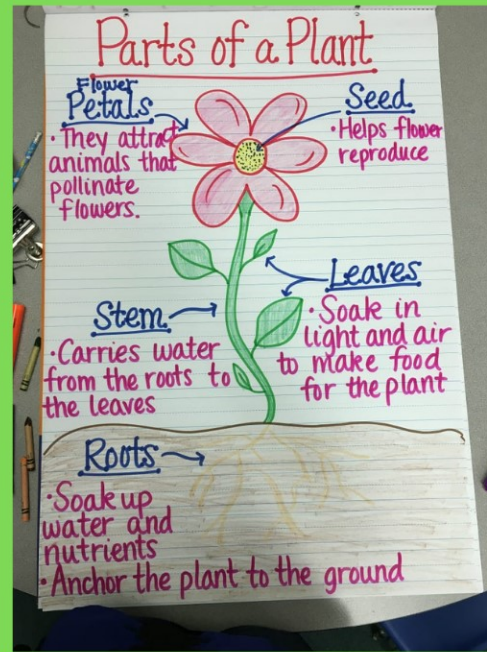
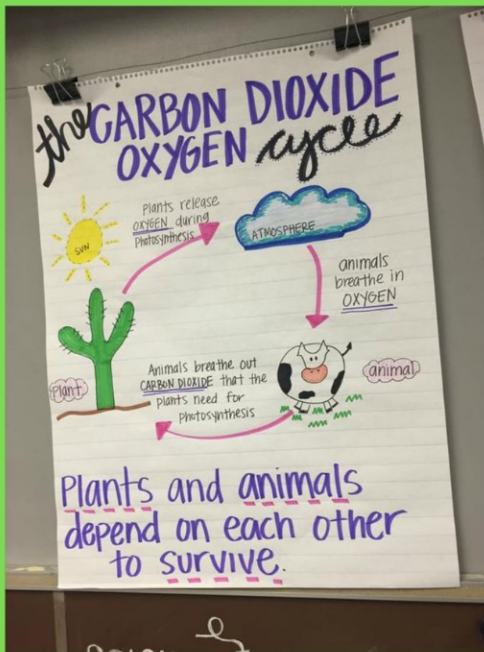




It is spring time again! That means families might be beginning to grow plants or start farming.



"Planting and farming is one way we are connected to the land. Our culture, traditions, and connection to the land are all sources of strength we can draw on to keep us healthy, purposeful and even prevent addiction to drugs, alcohol and other substances. Sharing tradition and farming with young ones can also be a huge gift that may protect them from the harms of addiction.

Here are a few diagrams that can be helpful in teaching about how plants and the ecosystem work to share with children."

-Aviva Hirsh, FSIP TOR Prevention Specialist