

Growth Workshops

GROWTH
WORKSHOPS

Agriculture
Wellness
Ontario

Quick, practical mental health workshops designed for the busy lives of those in agriculture. In just an hour or less, gain tools to tackle challenges, prioritize self-care, and connect with your community - all tailored to the unique demands of agriculture.



Workshops are shorter in length to fit within existing meetings or events and meet the needs of busy schedules.



Workshops provide a great base knowledge of topics while providing participants with practical skills and resources.



An advisory committee made up of members of the ag community provided insight to develop and pilot these workshops.

Workshop Topics



An Introduction to Mental Health in Agriculture (30 minutes)

This session provides an overview of mental health and wellness specific to the agricultural sector. Participants will learn about the dimensions of wellness and gain insights into mental health fundamentals, as well as learn about programs and resources that Agriculture Wellness Ontario offers.



Navigating Stress in Agriculture (60 minutes)

Focusing on stress management, this workshop addresses the unique pressures farmers face, offering techniques to recognize, manage, and mitigate stress. It introduces practical tools for day-to-day mental resilience, guiding participants to navigate stress effectively while fostering a proactive approach to wellness.

Book a Workshop

All workshops are delivered for free both virtually and in person by request.
Consider booking a workshop for your upcoming:



Board meeting or AGM



Staff training



Event or conference

Contact esayles@ontario.cmha.ca or visit our website www.AgricultureWellnessOntario.ca