



**CHRISTIAN FARMERS
FEDERATION OF ONTARIO**
ACCREDITED FARM ORGANIZATION

For Immediate Release

Reflecting on an Inspiring Evening: CFFO Wellness Dinner and Workshop - Northern Ontario

Cambridge - ON – June 11, 2024 – On June 6, 2024, Christian Farmers Federation of Ontario (CFFO) recently held its second Wellness Dinner and Workshop series, marking another successful event in their ongoing efforts to support and engage the agricultural community. After the inaugural event in Chatham in November 2023, the latest gathering was in Sturgeon Falls, Northern Ontario.

The event attracted over 75 attendees, including local first responders of the Markstay-Warren Fire Dept, farmers, industry contacts, and CFFO partners, highlighting the broad support and interest in the initiative.

The diverse group of attendees included notable figures such as Glen Prior of FBC, and Cheryl Maloney and Andrew Munroe of Caldwell Securities Ltd. Their presence underscored the collaborative spirit of the event, bringing together various stakeholders within the agricultural sector. This engagement is vital for fostering a sense of community and shared purpose among those who play crucial roles in supporting and advancing agricultural practices in Ontario.

CFFO members, district board members, and staff were also in attendance, contributing to the event's success with their insights and commitment. The workshop sessions provided valuable opportunities for learning and networking, focusing on wellness and sustainability within the farming community. By addressing these critical areas, the CFFO continues to demonstrate its dedication to enhancing the well-being of farmers and their families, ensuring they have access to the resources and support needed to thrive.

Overall, the CFFO Wellness Dinner and Workshop series in Sturgeon Falls not only mirrored the success of the first event but also strengthened the bonds within the agricultural community. By fostering connections among farmers, industry experts, and local stakeholders, the CFFO is paving the way for a more resilient and supportive agricultural sector in Ontario.

Keynote Speakers

Diane Bergsma shared the moving story of Three Oaks Cabin, established in memory of their son, Dalles. This sanctuary provides a haven for farmers and first responders experiencing high levels of stress, anxiety, depression, PTSD, and suicidal thoughts.

Lauren Van Ewyk, co-founder and CEO of the National Farmers Mental Health Alliance, delivered a compelling workshop on mental health. Her insightful messages resonated deeply with all attendees, highlighting the critical need for mental health resources.

As a reminder, the CFFO has partnered with NFMHA to provide free counseling to our members, both virtually and in person. To access these services or for further information please contact 226-402-4504 or email nfmhalliance@gmail.com.

To learn more about the **Christian Farmers Wellness Program** and the mental health services available to CFFO members, visit www.christianfarmers.org/members/christian-farmers-wellness-program

Story ideas

Community Impact: Having this diverse collection of farming types, local industry leaders, and first responders highlighted the strong community connection and the significance of hosting events like this. The evening showcased the importance of mental health support for our farmers, emphasizing the unique challenges posed by the vast distances between farms in Northern Ontario.

Support for Farmers: Through our partnership with the National Farmers Mental Health Alliance, CFFO members are entitled to four free sessions with an agriculture-informed therapist. These professionals understand the unique ebbs and flows, struggles, and victories within the agricultural community, providing essential support for farmers dealing with mental health crises or seeking assistance.

For more information about this event or to connect with someone in attendance for a follow-up story, please contact: Mackenna Roth.

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Media Contact

Mackenna Roth, Marketing and Communications

Phone: 519-831-1866

Email: mackenna@christianfarmers.org

About Christian Farmers Federation of Ontario (CFFO):

The Christian Farmers Federation of Ontario (CFFO) is an Accredited Farm Organization representing the interests of over 4,000 farm families in Ontario who are called to the vocation of farming. CFFO policy promotes economically, socially, and environmentally sustainable farming, advocating that farmers receive fair returns for their production and stewardship efforts.

Christian Farmers Federation of Ontario (CFFO)

231 Shearson Crescent

Cambridge, ON, N1T 1J5

1-855-800-0306

www.christianfarmers.org