



# HEALING FARMS

WE SEE ABILITY



Every year thousands of students with disabilities are aging out of high school with few options for employment or contribution. The general consensus is that individuals with disabilities are unable to contribute. ***We don't believe that.***

Healing Farms helps young adults with disabilities find their place and purpose by focusing on their gifts and talents and creating opportunities for them to participate and give back.

## HOW IT WORKS

Rather than going to a "place" and performing a "task", our participants join a small group made up of 4-6 young adults with disabilities, a facilitator, and 1-2 volunteers who share similar interests. We believe friendships foster trust and inspire our participants to take on new challenges.

We strive to stretch and grow our young adults to greater independence and through our five core domains the opportunities for learning are endless:

### Urban Farm

gardening, composting, and recycling.

### Technology

research, planning, and academic skills.

### Life Skills

cooking, nutrition, and independent living.

### Arts/Movement

music, art, and exercise.

### Community

volunteering, job exploration, outreach.



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## JOIN THE MOVEMENT!

### DONATE.

Your donation is your next step to helping change the future for adults with intellectual disabilities.



### VOLUNTEER.

Come share your gifts and talents with us. You can make a difference.

### SHARE.

Be our ambassador. Spread the word by sharing with friends and family about the work we are doing.

/Healing-Farms @healingfarm

Learn more about us at [www.healingfarms.com](http://www.healingfarms.com)

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IT'S MORE THAN JUST SALSA,  
IT'S THE OPPORTUNITY TO  
MAKE A DIFFERENCE.



The first batch of Super Simple Salsa was made by young adults with intellectual disabilities participating at Healing Farms. With the generous support of our community partners, Super Simple was born. Our social enterprise provides job skills and funds to underwrite the support Healing Farms provides.

*Make a difference and order your's today!*  
[www.trysupersimple.com](http://www.trysupersimple.com)



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