

Newsletter

Dear Friends and Sponsor

We are thrilled to introduce an inspiring new community project that's sowing more than seeds—it's cultivating hope, healing, and a healthier future for all of us.

Through the Raised Bed Garden Initiative, we aim to empower individuals and families to grow their own food, reconnect with nature, and nurture a drug- and alcohol-free lifestyle. This is more than gardening—it's a movement for change.

GROWING HOPE

Raised Bed Gardens – Growing More Than Just Vegetables



Why Raised Bed Gardens?

- Easy to Maintain – Ideal for beginners, seniors, and those with limited mobility.
- Nutrient-Rich Soil – Promotes stronger, healthier plants.
- Space-Saving – Perfect for urban settings and small backyards.
- Community-Building – Brings people together with shared purpose and joy.

Our Mission

We believe that growing food is an act of healing and hope. Our mission is to provide an engaging, hands-on alternative to substance abuse by fostering connection, learning, and personal growth. By giving people a chance to plant and harvest their own food, we're helping them cultivate skills, confidence, and purpose—and offering a supportive community every step of the way.

“Together, we can dig deep and rise stronger.”



Let's Grow Together!

Whether you're looking to learn something new, meet great people, or simply spend more time outdoors, we welcome you with open arms.

Contact: (780)-904-2619
 Follow us: Facebook: Sulads Canada
 Email: embaragona@gmail.com
 Website: <https://www.suladscanada.com>

Let's turn soil into sustenance, and gardens into gateways for change.

How You Can Get Involved

- Volunteer to help build or maintain the garden beds
- Donate soil, seeds, tools, or funds to support the project
- Join a Garden Group and learn how to grow your own food
- Share your skills—green thumbs and beginners all welcome!

“Let us not grow weary in doing good, for at the proper time we will reap a harvest if we do not give up.”
 – Galatians 6:9

"Make a positive impact today."



With gratitude,
 The SULADS CANADA Team
 “Planting hope. Harvesting change.”

