



# Welcome to Emstan CareFarm

Mental Health Support



## Who is welcome?

Our Aftercare and vocational training centre is ideal for persons with psychosocial disabilities including those with substance abuse disorders who want to regain independence and employment skills. They will only be accepted after Rehabilitation and have been cleared by the hospital or rehabilitation centre. We do not take clients who are Psychotic.

## What we Offer

Individual and group therapy sessions with trained lived experience peer supporters and counselors

### Life Skills Development

- Workshops: Participants attend workshops focused on life skills development, such as communication skills, stress management, time management, and conflict resolution.
- Vocational Training: Care farms often offer vocational training programs, equipping individuals with new skills and enhancing their employability once they complete the program.

### Recreational Activities

- Physical Exercise: Engaging in physical activities like hiking, yoga, or sports helps improve overall well-being, reduce stress, and promote a healthy lifestyle.
- Art Therapy: Creative activities, such as painting, music therapy, or writing, can serve as expressive outlets for emotions and aid in self-discovery and healing.
- Mindfulness and Meditation: Guided mindfulness sessions or meditation practices can help individuals develop relaxation techniques, improve focus, and manage cravings.

## Read Our Articles

### 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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## Our Gallery



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Get In Touch