

Noodle

F


A R M S



ABOUT OUR FARM



As part of the Pathways Program, participants are invited to a monthly therapeutic experience at Noodle Farms in Southern Illinois. For those able to attend, the farm offers a peaceful, supportive setting designed to help individuals slow down, reconnect with themselves, and focus fully on healing and well-being. Because much of the Pathways journey is individualized, these gatherings create a rare opportunity for participants to come together, build meaningful relationships, and grow a lasting Pathways community. Through gentle, guided activities in a calming natural environment, participants are encouraged to feel grounded, relaxed, and emotionally supported – all while enjoying the restorative beauty and quiet of the farm.

FARM-BASED RESTORATIVE WELLNESS EXPERIENCES



Grounding & Mindfulness

- Simple breathing and calming exercises
- Sensory activities using nature
- Gentle walks around the farm



Guided Meditation

- Short, guided relaxation and meditation sessions
- Outdoor meditation when weather allows



Animal Therapeutic Interactions

- Calm, supervised interactions with farm animals
- Learning how animals help with comfort and emotional connection



Therapeutic Gardening

- Planting, watering, and caring for gardens
- Hands-on activities that promote patience and relaxation



Other Healing Activities

- Journaling or reflection time
- Gentle movement or stretching
- Group sharing and connection



BENIFITS OF NOODLE FARMS

- ✓ Reduces stress and anxiety
- ✓ Encourages emotional regulation
- ✓ Builds connection to nature and animals
- ✓ Supports overall mental and emotional wellness

WHO IS THIS FOR?

Noodle Farms is for members of the Pathways Program who are seeking a peaceful, supportive environment to focus on healing, growth, and well-being. Activities are adaptable and designed to feel safe, welcoming, and non-overwhelming.





Noodle Farms, LLC.

OUR GOAL

To provide a nurturing space where participants can reconnect—with nature, with others, and with themselves.



SEE YOU ON THE FARM!