

Heartland/Farm: Worksite Outreach!

Testimonials from individuals working at Heartland originally coming through CCMEP:

Heartland - Working at Heartland was one of the best experiences I've had, not only work wise, but life wise. From learning new skills like how to drive the tractor to tilling the beautiful sunflower fields and the pumpkin patch, to setting goals for a successful future. I had a fun time working in the woods, and one of my favorite parts was working with the animals, no matter how stinky! While working at Heartland, I also learned a lot of mentoring skills to lead me into my new career, and I couldn't have done it without the help of Dean and Jenny. I gained a second family that has been there through not only hardships, but life successes. Working at Heartland, I gained lots of amazing work experience and knowledge on top of a lifelong friendship and family. I couldn't be more thankful for such a blessing.

Thank you guys for letting us stop by today. I just wanted to say I love you guys and appreciate everything you do for me! I couldn't be more blessed to have you guys as family. It means a lot to me to have your support through the rough moments in life.

Heartland –Dean has burnt into my head 4 things: 1) Goals, 2) Persistence wears down resistance, 3) If I change the way I look at things, things way things look will change, and 4) I need a vision/purpose for my life and a financial plan to support that vision. 4 years later, I think I now understand all 4! I really experienced life change by having Dean/Jenny as not just work managers but as mentors and as parents I never had, they helped me overcome life challenges including helping me with more than just basic work skills but also parenting skills, nutritional eating habits, and becoming dependable as I transitioned from a mindset of not wanting anything to do with work to now looking forward to and enjoy work. Plus I've developed a few side hustles along the way to help me achieve my financial goals and my vision. While working at Heartland I've learned to go above and beyond for quality work so the experience for wedding guests is top notch. Dean & Jenny helped me develop work ethic but also helped me get my GED, drivers license, and helped put me on a path to overcome bouts of anxiety and depression and helped me become mentally, emotionally and physically healthy and successful.

From a mental health standpoint, Heartland/Dean/Jenny provide a safe, structured and stable space where I can be honest and share my thoughts and feelings without judgment during those moments you just having a mental health crisis melt down. Plus, the work, like during mowing or cleaning, I think of how peaceful it is. And when in the woods working it is quiet, just being in nature enjoying the sunshine getting tan while working hard, seeing the wildlife and just taking a moment to soak it all in. I've seen how calming my mind while in Gods creation helps me find my purpose in life by eliminating all the noise and chatter in my mind and just focusing on 1 thing (like mowing) listing to the hum of the mower and concentrating calms my mind and I feel tranquility, like all that anxiety just get cut and thrown away like the grass clipping getting cut and thrown away by the mower, so mentally therapeutic, and such a great therapeutic smell.

I tell a lot of people about you guys and the first thing that I say is you are not only my boss's but my parents I never had, you've taught me how to develop discipline, yes that hard to control self-discipline, and helped me, burnt into my memory, not only to save money for goals but how to work hard for things and goals for the future rather than blowing it on the next flashy pair of shoes. I never thought I would learn this but working at Heartland has been like a therapeutic counselor, I've learned to be patient with myself, with my kids and I've learned to self-meditate in nature as a breakthrough in improving my mental health! I'm actually happy now and have things and goals to look forward to rather than depressed all the time! Part of my mind and mental health was learning how to focus and organize when working, which translated to helping me focus and organize my mind in a safe place, in a place where I know I am valued, I am loved, and I have a support family that has helped build the foundation, for a level of positive mental health I never thought possible. And if you ask them, they will just say they pray a lot to find God's will for them and their business and hope to point others to find God's purpose for their life as well!

If you are ready for the adventure of making your vocation your vacation and for a meaningful, fulfilling and enjoyable work experience, use the link below for more information on eligibility and to plug in to services and participating worksites to start creating the future you always envisioned. It starts with you deciding you are ready for a new beginning, to create a new trajectory, to create the life you always wanted - and if you want to move forward, you will need to be willing to let go of the things that are holding you back, and those are the things that are likely making you think you are comfortable right now - for a time it will be uncomfortable: If you dare, click the link, below:

<https://www.carrollcountyjfs.com/our-services.html>