



Why Choose Us?

Instead of taking your loved ones back home after rehabilitation, bring them to us to ensure they will not relapse. We are 120km away from Harare in a secure village setting, away from toxic environments.

Services We Offer

- Medication Supervision
- Relapse Management
- Empowerment
- Livelihood Plan

EmStan Farm is taking the approach of Care Farms, which are very popular worldwide.

A Care Farm is an innovative therapeutic approach that combines farming or agricultural activities with mental health and substance abuse treatment. These farms provide a healing environment and a structured program to support individuals with mental health conditions and substance abuse disorders. The aim is to promote well-being, personal growth, and recovery through engagement with nature, animals, and meaningful work.

Key Elements and Benefits of the Healing Process at a Care Farm:

- 1. Nature-based Therapy:**

Care Farms capitalize on the healing power of nature by offering therapeutic activities outdoors. Spending time in nature has been shown to reduce stress, improve mood, and enhance overall well-being. Activities may include gardening, animal care, horse riding, or nature walks.
- 2. Animal-assisted Therapy:**

Interacting with animals can have a profound impact on mental health. Care Farms often have animals such as rabbits, goats, chickens, or therapy dogs. Animal-assisted therapy can improve social skills, build empathy, reduce anxiety, and boost self-esteem.
- 3. Meaningful Work and Routine:**

Care Farms provide structured daily activities, giving individuals a sense of purpose and responsibility. Engaging in meaningful work, such as tending to crops or caring for animals, can boost self-confidence and develop important life skills.
- 4. Social Support and Community Integration:**

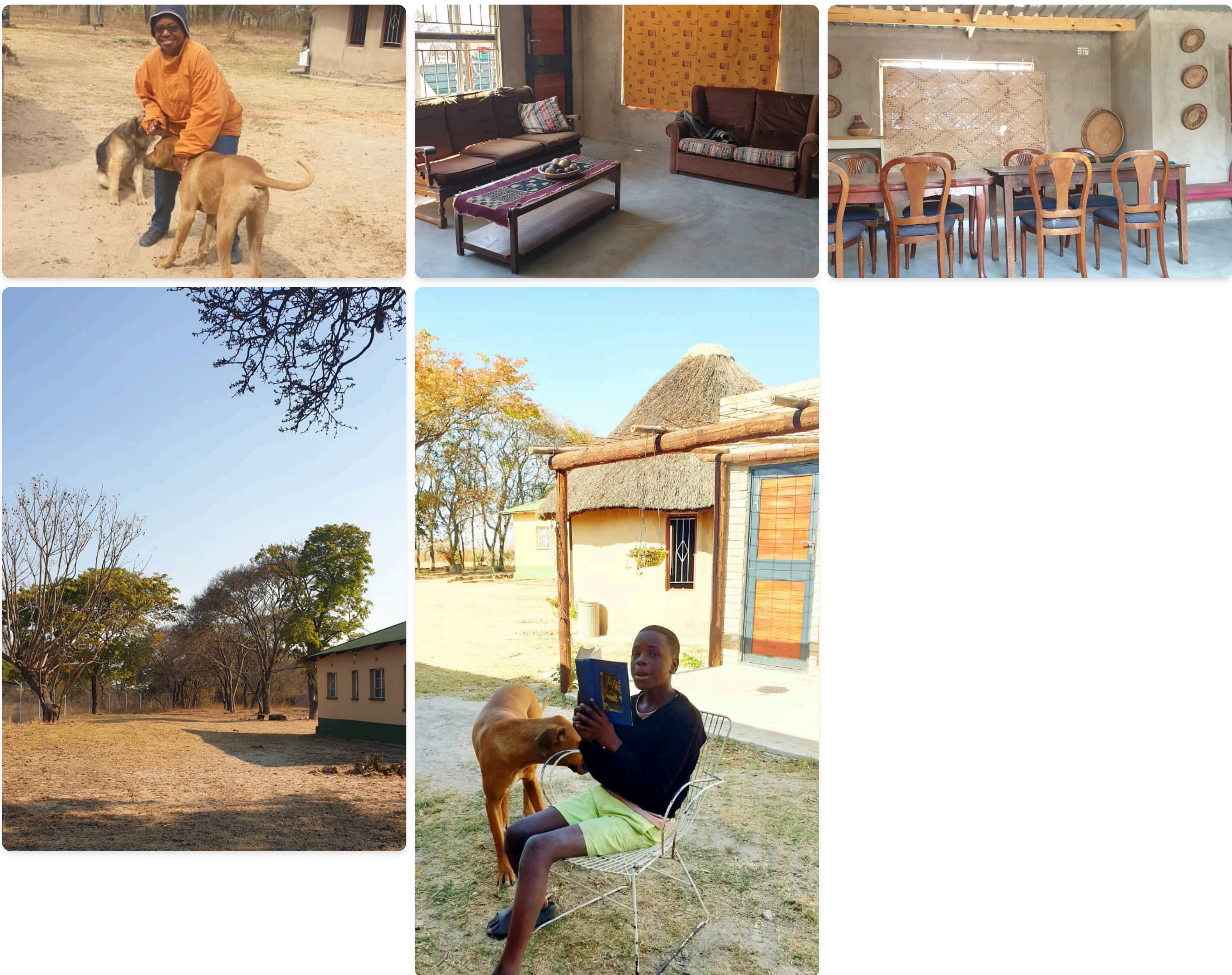
Care Farms offer a supportive and inclusive community. Participants can connect with peers who share similar experiences, fostering a sense of belonging and reducing isolation.
- 5. Holistic Approach:**

Care Farms adopt a holistic approach, addressing physical, emotional, and spiritual well-being. Participants may access counseling, mindfulness practices, art therapy, and complementary therapies.
- 6. Skill Development and Vocational Training:**

Care Farms offer vocational training and skill development opportunities. Learning new skills or re-engaging in work enhances self-confidence and employability, supporting independence and recovery.
- 7. Therapeutic Environment:**

Care Farms provide a calm and serene setting away from daily stresses. The peaceful atmosphere, combined with the rhythmic nature of farm work, offers a soothing effect on individuals with mental health conditions or substance abuse disorders.

Our Beautiful Gallery



Mental Health Resources

CARE FARMS, SOCIAL FARMS AND GREEN FARMS

Learn about care farms

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ZIMBABWE MULTISECTORAL DRUG AND SUBSTANCE ABUSE PLAN

2024–2030 Plan on drug and substance abuse

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ZIMBABWE MULTISECTORAL DRUG AND SUBSTANCE ABUSE PLAN

A Rights-Based and Person-Centred Approach

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The Power of Aftercare and Empowerment for Individuals with Psychosocial Disabilities

2024–2030 Plan on drug and substance abuse

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RECOVERY TESTIMONY

A look at a testimonial from one of the patients

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