

# Healing Through Growing at Skye's Place

Fort St. John, BC, on the traditional lands of the Dane-zaa peoples, within Treaty 8 territory



## Who We Are

Fort St. John Women's Resource Society serves over 16,700 people annually in Fort St. John, BC, through housing, health services, outreach, and programs addressing poverty and violence. Skye's Place, our second-stage housing program, provides safe housing and healing supports for women and children, with initiatives like gardening that strengthen health, food security, recovery, and empowerment.



## Project Overview

The Healing Through Growing project at Skye's Place aimed to enhance food security and provide nature-based therapy for women and children healing from trauma. Serving residents and vulnerable clients, the project offered gardening workshops, Indigenous teachings, and community activities, cultivating skills, resilience, and connection while expanding gardens across FSJWRS sites.

## Key Highlights

Residents at Skye's Place gained skills and confidence through gardening workshops, fostering healing, food security, and community connection. Indigenous teachings enriched the project, while donations and partnerships supported expansion to five new beds at our Healing Place and office, ensuring sustainability and broader access for vulnerable clients.



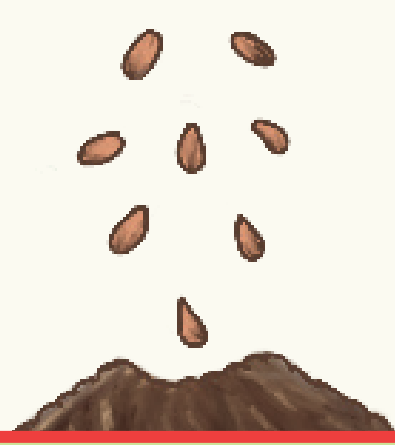
## Stories of Impact

One Skye's Place resident shared, "Planting my first seeds gave me hope—I'd never grown anything before. Watching them thrive reminded me I could heal too." Gardening became more than food; it nurtured confidence, calm, and pride, showing residents their growth could flourish alongside the garden.

## Next Steps

Next, we will expand plant production through cuttings and slips, continue composting and soil health initiatives, and install rainwater barrels for sustainable irrigation. Workshops on harvesting, preserving, and Indigenous planting practices will continue. Long-term goals include increasing biodiversity, food security, and therapeutic benefits while strengthening community involvement across FSJWRS sites.

## Stages of Food Systems Transformation



### Seeding

- Create spaces and opportunities for communities to gather
- Build skills, competencies and leadership
- Engage in critical reflection



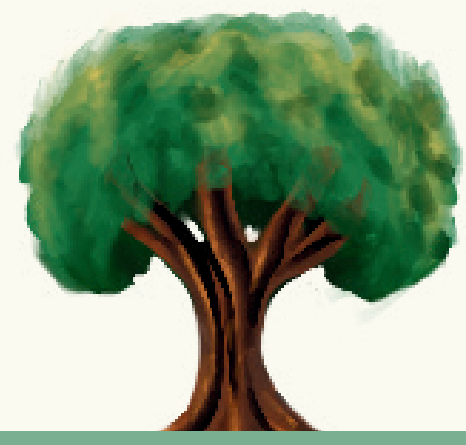
### Germinating

- Strengthen networks and coalition building
- Foster equitable relationships and collaboration
- Create processes for accountability and transparency



### Rooting

- Facilitate mutual knowledge and resources sharing
- Stimulate co-creation of knowledge
- Leverage community leaders and assets



### Growing

- Engage in transformative collective action projects
- Engage in transdisciplinary action research
- Strengthen social movements

## Contact

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## Acknowledgements

We sincerely thank our community partners, donors, and volunteers for their generous contributions of plants, soil, and materials. Special appreciation goes to Indigenous Elders for sharing knowledge, North Peace Rotary for supporting rainwater initiatives, and our dedicated staff and residents at Skye's Place for bringing passion, creativity, and care to the garden project.

This project was made possible with funding from the Ministry of Social Development and Poverty Reduction and facilitation from the Public Health Association of British Columbia and Food Banks BC. Learn more: [www.CFSD-PHABC.ca](http://www.CFSD-PHABC.ca)

