WASHINGTON STATE UNIVERSITY EXTENSION | Cowlitz County

Farmer Stress Assistance and Wellness Event

April 5th, 2024

9 am to 4 pm

351 NW St. North, Chehalis, WA

Join us for a day of learning and reflecting on how to reduce and manage stressors on your farm with a focus on physical, emotional, mental, and financial health.

Farming can be extremely stressful. Agriculture is known to be a dangerous occupation full of potential stressors like weather, changing economic markets, and machinery breakdowns. When those start to compound many farmers experience excessive stress, making it hard to move forward to positive solutions. Due in part to the stressors faced in farming, agricultural workers have rates of suicide much higher than the average rate. Farmers need support now more than ever.

During this ***free***, one day workshop, we will explore how farmers can care for themselves to sustain their tenure in agriculture. You will walk away with practical knowledge and resources to help manage the stressors of agriculture. While we understand that some of these topics may be challenging to address in our agricultural community, it is necessary to be proactive in community health and wellbeing.

Lunch and snacks will be provided.

This workshop is presented by **Washington State University Extension AgrAbilibty and Agricultural Suicide Prevention Programs and Lewis County Farm Bureau**. We could not do this free workshop without the generosity of our sponsors. Our sincere thanks to them all. If you have the opportunity, please, let our sponsors know of your appreciation.

To register: https://forms.gle/xXaQPsYsadJSzCBK7

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