



Heatcote Care Farm and  
Education Center

# RootedXRising 90-Day Internship Program



What if the best mental health hack isn't  
an app...  
It's a Shovel

Ever feel like you're running on empty?

This is your invite to trade burnout for bare hands in the dirt. For 30-90 days, you'll live and learn at our care farm.

Mornings growing food, afternoons growing self-awareness, and weekly 'Hearth Circles' to process it all. No farming experience needed, just a willingness to get your hands dirty and your heart open. You'll leave with new skills, deep connections, and proof that healing can be as tangible as a harvest basket.



# About Us

**Heathcote Community Farm and Agricultural Training Center** in partnership with the **Spiritual Center for Indigenous Living**, envisions a world where all individuals, particularly those from historically marginalized communities, have access to transformative relationships with nature.

**Through our holistic approach, integrating agriculture, education, and therapy, we aim to:**

1. **Support Healing:** Provide a nurturing environment for individuals to process trauma, build confidence, and cultivate emotional well-being.
2. **Connect:** Foster meaningful relationships between people, plants, and the natural world, promoting a sense of community and interdependence.
3. **Empower:** Equip individuals with the knowledge, skills, and resources necessary to become active stewards of their own health, well-being, and environmental sustainability.

**Together, we can co-create a more just, equitable, and regenerative future for all.**

Guided by the principles of indigenous living and the wisdom of the natural world, we honor the ancestral bonds between humans and the earth. By healing our relationship with nature, we remember and respect the traditional knowledge and practices of our ancestors, revitalizing a sense of pride, identity, and belonging.

# Core Pillars



## Groundwork (Farm Stewardship) (10 hours a week)

Hands-on regenerative farming, animal care, and land healing. Participants leave tangible marks on the land while learning sustainable practices.



## The Hearth Circle (Group Processing) (1 Hour a Week)

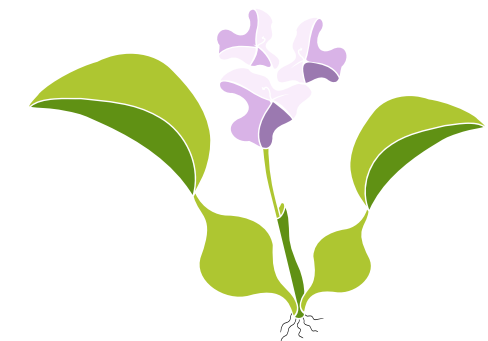
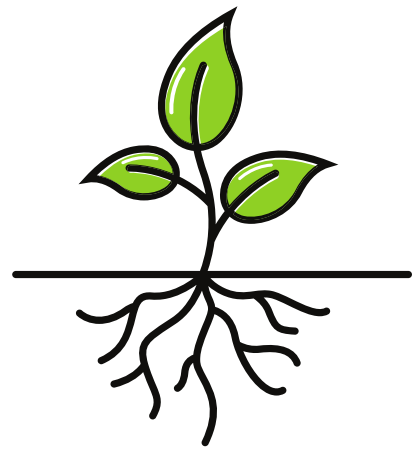
Weekly integration where participants share insights, celebrate growth, and weave their farm/self-work into life lessons.



## Tending the Soil Within (Self-Care & Resilience) (10 hours a week)

Nature-based mindfulness, Resting and relaxation in nature and creative expression (art, journaling etc) to reconnect with personal wellbeing.

# Our Goals



**Healing burnout at the root!**

**Our 'Rooted & Rising' program is a one of a kind immersion where people restore the land while the land restores them. Half farm internship, half trauma-informed retreat, all wrapped in intentional community.**

**We're proving that pulling weeds can be as therapeutic as a therapy session!**

# Philosophy:



We believe that healing and growth arise from reconnecting with the natural world. Through working with the earth, we cultivate a sense of belonging, purpose, and well-being.

Our internship program provides a supportive environment for individuals to:

- Reconnect with nature and their own inner wisdom
- Develop a sense of community and belonging
- Foster personal growth, resilience, and self-awareness
- Cultivate practical skills in sustainable farming and nature-based practices

