

Introduction

Pillwillop Therapeutic Farm is the latest program of Community Counseling of Central Connecticut Inc. Pillwillop Farm as it was known until the end of 2011 has been a family run farm since the 1860's. It has had many incarnations. It has had animals, vegetable crops, timber and Christmas tree sales as well as a host of other uses. Originally hundreds of acres, the farm is currently around 50 acres and hosts hard and soft woods as well as a community garden and hiking trails. It has been the home of several local businesses over the years including the *Sharp Shop*, which sharpened most anything that had a blade. Though the *Sharp Shop* no longer is in operation since Clarence Atwood's retirement, his sign remains on the property as does much of his original equipment which we hope to put back into operation as part of an occupational therapy program in the future.

Most workers on the farm are volunteers, upgrades to the land and buildings rely for the most part on volunteer labor and donated products.



Pillwillop Farm in 1936

Community Counseling of Central CT.
Inc.
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Address Correction Required

PILLWILLOP THERAPEUTIC FARM*

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Nurture in Nature...

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*A program of Community Counseling of Central CT Inc. an independent 501 c 3 not for profit.
Any donations to the program are tax deductible.



Our goal is to provide a safe place for people in the community to meet and share knowledge. While you can expect to receive the same high quality mental health services that Doc Warren and Community Counseling have been providing for years, this new venue gives the opportunity for so much more. As funds allow, we will open up classroom space, community rooms for use by different programs, and we will be offering a diverse array of workshops ranging from clinical to social to art-based, spiritual, nature and farming to dance. We will be open to most any appropriate workshop that seeks a place.

Counseling Services: Services include: Individual, couples, family and group therapy for children, adolescents and adults. Therapy takes place in the office, in the fields or in the wooded areas based on client preference and clinical appropriateness.



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Community Garden: The community garden is up and running. Members can enjoy the use of a plot of land in which they can grow the plants and vegetables of their choice or they can choose to work in the larger community based gardens as volunteers. Volunteers are trained and educated on gardening: you need not have a green thumb or experience.

Vegetables are shared with volunteers, the needy and general public as available via our “Take What You Need, Leave What You Can” Farm stand.

Applications for individual plots can be found at the office, farm or on our website <http://www.docwarren.org/application-for-garden-plot/>

Passive Recreation and Hiking Trails: Enjoy the trails at the farm. Walk on trails, some of which dated back to the original owners in the 1860’s or before, others that are much newer; on the trails can be found streams, a pond, wildlife and various types of plants and trees; nature that nurtures.



Art Based Therapy: Art Based therapy is provided by an experienced art based therapist. Therapy is offered on an individual, family, or group basis.

A Farming Museum: Includes working farm equipment that is used on premises. Farming related equipment donations are encouraged. **BY APPOINTMENT ONLY**

Occupational Training: Training in farm based practices as well as tool sharpening, equipment maintenance, wood working, metal working and related activities. Donations of goods and equipment are encouraged. **COMING SOON**

Farm-based Classes: Periodic classes, workshops and training related to nature, farming and related topics are offered as possible.

Annual Conference and Periodic All Day Trainings: An annual Wellness Conference as well as periodic trainings and seminars are offered. Please visit our Facebook page for announcements. Search Facebook for “Pillwillop Therapeutic Farm” and sign up today!

