



## **JUST IMAGINE...**

- ...if there were a place not too far away that was peaceful, healing, safe, beautiful, clean, inspiring, and welcoming to everyone.
  - ...a peaceful place that takes you away from the busy chaos of life and soothes feelings of isolation.
  - ...a healing place where you can clear your mind, breathe deeply, relax, and simply smile.
  - ...a safe outdoor place that you can visit year-round, where you can step back into a simpler time and experience the joy of letting nature invite you in.
  - ...a beautiful place where gardens overflow with seasonal blooms including sensory enriching edible herbs and vegetation.
  - ...a clean place where you are invited to interact with small flocks of playful, friendly, therapeutic, backyard chickens.
  - ...an inspiring place where you can expand your mind, dream, learn, and grow, just by being present.
  - ...a welcoming place that embraces everyone, where no one is ever judged on ability, race, education, finances, age, etc.
- ...EVER

There is no need to just imagine this place any longer.  
This place does exist, and you are welcome here.

## **Welcome to the Touch My Heart Farm**

**At the Touch My Heart Farm you will experience  
and/or have access to:**

Food & Supply pantry- On-site/Mobile pantry for basic everyday food & supplies.

Teaching Kitchen- Basic culinary training for a simple and healthy lifestyle.

Barn- Beautiful rustic rentable meeting/event venue.

Chicken Therapy Education- Learn how chickens can make great support animals due to their calming and therapeutic qualities.

Backyard Chicken Training Program- Learn the lost art of keeping your own backyard chickens. We can teach you step by step and encourage you along the way.

Baby Chick Nursery- Experience the growth stages of a baby chick in the brooder before they become backyard chickens.

Urban gardening techniques- Learn simple at home gardening skills to grow your own fresh and healthy herbs.

Composting education- Learn the simplicity of how & what to compost at your own home.

Volunteer opportunities- Touch My Heart has a large variety of volunteer opportunities for all ages.

**For more information on how you can be part this one-of-a-kind, life enriching farm, please contact:**

**Rick Montalbano Jr.**

**President/CEO**

**708.417.4464**

**rick@touchmyheart.gives**

Touch My Heart is a not for profit corporation under IRS 501(c)(3) (Fed Tax ID# 27-1919968).