**Growing Resilience At Prairie Star Care Farm:
Cultivating Nature-based Coping Skills & Connection**
Supporting People Living with Severe & Persistent Mental Health Challenges

**Weekly Sessions May-Sept
Offered Wednesdays & Thursdays
1-4pm**

**Come to Experience:
Accessible Gardening
Planting & Tending Intentions for Personal Growth
Preparing a Healthy Food from the Garden
Mindful Movement & Labyrinth Experiences
Spending time with Horses, Sheep & Chickens
Nature-Based Crafts
Exploring Self-Care Needs & New Coping Skills
Growing Connections with Others**

Cost: This program is offered free of charge through a partnership with the Region 7E Adult Mental Health Initiative and Growing Connections LLC

Referral Requirements: Participants must have a diagnosis of SPMI and be referred by county social services within the counties served by the Region 7E Adult Mental Health Initiative (Mille Lacs, Isanti, Kanebec, Chisago & Pine)

Transportation or fuel cards are provided within a 30 mile radius of Prairie Star Care Farm: 6173 County Rd 6 Princeton MN 55371 [click for directions](#)

Registration Forms: [Online Registration Form](#) or [Printable Form](#)

New referrals are encouraged to set up an intake meeting to discuss interests & needs that can enhance involvement prior to the start of group

Further information on Growing Connections LLC [click here](#)
Or Contact Cindy Berlovitz at: growingconnections.info@gmail.com