



Farm Friends

Farm Friends Community Class – New for 2025!

EquiCenter is excited to offer a new community class designed for adults 18+ who want to grow their skills, connect with others, and learn in a hands-on, supportive environment. The *Farm Friends* program is an opportunity to engage in meaningful, nature-based learning while building friendships and exploring new interests.

Led by EquiCenter's trained staff, participants will:

- **Grow together:** Work as a team to cultivate food crops on our teaching farm, both in the field and the greenhouse.
- **Explore seasonal activities:** Get involved with projects like maple syrup production, food preservation, flower growing, and beekeeping.

Each week, students will enjoy a variety of themed learning activities, offering unique experiences every day. Through group work and hands-on projects, participants will not only develop practical skills but also enhance their social-emotional learning and connection with others.

Our program is designed to be flexible and inclusive, with sensory-friendly spaces and activities that can be adapted to meet each participant's needs. Whether you're new to gardening, farming, or working with animals—or looking to expand your knowledge—*Farm Friends* is a perfect way to learn, grow, and enjoy the outdoors.

Join us for a year-round journey of learning, fun, and personal growth!

When – Monday, Wednesday and Friday 10 am – 1 pm

Class maximum – 9 students

Pricing– \$100 per day

Program Outline

Learning objectives will be documented during each session through a short observation form filled out by the facilitator and can include feedback that participants share during “Root” check-in and “Shoot” check-out discussion circles.

The learning objectives include:

- Enhancing communication skills
- Building self-confidence
- Fostering independence
- Practicing emotional regulation

Participants will engage in at least one Care, Connect, and Consider activity each day.

1. “Care” activities will include horticultural maintenance tasks around the teaching farm, landscape gardens, or indoor classroom. Examples include:
 - Planting
 - Watering
 - Weeding
 - Pruning
 - Turning the Compost
 - Harvesting (for produce donations & stocking onsite farm stand)
 - Creating Farm Value-Added Products (to support fundraising efforts)
2. “Connect” activities are horticultural team building exercises that should be done with a partner or in a small group. Examples include:
 - Plant Identification Scavenger Hunt
 - Plant Health Check-Ups
 - Insect Bingo (scouting for beneficials and pests)
 - Companion Planting Design Challenge
 - Mixing Potting Soil
3. “Consider” activities are horticulture tasks that promote mindfulness reflections. Examples include:

- Plant Buddies/Sit Spots (observe plant growth and environmental changes over the course of a growing season)
- Starting Seeds
- Soil Blocking
- Seed Saving
- Tool Maintenance
- Butterfly & Ladybug Releases (observe the farm as a comprehensive ecosystem / integrated pest management)

Sample Schedule

Daily Schedule – 10A-1P

Duration	Activity
15 minutes	Opening Circle, “Root” Check-In (Intention for the Day), Icebreaker, Stretching
10 minutes	Field Objectives, Safety Briefing
60 minutes	Care: Hands-On Farm Tasks
15 minutes	Clean Up, Bathroom / Water / Snack Break
30 minutes	Connect: Team-Building & Community Service Activities
30 minutes	Consider: Nature-Based Experiential Learning & Mindfulness Activities
10 minutes	Closing Circle, “Shoot” Check-Out (Goal / Something You’re Looking Forward to for Next Time), Announcements

Program Calendar

Session 1 Dates	January 6th – April 13th
Session 1 Registration is open and rolling.	
Session 2 Dates	April 21st – June 29th
Session 2 Registration is due March 20th.	

Session 3 Dates	July 7th – August 31st
Session 3 Registration is due June 7th.	
Session 4 Dates	September 8th – December 21st

Frequently Asked Questions

Do I need to provide support staff?

- Individuals who require 1:1 support must provide their own support staff. Equicenter is not able to offer toileting, medication, or feeding assistance.
- Individuals requiring behavior management beyond verbal redirection should provide support staff.

How should I dress?

- This program will be outside in all weather conditions with access to a temperature-controlled classroom space. Participants must bring appropriate attire for all conditions.

Is there rolling enrollment?

- Participants can select which days (Mondays, Wednesdays, and/or Fridays) they would like to attend each Session. We ask that you register for your preferred days by the registration deadline so our staff can prepare accordingly.

How do we submit payment?

- Self-pay participants will be billed on a weekly basis.