



FARM FIRST

LESS STRESS, MORE FARMING

CONTACT US AT:

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FARM FIRST provides farmers and their families counseling and

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 include licensed counselors and an agricultural resource coordinator, all with an interest and experience in agriculture X Farm First is a Vermont-based public, not-for- % œ } . š % œ } P œ jointly sponsored by the Vermont Agency of Agriculture and the Vermont Agency of Human Services Invest EAP Centers for t o o] v P X

We can assist you remotely through videoconferencing and in % œ • } v U u } l œ Ÿ P Z š š Ç } μ œ (œ u X

FARM FIRST % œ } À] • } v . v Ÿ o Z o % œ Á] š Z v œ work-related issue:

- x Family/relationship conflicts
- x Alcohol/drug problems
- x Legal/financial concerns
- x Anxiety/depression
- x Health/disability needs
- x Impacts of natural disasters
- x And more...

FARM FIRST services are free to ALL Vermont farmers and š Z] œ (u] o Ç u u œ • X



FARM FIRST, we're here to help!
