

On the Farm

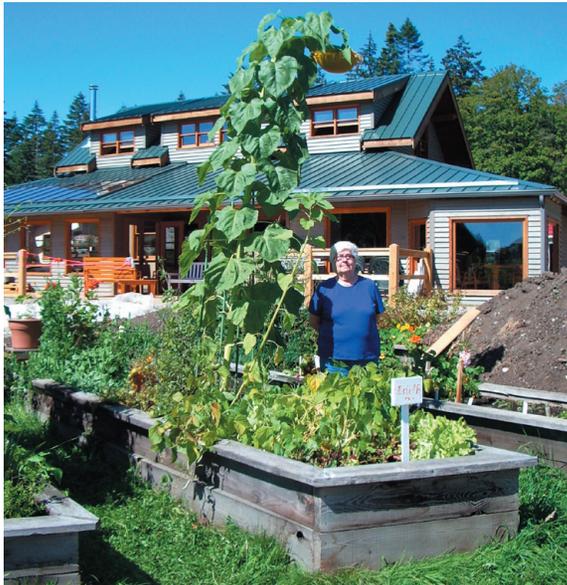
The St. Ann's Building was completed in 2009 as the new home for SAGC. The warmth and curves of the natural wood timber framing and interior clay wall make the space comfortable and cozy, while roomy washrooms and kitchen space make getting around with walkers or wheelchairs a breeze. The building features a solarium and art room to promote that creative flair of program participants.



One of the many beautiful features of St. Ann's Garden Club is its dozens of raised garden beds. Each participant has the

opportunity to grow their own organic garden with the assistance of knowledgeable staff and volunteers.

In 2013, a greenhouse for St. Ann's Garden Club was completed. With close access to St. Ann's Building and an accessible sidewalk and working space, program participants can hone their "green thumb".



Volunteers

Volunteers play an integral part at SAGC – baking, completing crafts, socializing and gardening alongside participants. If you are interested in volunteering as part of the SAGC team, call 250-746-9668 or visit the Farm's website at www.providence.bc.ca.



Contact

St. Ann's Garden Club
Providence Farm
1843 Tzouhalem Road
Duncan, BC V9L 5L6
250-746-9668

www.providence.bc.ca
seniors@providence.bc.ca

Program hours: 9 am to 2 pm
Tuesday through Friday

St. Ann's Garden Club



*Our focus shall be upon the renewal of
body and spirit, and upon people caring for
the soil, and the soil nurturing the people.*

providence farm
A THERAPEUTIC COMMUNITY

www.providence.bc.ca

What is St. Ann's Garden Club?

St. Ann's Garden Club (SAGC), founded on the basis of horticultural therapy, is a program at Providence Farm dedicated to adults and seniors with mental health and age-related illnesses. Participants are referred through Island Health or a personal physician.



Programming

SAGC has been serving the Cowichan Valley since 1990. Programming includes:

- Horticultural therapy – planting, transplanting, working in the solarium, greenhouse or personal gardens.
- Arts and crafts – woodworking, painting and clay work.
- Socialization – baking, cooking, movies, puzzles, lunch and tea times together.

Goals

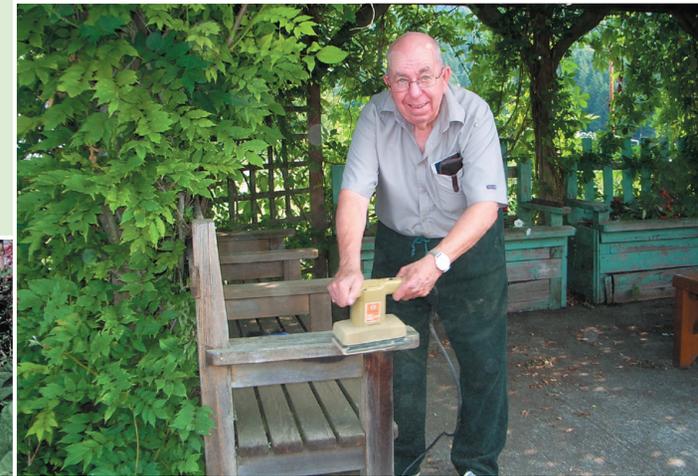
The goal of Providence Farm is to promote inclusion and community. As such, SAGC:

- Provides a safe, inclusive and friendly environment where all individuals are treated with dignity and respect.
- Provides individual, meaningful and enjoyable activities for each participant.
- Provides valuable respite for caregivers.
- Supports the broader Cowichan Valley community in keeping its seniors safe and healthy.



Funding

SAGC is partially funded through Island Health. Other funding is found through fundraising efforts and events of Providence Farm, generous donations from the local community, grants from foundations and user fees. User fees are \$10 per day.



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Providence Farm is an organic therapeutic farm nestled at the base of Mount Tzouhalem in the Cowichan Valley. Since 1979, the Vancouver Island Providence Community Association, a registered charity and non-profit society, has been operating creative and innovative programs at the Farm for adults and seniors with mental health issues, brain injuries, developmental challenges and age-related illnesses. SAGC is one of the many therapeutic programs offered at the Farm, and it is the only program dedicated to caring for the Valley's seniors.