

NATURE STEWARDS



Introducing The Nature Stewards Program

A program for seniors' residences in Halton that provides older adults with opportunities to connect with nature and work together to steward a greener future for all.

Program Objectives

- ✓ Boost mental and physical health through connections with nature
- ✓ Provide learning opportunities for older adults to make positive changes for the environment
- ✓ Introduce native plant gardening in Halton senior's residences

Available dates:

Workshops and field trips available August 2025 to March 2026.

Garden workshops and installation available available August to October 2025.



Conservation Halton
PARKS



NATURE STEWARDS

Program Components

Participating residents can take part in any of the program components below.

1. Workshops:

Conservation Halton staff bring nature to you through engaging in-person workshops at your location

Choose 2-3 workshops from the following list: (Note: more are being developed and will be available in fall 2025).

- Slither & Crawl (live native snakes)
- High Waters: Climate Change & How You Can Help
- Neighborhood Birding
- Feathered Friends (live birds of prey)
- Save our Syrup: Climate Change & Maples (includes maple syrup tasting)

2. Accessible Native Plant Garden:

Garden Installation takes place over 2 days and all supplies are provided

Day One: Introduction to Native Plants workshop (in-person)

- Participants learn about native plants, ideal growing conditions, and how native plants support healthy ecosystems

Day Two: Garden installation

- Participants work with Conservation Halton staff to build raised beds, and design and plant native pollinator gardens.

3. Parks Experience:

Enjoy a field trip to one of Conservation Halton's education centres! Crawford Lake and Mountsberg offer the perfect day out to enjoy nature and soak up the sun. Programming is tailored to the physical needs and interests of the group. Transportation subsidies are available if needed.

For more information contact Jill Duvnjak, Community Engagement and Outreach Coordinator
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