





## fowing feeds of Resilience

## THE RECOVERING FARMER

A conversation with Gerry Friesen about his mental health journey and its impact on his farming life, along with tips for managing stress and building resilience in agriculture.



## THE RECOVERING FARMER By Gerry Friesen A Journey through the Labyrinth of Anxiety and Depression

## Scan Me!

Scan the QR code to view the Sowing Seeds of Resilience webinar and access essential mental wellness resources.

https://qrl.be/M43U

