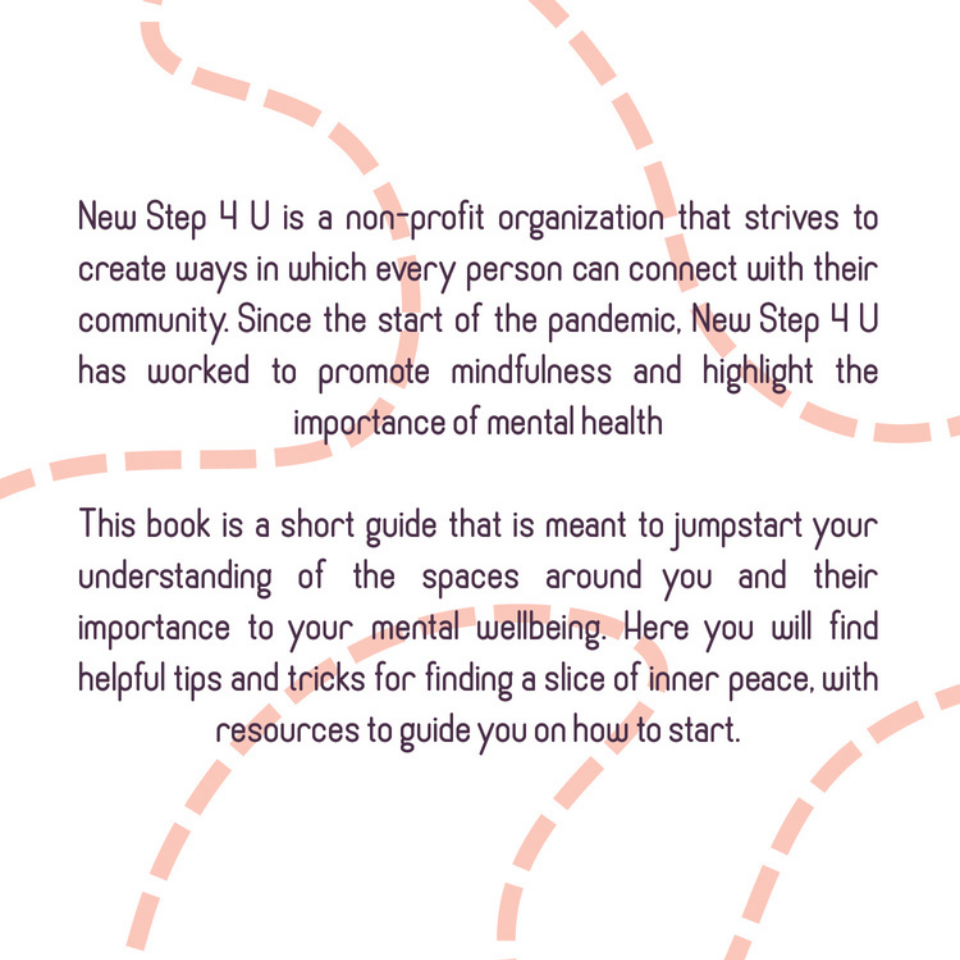




DESTINATION

MINDFULNESS



New Step 4 U is a non-profit organization that strives to create ways in which every person can connect with their community. Since the start of the pandemic, New Step 4 U has worked to promote mindfulness and highlight the importance of mental health

This book is a short guide that is meant to jumpstart your understanding of the spaces around you and their importance to your mental wellbeing. Here you will find helpful tips and tricks for finding a slice of inner peace, with resources to guide you on how to start.



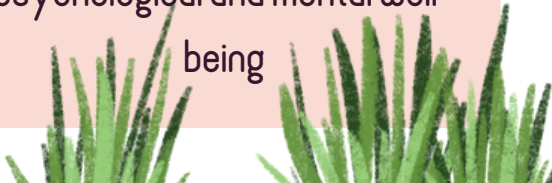
A guide to finding your own path to mental well-being

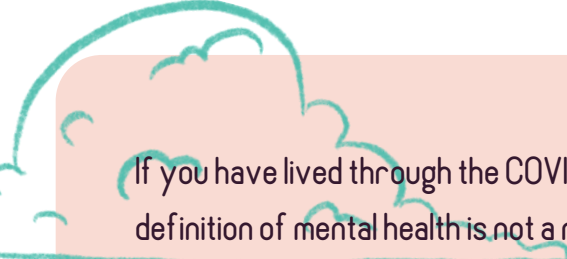
This book belongs to:



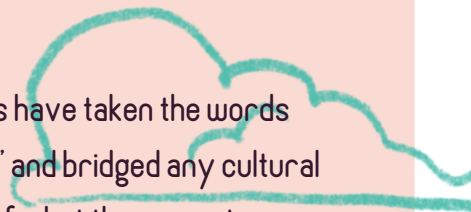
What is mental health?

Canada defines mental health  
as the state of an individual's  
psychological and mental well-  
being

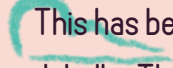




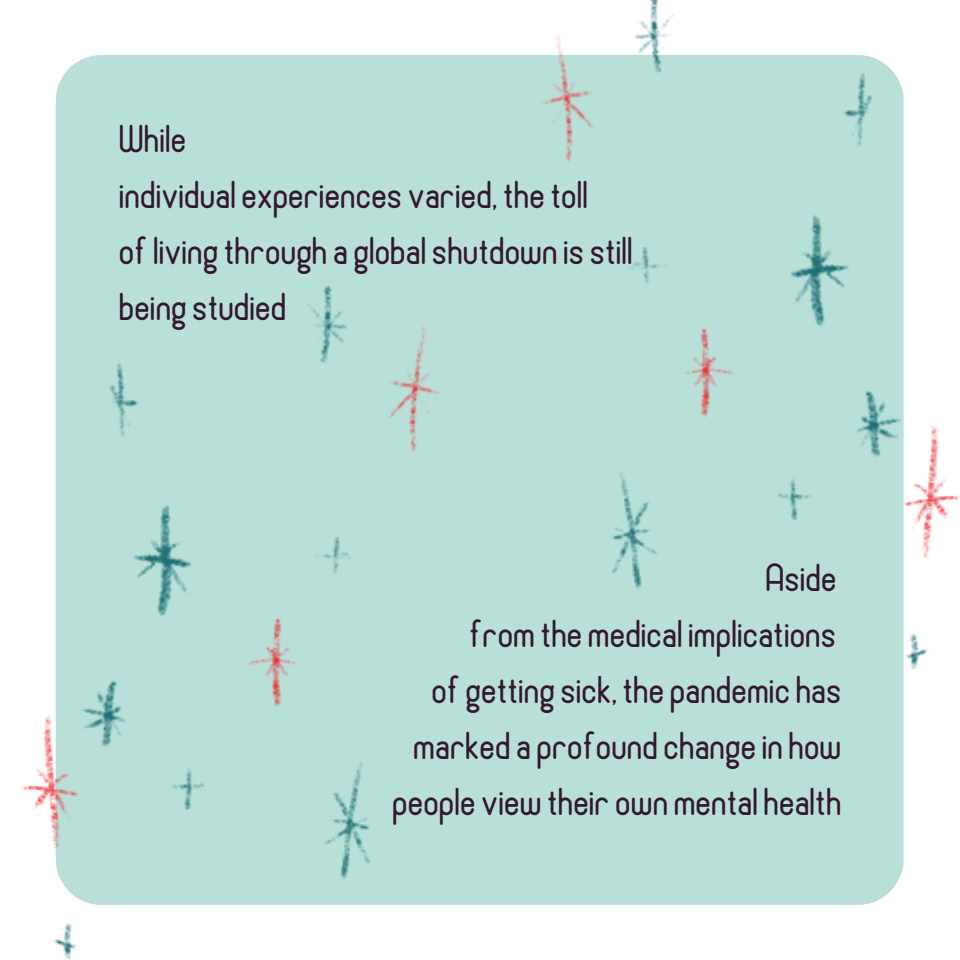
If you have lived through the COVID-19 pandemic, the definition of mental health is not a new one to you



The past couple of years have taken the words “stressful” and “traumatic” and bridged any cultural misunderstandings of what they meant




This has been a trauma that was/is experienced globally. The loneliness and isolation of seeing the world being turned upside down has changed all of us



While individual experiences varied, the toll of living through a global shutdown is still being studied

Aside from the medical implications of getting sick, the pandemic has marked a profound change in how people view their own mental health



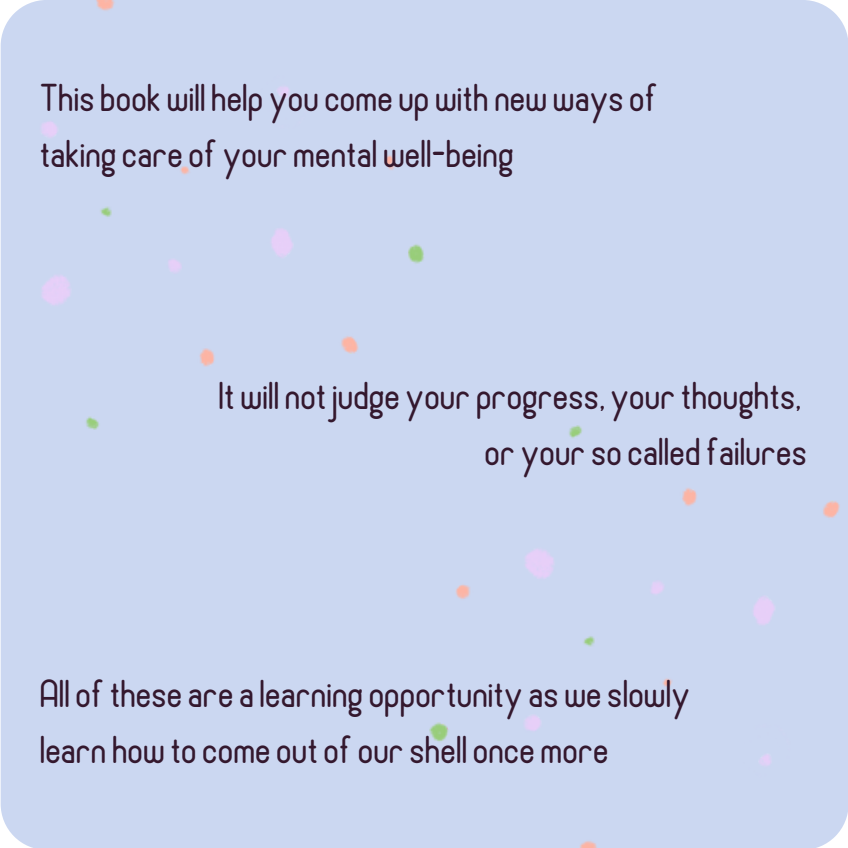
This guide is meant to encourage you to find ways to  
reconnect with the world around you

be it with other people



or the nature that surrounds us






This book will help you come up with new ways of  
taking care of your mental well-being

It will not judge your progress, your thoughts,  
or your so called failures

All of these are a learning opportunity as we slowly  
learn how to come out of our shell once more



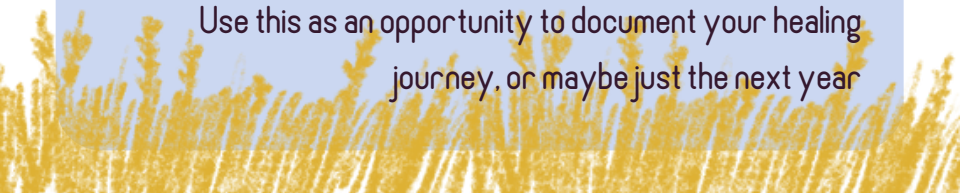
Stress can lead to many health issues, both mental and physical, and what has the pandemic been if not a stress-test?

So take the time to read through this book. Take as long as you need. Find solace in mindlessly doodling on the pages.

Fill the whole book with notes, poetry, writing, nonsense  
It's yours to do with as you please

Fill the pages with stains from coffee, grass, mud, greasy fingers, and kisses

Use this as an opportunity to document your healing journey, or maybe just the next year



There is nothing sacred about these pages, or the writing

There aren't any rules, and you do not have to follow them

This is just a nudge to start living again, instead of remaining suspended in the “waiting for the world to go back to normal” mode

Create your own new normal, as safely as you wish to



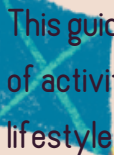
You will notice this book is set up to guide you through experiences starting from autumn and ending with summer, but don't feel the need to follow the layout strictly, you can jump around the pages and sections if that makes you happier



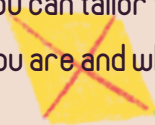
A whole year of emotions to live through

While this may seem daunting, please remember that rest days are just as important to live through as all the excitement. If you are struggling with getting up this morning, it's okay to give yourself a break. Come back to this when you are feeling better no matter how long that might take

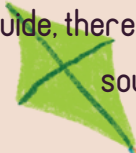




This guide is available and open to anyone, there are plenty of activities in this guide that you can tailor to your own lifestyle and needs whoever you are and wherever you live



At the end of this guide, there are some suggested further sources of ideas and inspiration



There is also a list of organizations who provide advice and even planned activities you can join that are designed to boost well-being

And now to autumn

When summer drifts to a close



The vibrant beat of life takes a slower form

Reflecting the shorter days and evenings, and a time spent  
wrapped up indoors





As we approach fall, a melancholic melody can be heard

accompanying our falling leaves<sup>1</sup>

and the migrating flocks of birds<sup>2</sup>

There is something that feels cozy

And there is something that feels safe

About being surrounded by vibrant colours and the  
branches' naked shape





Watch the squirrels bury their nuts  
And the barn owl hover way above

The blooming marigolds demand attention  
The fragrant chrysanthemum swaying in the wind

All the while a feeling of peace settles. Surrounded by  
warming fires

Settling into the quiet atmosphere after summer says  
goodbye



The season of morning mists

starry skies

and rust coloured leaves

the cool sunshine before winter arrives



Use your senses to...



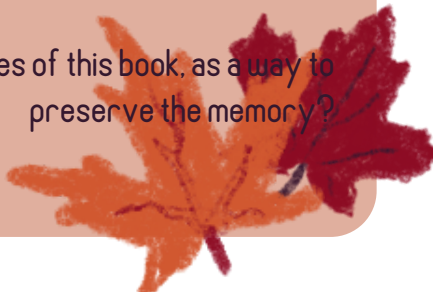
See the trees<sup>3</sup> around you put on a remarkable display of colour as they prepare for winter.

This is a wonderful time to go for a simple woodland walk<sup>4</sup> or visit one of the dozens of arboretums<sup>5</sup> (collections of trees in a park or garden) around the city.

Which trees are more orange, more red, or more yellow?  
Which have held onto their green hues the longest?

Can you catch a falling leaf before it hits the ground?

Can you store it between the pages of this book, as a way to preserve the memory?

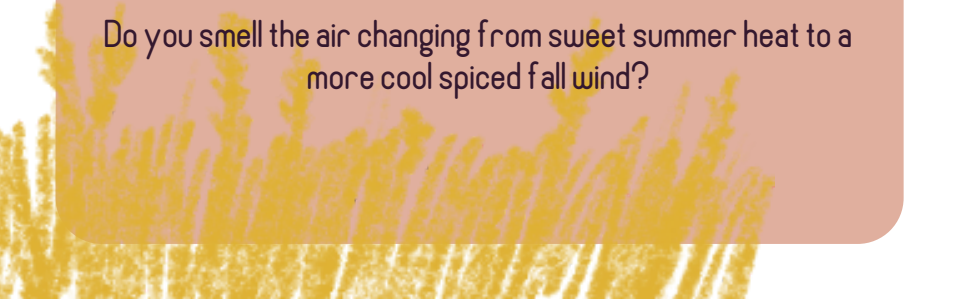




Smell the fallen autumnal leaves

Grab a handful from a pile under a grand old tree and lift  
them to your nose

what does it smell like to you?



Do you smell the air changing from sweet summer heat to a  
more cool spiced fall wind?

Hear robins singing from hedges, trees and bushes


They are one of the few birds left singing at this time of year, as they stake their claim to territory.

Listen for the soft rustle of squirrels running over drying branches, as they hurry to make preparations before the freeze.

Try to follow their movement around the trees without watching them directly

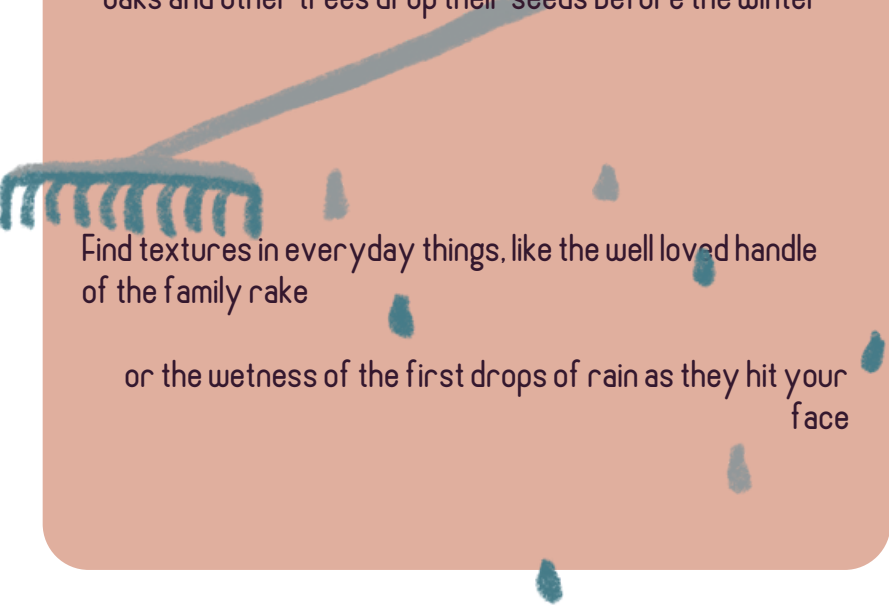
How does the sound echo around you?





Feel the unmistakable smooth surface of a conker or an acorn, as horse chestnuts

oaks and other trees drop their seeds before the winter



Find textures in everyday things, like the well loved handle of the family rake

or the wetness of the first drops of rain as they hit your face



Taste freshly picked apples<sup>6</sup>



Many fruits ripen at this time of year, notably apples.


There are many chances to go and pick juicy fruits to eat fresh or try a new recipe with



What seasonal spices can you incorporate into your dishes?



Get out and...




Visit some of the last farmers markets<sup>7</sup> before they close  
for the year

Try jams<sup>8</sup> and honeys<sup>9</sup> made locally

Talk with the families that produce them, what are their  
favourites?


Buy some pumpkins or squash, experiment with different  
recipes.



Does the pie appeal more today?  
Or maybe the soup?

See if you can find a stall that sells hot apple cider, or maybe  
just hot chocolate. Sit on a bench and observe the comings  
and goings of the crowd.

Any one stall they all seem to gravitate towards?






Plant some bee-friendly plants around your own garden

or maybe put up a bird feeder or two

Spending time in your own yard is a great way to get some fresh air without needing to overexert yourself

These things will benefit the wildlife in your area



and they in turn will bring joy to yours

A yellow raincoat with a hood and two pockets, drawn in a simple, sketchy style.

Join a foraging group

Find some edible plants and mushrooms around Ontario with the help of an educated guide

Never forage alone unless you are very well versed in what you are looking for.



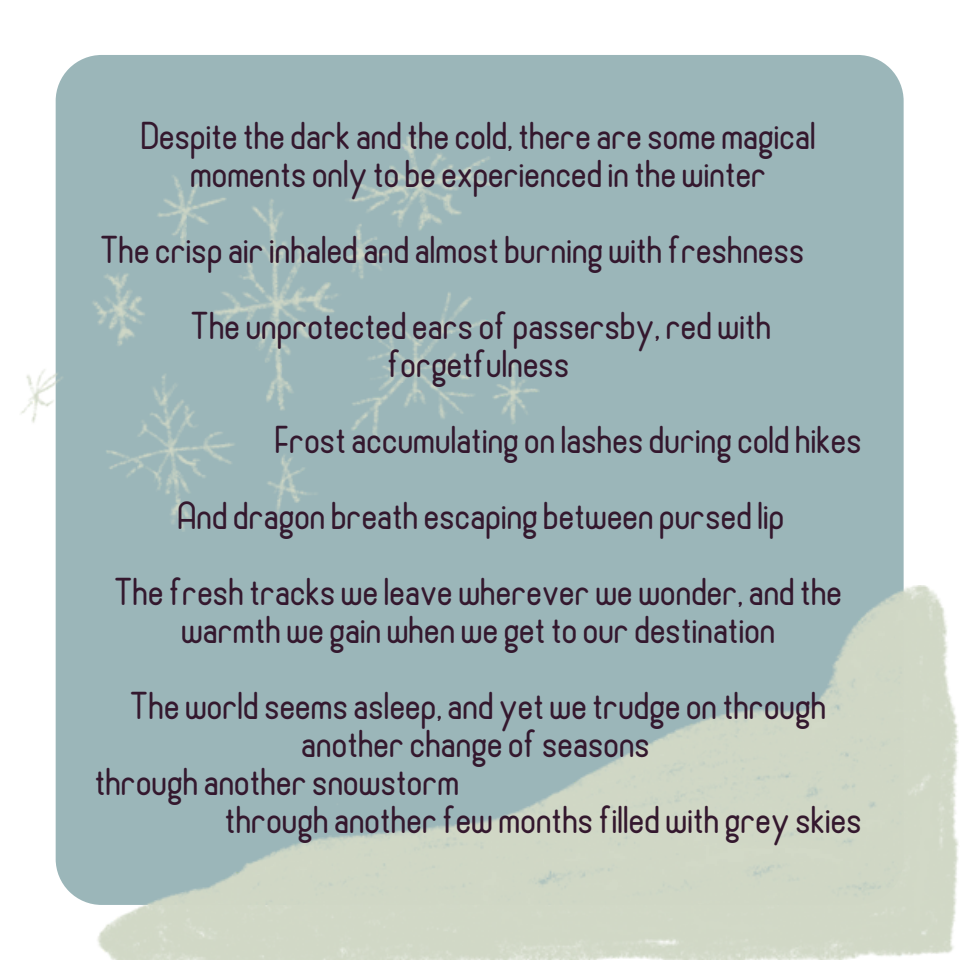
Gaze at the moon and stars, since they seem to stay out later and later each day

The dark evenings but not-quite-winter temperatures can make this an ideal time to go outdoors to see the stars

You may wake to find morning mists out the window in the autumn, leading to bright chilly days.



The season of frosty mornings, quiet woods and  
murmurations



Despite the dark and the cold, there are some magical  
moments only to be experienced in the winter

The crisp air inhaled and almost burning with freshness

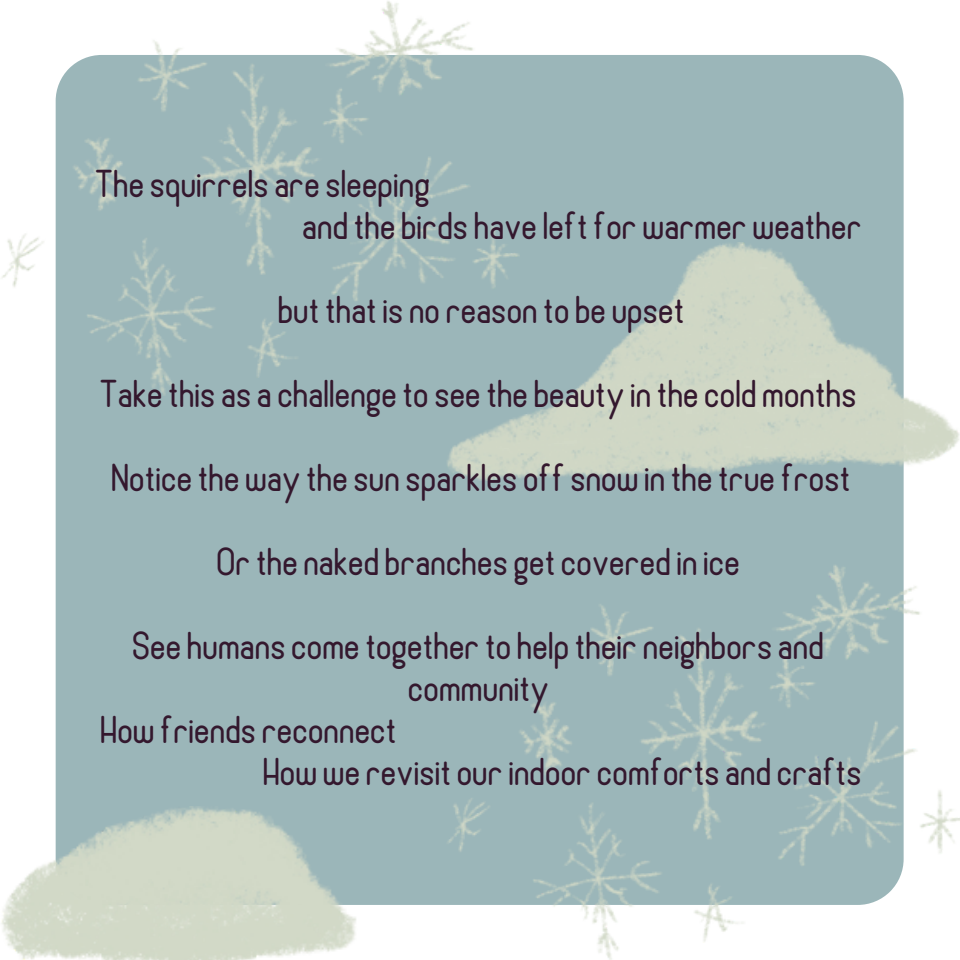
The unprotected ears of passersby, red with  
forgetfulness

Frost accumulating on lashes during cold hikes

And dragon breath escaping between pursed lip

The fresh tracks we leave wherever we wander, and the  
warmth we gain when we get to our destination

The world seems asleep, and yet we trudge on through  
another change of seasons  
through another snowstorm  
through another few months filled with grey skies



The squirrels are sleeping  
and the birds have left for warmer weather  
but that is no reason to be upset

Take this as a challenge to see the beauty in the cold months

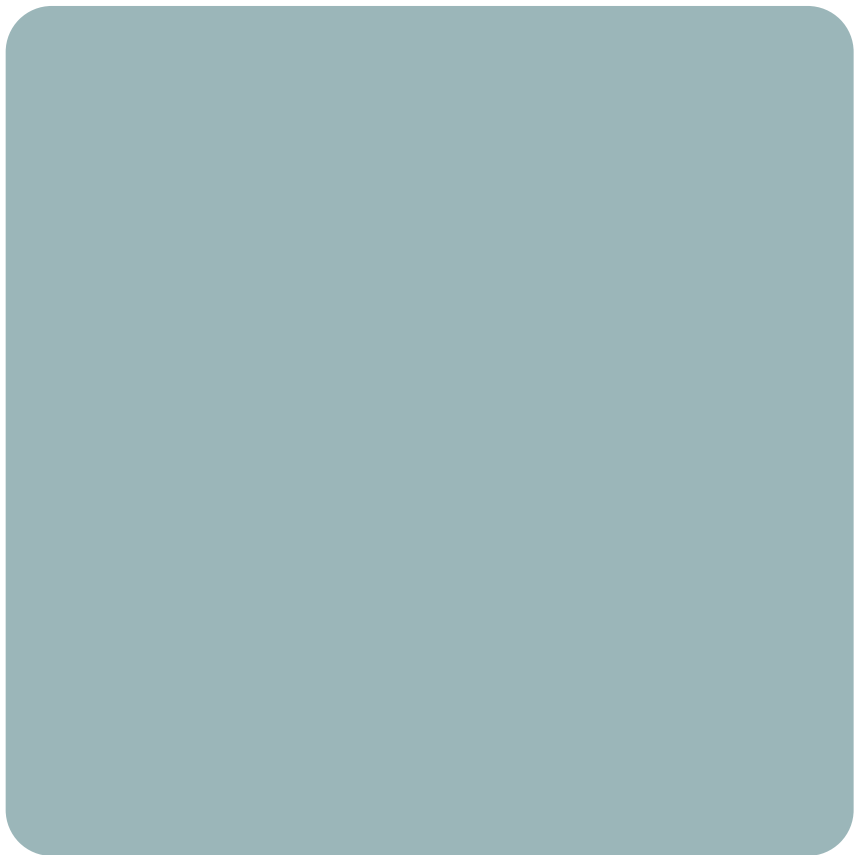
Notice the way the sun sparkles off snow in the true frost

Or the naked branches get covered in ice

See humans come together to help their neighbors and  
community

How friends reconnect

How we revisit our indoor comforts and crafts





Use your senses to...

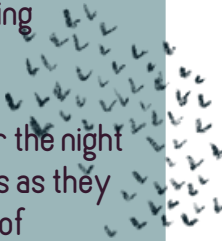


See the spectacular murmurations of the starlings


The murmurations are the enormous flocks of starlings that move in unison across the sky at dusk as they prepare to roost for the night

The event starts as streams of starlings return to a roost site from all directions after a day out feeding

Then as they prepare to roost for the night these winter visitors create extraordinary shapes as they twist and turn, of ten in numbers reaching the tens of thousands



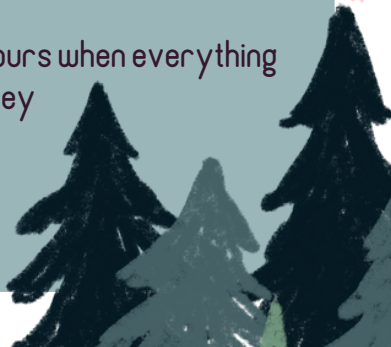
There are sites all around Ontario where you can hope to witness this seasonal spectacular but nothing in nature is guaranteed.

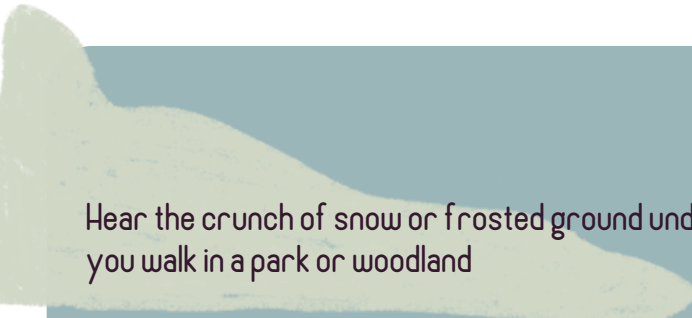


See the bright reds of Cardinals fleeing from tree to tree  
looking for winter food


Or maybe the flashes of blue that indicate the Jays  
performing their daily dance through the pines

How beautiful to see such bright colours when everything  
around seems grey





Hear the crunch of snow or frosted ground underfoot as you walk in a park or woodland

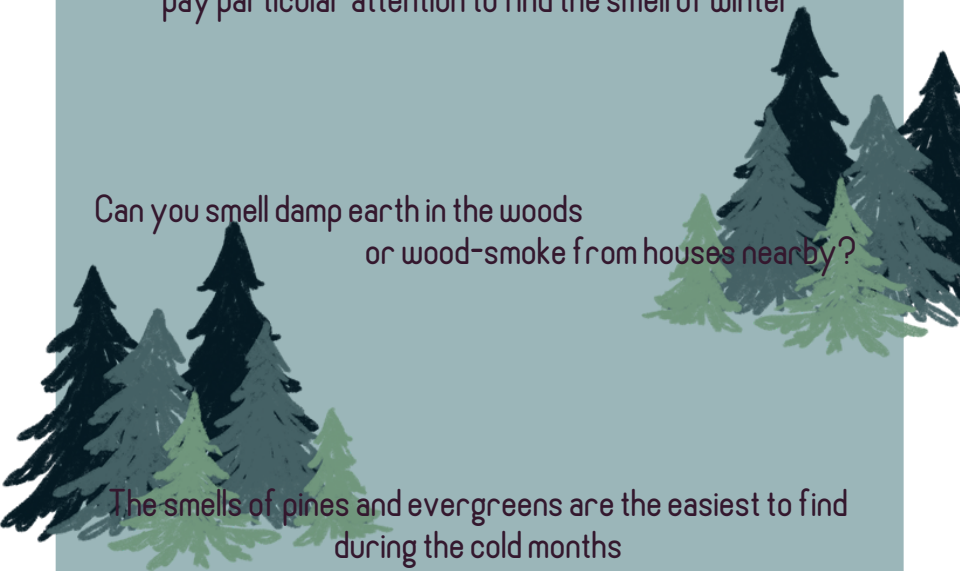


Feel the soft yet prickly leaves of the holly tree that is a rare flash of lush green in winter landscapes  
This bush and its red berry is a seasonal favourite around the winter holidays

Scents are a little suppressed in cold air, so you may need to pay particular attention to find the smell of winter

Can you smell damp earth in the woods  
or wood-smoke from houses nearby?

The smells of pines and evergreens are the easiest to find during the cold months



Get out and...

Connect with animals

Animals are all around us all the time

From blackbirds



to red foxes



to deer

raccoons

and mice



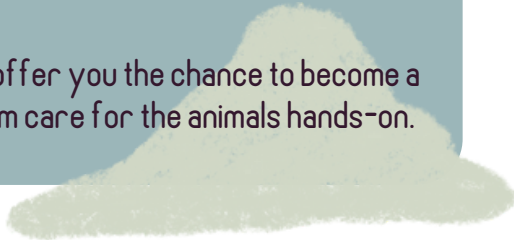
There is plenty of wildlife to watch

but remember to keep your hands (and food) to yourself

They are much safer with minimal human interaction

And for some bigger animals, visiting a city farm<sup>10</sup> can offer the chance to get up close and personal with sheep, goats, horses and more

Many such farms will also offer you the chance to become a volunteer and help them care for the animals hands-on.





At home you might be able to attract some garden birds with a feeder and bird bath

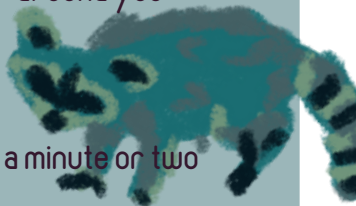
You can watch the different species popping up and see how they each behave

If you enjoy that, then you could visit a nature reserve with bird hides to take a look at more birds in the wild


Or take a walk around your local park and try to notice more of the birds you can see and hear around you

Find a seat and close your eyes for a minute or two

how many different bird calls can you hear?







Visit a Christmas market <sup>11</sup>

or a Christmas tree farm <sup>12</sup>

Look at the holiday displays, or maybe join a bonfire

Take a ride on a tractor and pick a tree to take home  
even if you don't celebrate Christmas

(it will smell nice and you can decorate it with toys specific  
to your holiday of choice)



Pick a warm day to just sit outside and enjoy the sunshine on  
a crisp winter day

Close your eyes and look at how the sun casts shapes on  
the inside of your lids

Don't forget to bundle up so you don't catch a cold



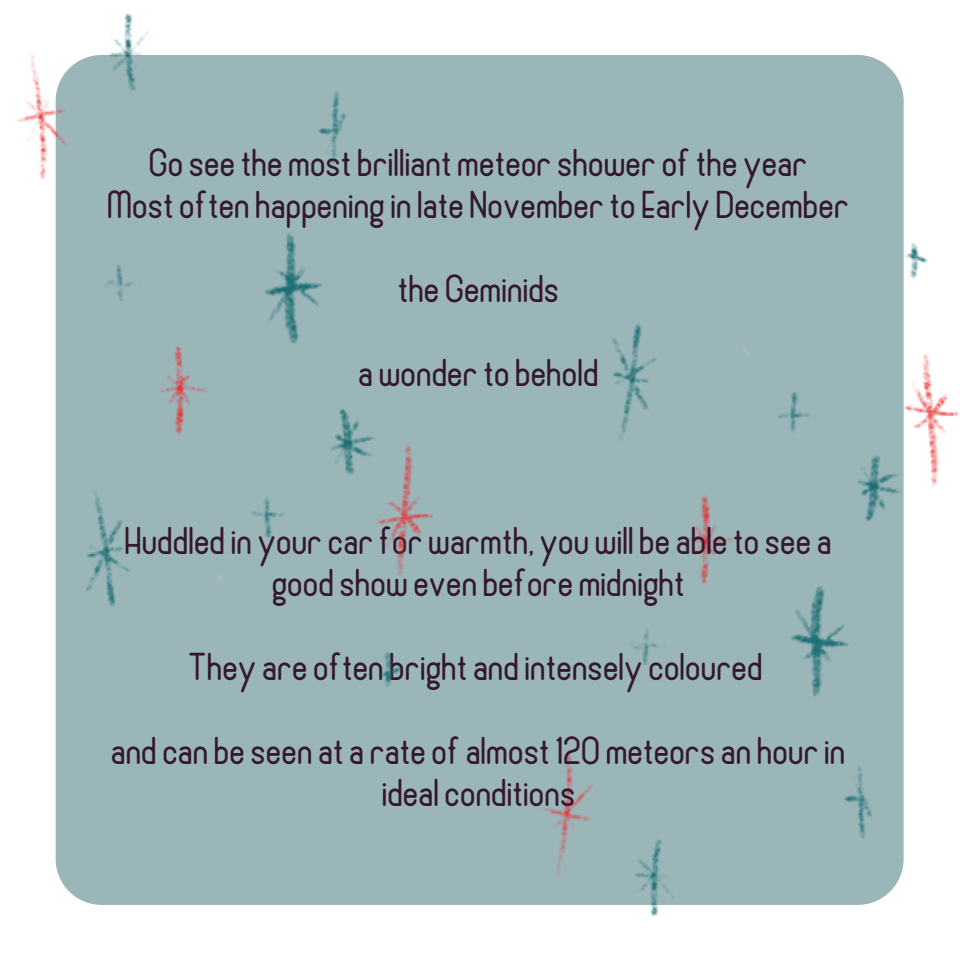
Visit a bookstore<sup>13</sup> / library<sup>14</sup> or a coffee shop<sup>15</sup>

See if the person at the counter has any recommendations

Push yourself to experience something new  
see if you like it

Maybe you'll find a new favourite





Go see the most brilliant meteor shower of the year  
Most of ten happening in late November to Early December

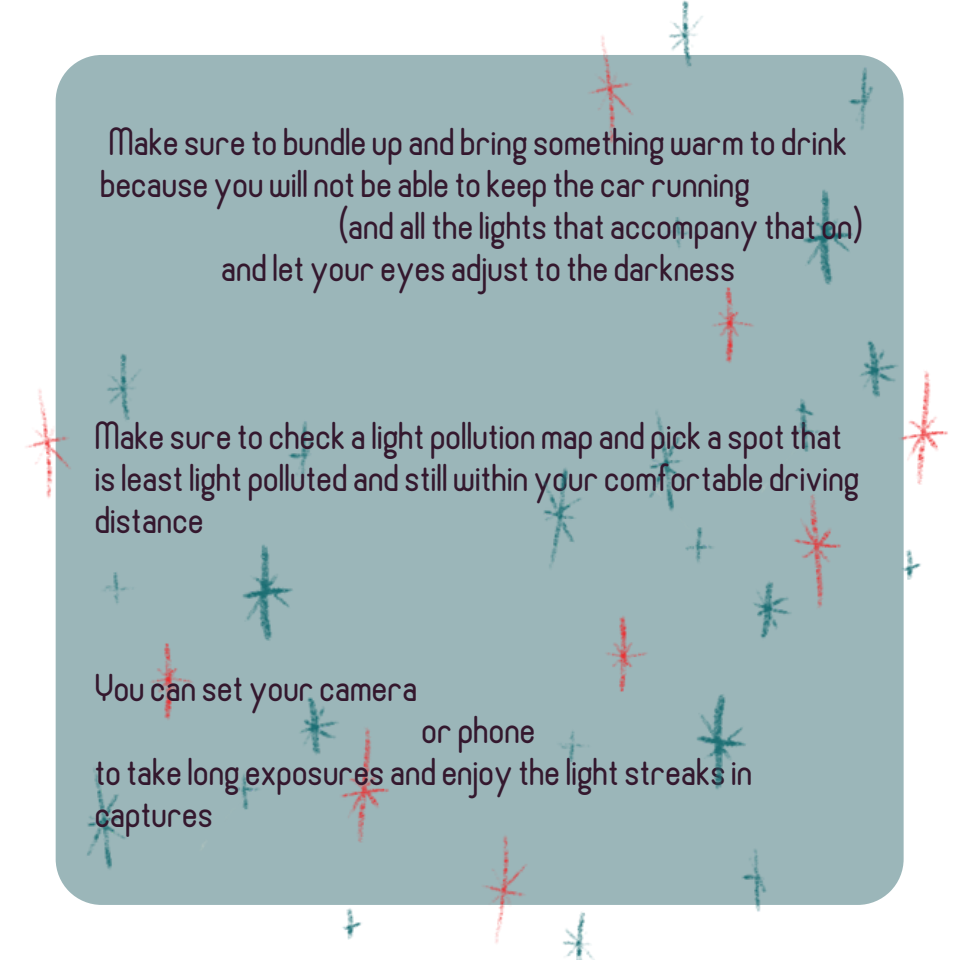
the Geminids

a wonder to behold

Huddled in your car for warmth, you will be able to see a  
good show even before midnight

They are of ten bright and intensely coloured

and can be seen at a rate of almost 120 meteors an hour in  
ideal conditions

The background is a light teal color with scattered, hand-drawn light trails in red and teal. These trails are starburst-like shapes with radiating lines, resembling light trails from stars or distant galaxies. They are distributed across the entire page, with some appearing larger and more prominent than others.

Make sure to bundle up and bring something warm to drink  
because you will not be able to keep the car running  
(and all the lights that accompany that on)  
and let your eyes adjust to the darkness

Make sure to check a light pollution map and pick a spot that  
is least light polluted and still within your comfortable driving  
distance

You can set your camera  
or phone  
to take long exposures and enjoy the light streaks in  
captures

## Bring nature inside

Despite all your best intentions, sometimes in winter you just won't want to go outside.

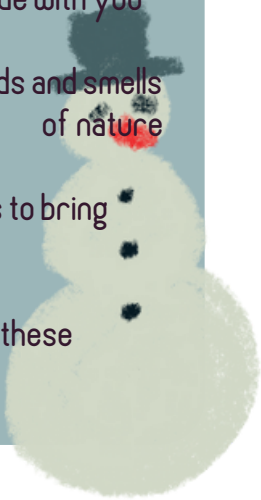
We all know that feeling

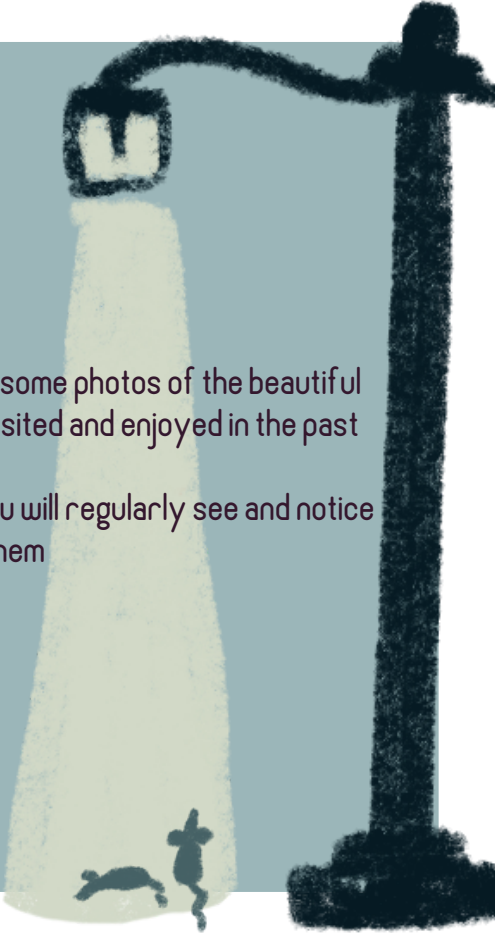
So why not make sure there is some nature inside with you for those bitter cold and rainy days?

You can surround yourself with sights, sounds and smells of nature

You could start by potting up some house plants to bring some greenery and flowers into your room

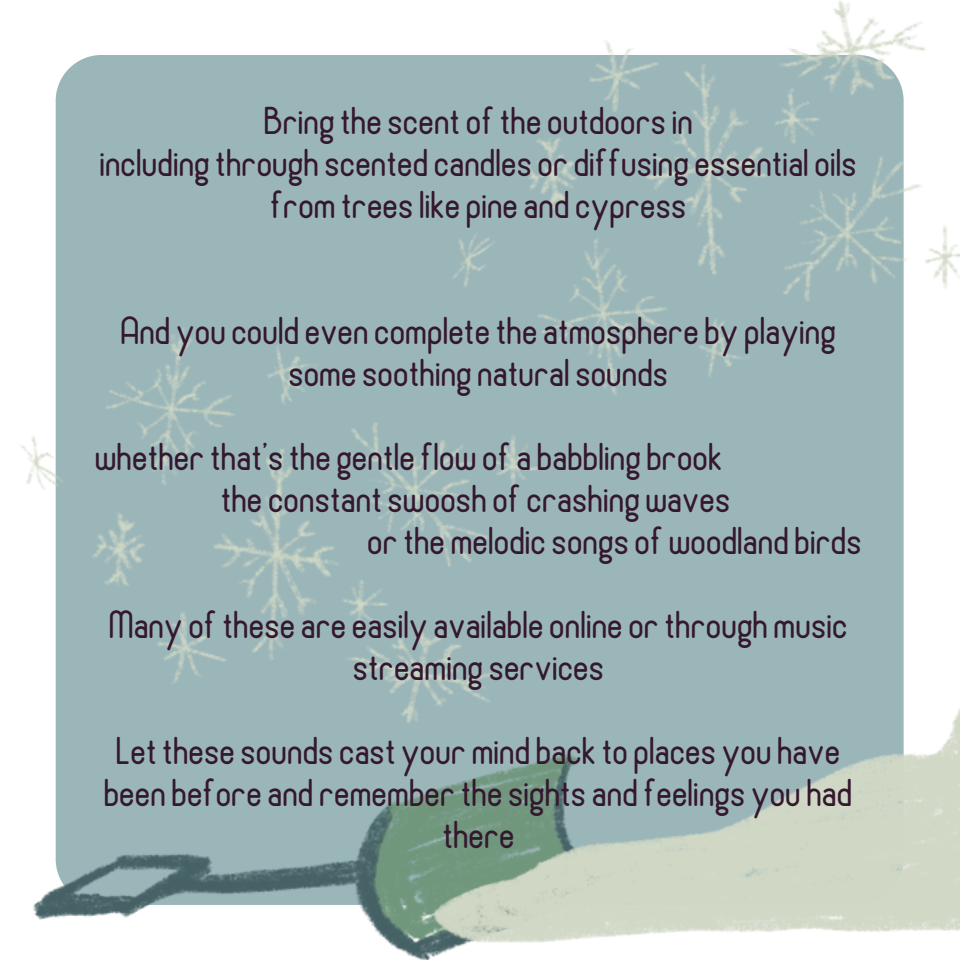
Over time you can nurture and care for these



A stylized illustration of a street lamp. The lamp post is dark and textured, with a curved arm holding a glowing light fixture. A bright, yellowish-white cone of light emanates from the fixture, illuminating the area below. At the base of the light cone, there are silhouettes of a dog and a person. The background is a solid teal color.

You could print and frame some photos of the beautiful natural places you have visited and enjoyed in the past

Put them up somewhere you will regularly see and notice them



Bring the scent of the outdoors in  
including through scented candles or diffusing essential oils  
from trees like pine and cypress

And you could even complete the atmosphere by playing  
some soothing natural sounds

whether that's the gentle flow of a babbling brook  
the constant swoosh of crashing waves  
or the melodic songs of woodland birds

Many of these are easily available online or through music  
streaming services

Let these sounds cast your mind back to places you have  
been before and remember the sights and feelings you had  
there



The re-emergence of green

As the days grow longer  
the temperature rises  
and buds start emerging  
this is a good time of year to get outside more

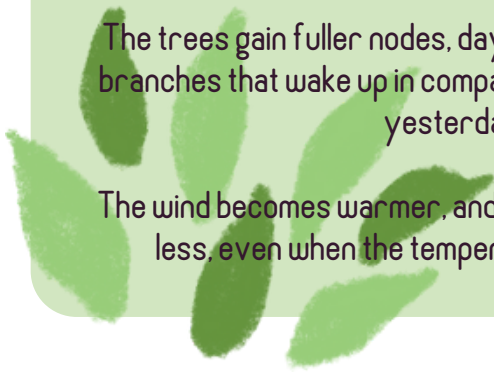
You will start noticing tiny blooms spring to life. The grass  
slowly becoming visible from under the snow

still limp and brown

but soon to be reborn into a vivid green lawn

The trees gain fuller nodes, day by day there are more  
branches that wake up in comparison to what was there  
yesterday

The wind becomes warmer, and bites your cheeks much  
less, even when the temperatures are still low.



And then

the trees are full of colour

before you know it

The green that is so fresh you can smell it  
is suddenly wherever you look



The flowers, which only yesterday seemed to be emerging  
from the snow

have now been replaced with colourful tulips and daffodils

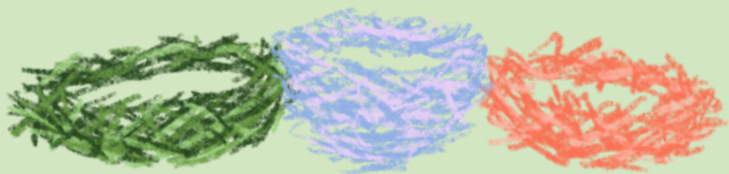
The world is awake

and you breathe a sigh of relief when you feel the warm sun  
colour your shoulders with blush.




Use your senses to...

Hear the song of birds<sup>16</sup>  
returning from their warm winter trips to the south



Can you differentiate the bird calls coming from the trees  
and gardens around you?



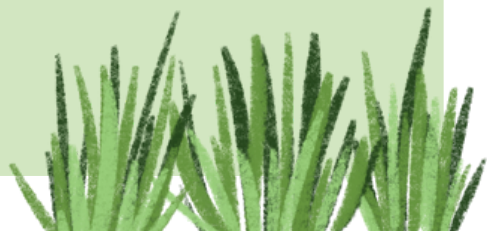
Feel the soft, green new leaves on trees<sup>17</sup> around you

changing the atmosphere of our streets and cities

and transforming previously stark woods and forests



Some leaves are fuzzy, while others are waxy and almost plastic-looking

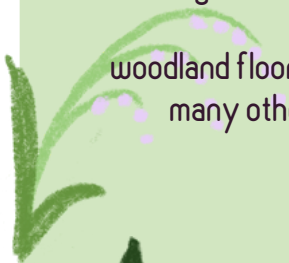


Smell the bright new flowers<sup>16</sup> blooming around you



Parks and gardens are decorated with daffodils

woodland floors are covered in bluebells and dotted with  
many other flowers over the course of the season

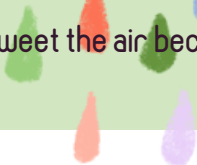


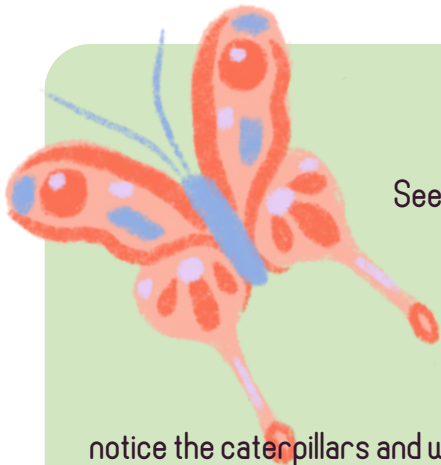
The approaching thunderstorm

and petrichor heavy in the air



Can you smell how sweet the air becomes with each day?





See the first butterflies of the year

notice the caterpillars and worms start to emerge little by little



The bees slowly buzzing, especially around those early flowers that will restore their strength





See fireflies on the first warm week of the spring

Wait till dusk and venture out to a field of tall grass

As the sun slowly sets, and darkness starts to envelop the world, you will see tiny green lights appear and disappear in the grass

It's the fireflies making their yearly dance

winking in and out of existence

The firefly season is very short in Canada so make sure to keep an eye out for those first hints of warm weather

Get out and...



Draw

You can draw however you like, but here is a suggestion:

Find a spot to sit or stand that captures your curiosity

Pick a starting point – a leaf, rock, tree, distant field

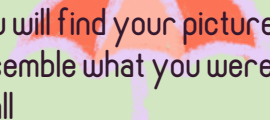
whatever catches your eye

Draw every detail you see but without looking at the page  
and without taking your pen or pencil off the page

Instead keep your eyes fixed on the object

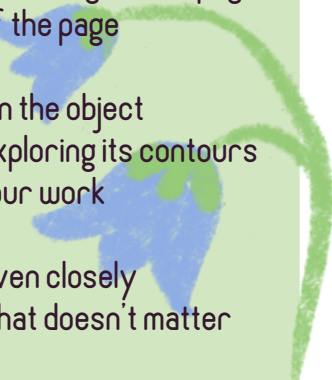
exploring its contours

Once you have finished, take a look at your work



You will find your picture is unlikely to even closely  
resemble what you were looking at but that doesn't matter  
at all

The idea is to focus your attention and notice more of what  
you are looking at.



Get to know a tree<sup>19</sup>



There is a good way to do this with a partner

(and even better with a large group)

and in a location with lots of different trees.<sup>20</sup>



One of you is blindfolded, while the other guides.

Setting off from a shared starting point, the guide takes their blindfolded partner on a winding walk before choosing a tree

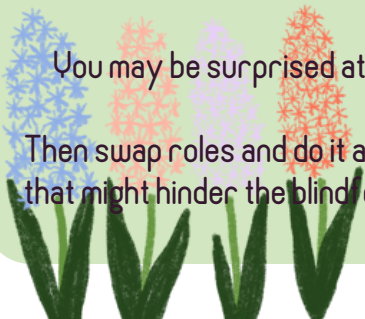
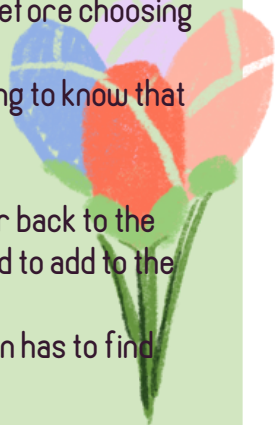
The blindfolded person then sets about getting to know that tree in all ways but sight.

When ready, the guide leads their partner back to the starting point (again, a winding route is good to add to the challenge).

Then the blindfold is removed and that person has to find their tree.

You may be surprised at how successful everyone is...

Then swap roles and do it again – be mindful of the obstacles that might hinder the blindfolded person in particular



## Visit a garden centre <sup>21</sup>

See if any of the plants spark your curiosity  
If none of the house plants seem all that interesting, or if you  
have limited space or allergies at home  
See what things you can plant in your garden

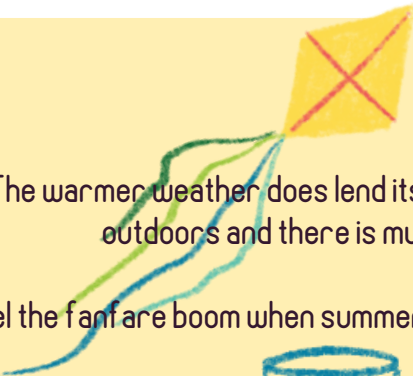
Tomatoes, strawberries, herbs and spices, maybe a  
cucumber or zucchini  
or even a pumpkin if you have the space

All of these will make the approaching seasons more  
enjoyable.



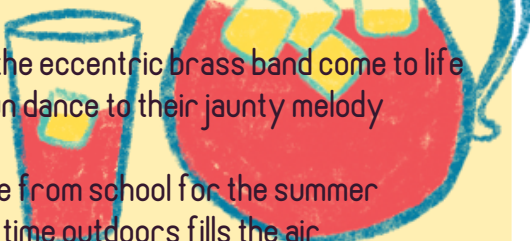
And those bulbs you planted in autumn? I bet they are just  
about ready to emerge

The season of sunshine, long evenings and  
holidays.



The warmer weather does lend itself to more time spent outdoors and there is much to explore

Feel the fanfare boom when summer arrives



Hear the eccentric brass band come to life and watch the sun dance to their jaunty melody

The sounds of kids, free from school for the summer holidays, enjoying their time outdoors fills the air

The smell of barbecue<sup>22</sup>, and the chatter of families spending evening outside.





The splash of a nearby pool

pond

or river



The rustle of leaves when a summer storm is approaching

All of these are markers of summer



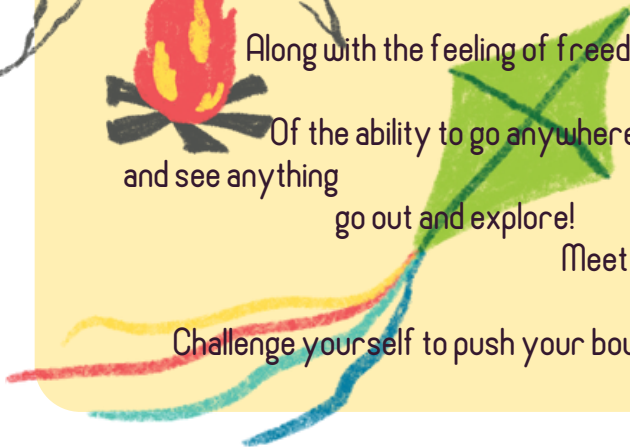
Along with the feeling of freedom

Of the ability to go anywhere  
and see anything

go out and explore!

Meet new people!

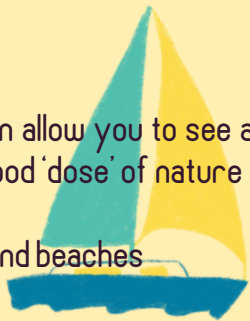
Challenge yourself to push your boundaries!



Use your senses to...

Taking long walks in the countryside can allow you to see a wide range of environments and get a good 'dose' of nature

Explore nearby ponds, streams, lakes, and beaches



Enjoy the breeze that comes from the water

Feel cool, natural water by going swimming.



See if you can find any frogs in the streams.



Hear grasshoppers and crickets in the grasses as they make their 'song' by rubbing legs and/or wings together

Smell the scent of freshly cut grass



barbecues in the garden or at the park

or even the distinct smell bakeries having their doors wide open to let some of the heat out



Taste berries



Summer is the berry season

berry picking is a great way to satisfy your sweet tooth  
while enjoying the fruits of nature

Many nearby farms<sup>23</sup> offer pick your own berry passes  
where strawberries

raspberries

blackberries

and blueberries

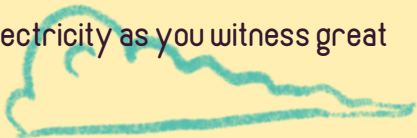
are available





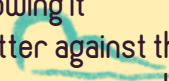
Find a safe place to watch a storm roll in

feel the air charging with electricity as you witness great grey clouds roll in

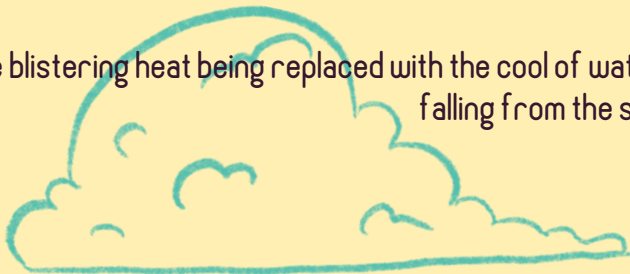


Count the time between when you see the lightning and hear the thunder following it

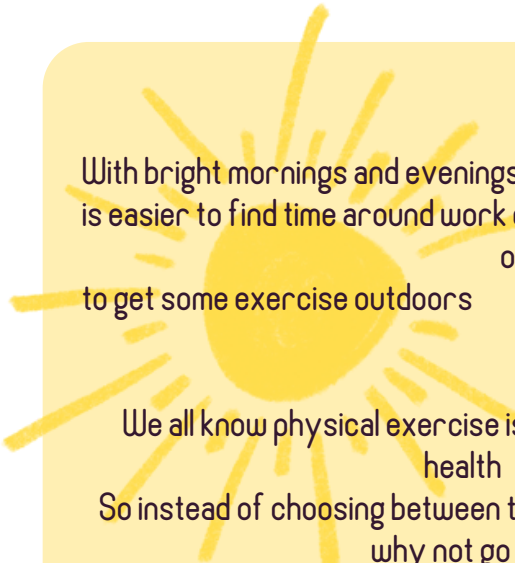
Hear the rain start to softly pit patter against the roof and increase in volume as the storm comes closer



Feel the blistering heat being replaced with the cool of water falling from the sky



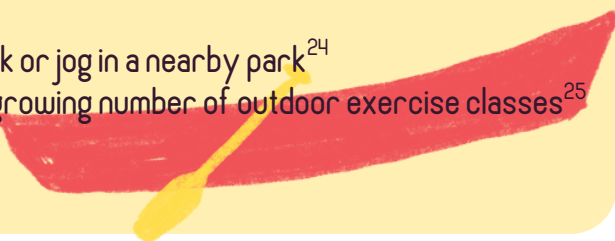
Get out and...



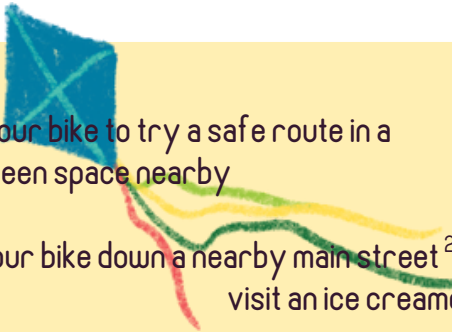
With bright mornings and evenings and warmer weather, it is easier to find time around work or childcare or whatever fills your time to get some exercise outdoors

We all know physical exercise is good for our physical health  
So instead of choosing between the couch or the treadmill why not go for 'green exercise' instead?

Try a brisk walk or jog in a nearby park<sup>24</sup>  
or one of the growing number of outdoor exercise classes<sup>25</sup>







You could also take your bike to try a safe route in a woodland or other green space nearby

You can even take your bike down a nearby main street<sup>26</sup> or visit an ice creamery<sup>27</sup>

If you have a river

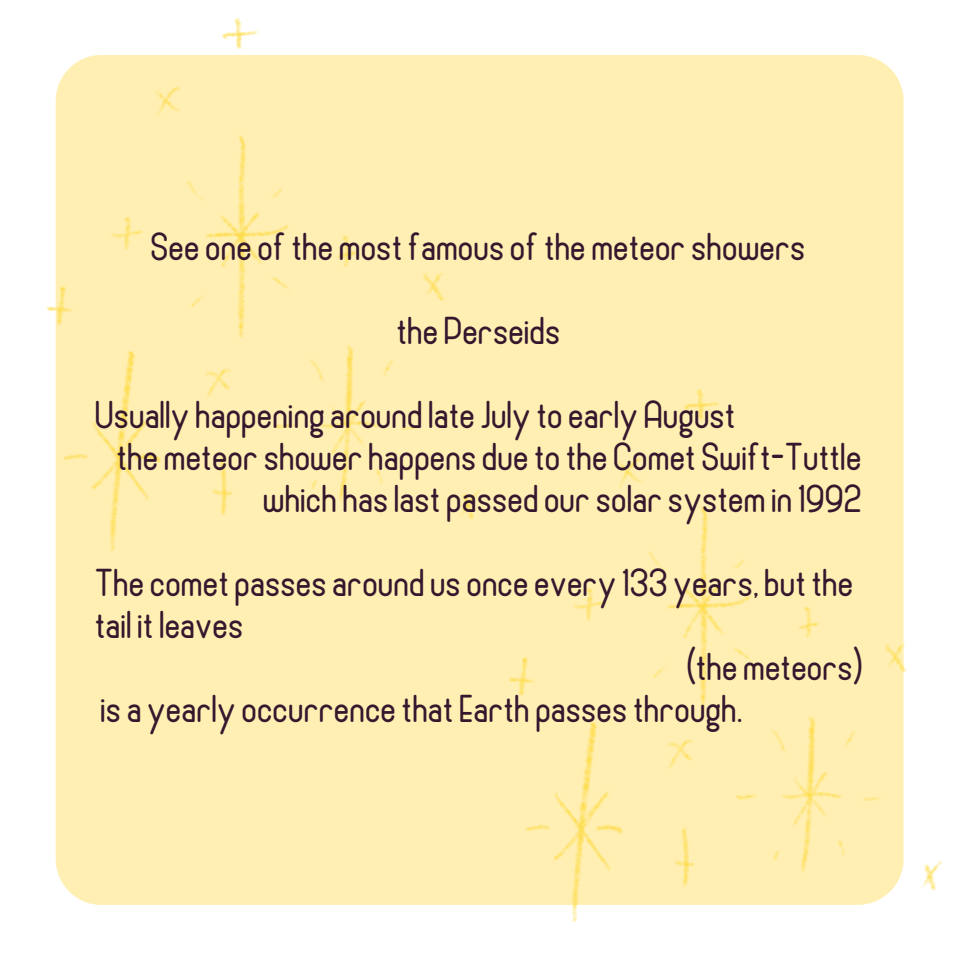
lake

or beach near you

and if you are feeling particularly adventurous you could rent a kayak or canoe<sup>28</sup> and paddle your way downriver

You might find you are more tempted to keep up the exercise if it is out in nature rather than indoors...





See one of the most famous of the meteor showers  
the Perseids

Usually happening around late July to early August  
the meteor shower happens due to the Comet Swift-Tuttle  
which has last passed our solar system in 1992

The comet passes around us once every 133 years, but the  
tail it leaves  
(the meteors)  
is a yearly occurrence that Earth passes through.

You can expect to see up to 100 meteors an hour  
but make sure to plan your night watch in the least light  
polluted area you can find

Stick to driving and watching from your car  
as a safety precaution  
unless you plan on camping during that time

Don't forget to let your eyes adjust to the lack of light to be  
able to enjoy the light-show in full.

Visit orchards<sup>29</sup> or farmers markets<sup>30</sup> in full bloom  
see what new produce the community brings every week  
and challenge yourself to cook with new ingredients as a  
way to further your own creativity

It can be very satisfying to grow your own food and enjoy  
the fruits of your work directly!

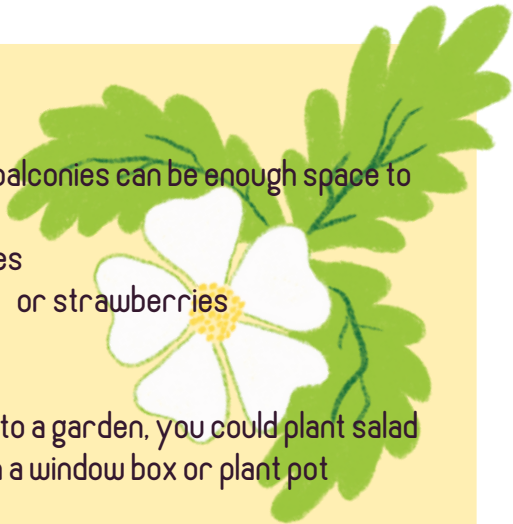
It's also a great way to experience and learn more about  
nature



Small gardens and even balconies can be enough space to grow food

such as tomatoes

or strawberries



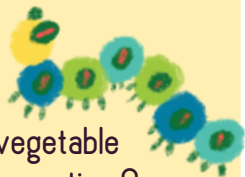
If you don't have access to a garden, you could plant salad leaves or herbs in a window box or plant pot



If you have enough space

on the other hand

why not transform part of your yard into a vegetable garden and save on your shopping bill at the same time?



You may also find community gardens<sup>31</sup> in your area  
a place to connect with your neighbors  
and learn more about the land you take care of



This will allow you to share the labour and the fruits, as well  
as learn from others in a social environment

There are also opportunities to pick your own food  
by going fruit picking  
or foraging for wild food

Look for local farms<sup>32</sup>  
including city farms  
guides  
or orchards<sup>33</sup>  
that let you pick fruit to buy.



This concludes the guided portion of this book

You still have plenty of pages to fill  
but you will also find a list of businesses and locations that  
might kick start your journey around your own area

The list is our own look into some activities  
don't feel pressured into visiting the places we mention

Feel free to look into local places yourself  
and find new and exciting ways to connect with the world  
and your community

- 1 - Visit a park and watch falling leaves. Mill Pond Park - 321 Mill St, Richmond Hill, ON L4C 4B5
- 2 - Visit a park and bird watch. Sibbald Point Park - 16232 ON-48, Whitchurch-Stouffville, ON L4A 7X4
- 3 - Explore the trees while on a hike. Toogood Pond Park - 280 Main Street, Unionville, ON L3R 2H2
- 4 - Explore the trails. Durham Region Forest - Concession Rd 7, Uxbridge, ON L9P 1R4
- 5 - Visit this arboretum. Oshawa Valley Botanical Gardens - 155 Arena St, Oshawa, ON L1J 4E8
- 6 - Pick your own apples. Pingles Farms - 1805 Taunton Rd, Hampton, ON L0B 1J0
- 7 - Explore a local farmers market. Reesor Farm Market - 10825 Ninth Line at Elgin Mills Rd., Markham, Ontario
- 8 - Try local jams. Linton Farm Market - 571 Raglan Road East Oshawa, Ontario L1H 0N1
- 9 - Visit a local honey farm. Circling Hawk Farm - 13433 Leslie St, Richmond Hill, ON L4E 1A2
- 10 - Go visit an animal petting farm. Lionels Farm - 11714 McCowan Road Stouffville, ON L4A 4C4
- 11 - Check out a Christmas market. December. Aurora Town Park (entrance from Larmont Street) 49 Wells Street Aurora, ON L4G 1H1



12 - Go Christmas tree shopping. MacPherson Christmas Tree Farm - 17422 ON-48, Whitchurch-Stouffville, ON L4A 1Z1

13 - Visit a used bookstore. Alf sen House Books - 154 Main St N, Markham, ON L3P 1V3

14 - Browse the public library. Markham Public Library - 6031 Hwy 7, Markham, ON L3P 3A7

15 - Enjoy a local coffee shop. Gate Cafe 10185 Yonge St Unit 2, Richmond Hill, ON L4C 1T5

16 - See Falcons, Hawks, and Owls. Kortright Centre for Conservation - 9550 Pine Valley Drive, Woodbridge, ON L4L 1A6

17 - Go on a walking trail and collect leaves. Porritt Tract York Regional Forest - 15470 Kennedy Rd, Newmarket, ON L3V 4W1

18 - Visit a community garden. Phyllis Rawlinson Park - 11715 Leslie St, Richmond Hill, ON L4E 3R7

19 - Visit a trail. Hollidge Tract - 16389 ON-48, Whitchurch-Stouffville, ON L4A 7X4

20 - Visit hiking trails and explore different trees. Long Sault Conservation Area - 9293 Woodley Rd, Bowmanville, ON L1C 3K6

21 - Walk around a garden centre. Valleyview Gardens - 8636 Reesor Rd, Markham, ON L6B 1A8

22 - Enjoy a BBQ style restaurant. Sul Irmaos Smokehouse - 66 Broadway, Orangeville, ON L9W 1J9

23 - Go pick your own strawberries. Robintide Farms - 2720 King Vaughan Rd, King City, ON L6A 2

24 - Explore the trails. Lakefront West Park - 1221 Phillip Murray Ave, Oshawa, ON L1J 6Z8

25 - Participate in an outdoor fitness class. Body Positive Fitness - 80 Carlson Dr Newmarket, ON L3Y 5H3

26 - Explore the main street. Main Street Unionville - 197 Main St. Unionville, Markham, On, L3R 2G8

27 - Visit an ice creamery. Flavours of Unionville - 155 Main St Unionville, Unionville, ON L3R 2G9

28 - Rent a kayak or canoe and paddle. Paddle Freedom - 4 Cedar Grove Dr, Caesarea, ON L0B 1E0

29 - Visit an orchard. Nature's Gift Orchard - 14847 Warden Ave Stouffville ON L4A 7X5

30 - Explore a farmers market. Whitby Farmer's Market - 400 Dundas St E, Whitby, ON L1N 0K1

31 - Join a Community Garden. Vaughan City Hall Community Garden - 2141 Major MacKenzie Dr W, Maple, ON L6A 1P7

32 - Visit a local farm. Jenala Farms - 475080 Dufferin County Road 11, Shelburne, ON L0N 1S4

33 - Pick your own fruit. Dixie Orchards - 14309 Dixie Rd, Caledon, ON, Canada, Ontario



A guide to finding your own path to mental wellbeing

