



VOLUNTEER OPPORTUNITY	Garden Wellness Program
PREFERRED VOLUNTEER START DATE	April
EXPECETED VOLUNTEER END DATE	November
SCHEDULE	<p><i>*Preference for volunteers who can commit to at least 2 or more hours at a time and at least 8+ Volunteer Days over 3+ months</i></p> <p><u>Thursday or Friday (9am-12)</u></p> <p><i>*Hours are flexible</i></p>
LOCATION	Dahlia Campus for Health & Well-Being
VOLUNTEER SUPERVISOR	Market Farm Manager

PURPOSE

The intention of the **Garden Wellness Program** is to make the farms and gardens accessible to folks receiving services at Dahlia, those in the community, and staff. Seasonal scavenger hunts, pop-up gardening events, group activities, and horticultural therapy opportunities are available for your use. Check our calendar or reach out to Shannon Hourigan for more information.

The **Therapy Garden** is maintained by the Garden Wellness Coordinator. The programming and activities offered here include plantings by Skyline Academy and Sewall Child Development Center students. The plants you can find in the therapy garden are intended to evoke sensory experiences. It is a peaceful space that can be enjoyed by anyone. This garden is ever evolving to meet the needs of the people we serve.

Volunteers will assist in the maintenance (planting, harvesting, weeding, watering, etc.) of the therapy garden. They will also assist in assembling *Grab and Go's* for clinicians. *Grab and Go's* are simple horticultural activity kits that therapists can use with their clients in session. Some examples include terrarium kits, windchime making kits and microgreen growing kits.

For more information about the Market Farm visit our [Dahlia Campus Farms & Gardens Webpage](#).

KEY RESPONSIBILITIES

- Weeding
- Seeding
- Harvesting
- Watering
- Planting
- Pruning

QUALIFICATIONS

- No previous farming experience is necessary.
- Can lift 40 lbs. and are willing to engage in strenuous, physically demanding tasks.
- We take health and safety very seriously and have strict Food Safety and Biosecurity policies. Since this volunteer position involves direct contact with food items, we require that volunteer adhere to the following rules:
 - We ask that volunteers do not smoke on the day they plan to volunteer (this relates to Tobacco Mosaic Virus which can put our crops at risk)
 - Always wear clean clothes, no dangling jewelry, and expect to tie your hair back.

ONBOARDING REQUIREMENTS

If you are a good fit for the volunteer opportunity, we will begin our volunteer onboarding process with you which will require the following:

- Background Check
- Fingerprinting (applicable to select locations)
- Proof of Vaccination (Influenza Vaccination is required during Flu Season)
- Volunteer Orientation

COVID-19 GUIDELINES

Our organization puts the health and safety of the people we serve, our staff and our volunteers above all else. Volunteers upon onboarding will be asked to review and agree to current organizational COVID-19 safety guidelines.

To apply for this opportunity please complete an [individual volunteer application](#)

Volunteer Applications for this opportunity are typically reviewed on the 1st and 15th of the month.