



For Immediate Release
April 11, 2016

Little Green Thumbs, Earth Day Volunteers Lend a Hand at Botanical Gardens “Young Carers Initiative – Powerhouse Project Show They Care About Their Botanical Gardens - Whistling Gardens”



(Wilsonville Norfolk County, Ontario Canada) - Celebrated every year on April 22nd Earth Day is the largest environmental event in the world. More than six million Canadians, including nearly every school-aged child, participate in an Earth Day activity in their community. Perhaps an annual tradition is in the making, as Young Carers Initiative – Powerhouse Project, between the ages of 5 to 12 years; lend a hand to plant and clear botanical gardens beds on Saturday April 23, 2016 at Whistling Gardens, located in Norfolk County “Ontario’s Garden”.

“The Young Carers Initiative serves caregiving children, youth, young adults and their families through social, recreational and education programs intended to foster resilience, self-esteem and life skills. Luckily this event we are planning has all of those things included,” shares, Alicia Blake Program Facilitator, Young Carers Initiative – Powerhouse Project.

During their visit, Whistling Gardens staff will also provide a nature education talk, garden tour and visit to their bird aviary to teach our next generation of young nature enthusiasts the value of the plants, seeds, and birds to help build a better understanding of the garden eco system. Young Carers are prepared to get their hands dirty as their activities will include, garden planting, botanical garden’s bed clean up with the raking and removal of leaves and debris. “What a terrific surprise for us to receive a kind offer of support, a helping hand by such a motivated young group so actively entrenched in daily caring with family members. It’s our pleasure to offer a fun filled activities visit in recognition of Earth Day celebrations,” Darren Heimbecker, Owner Whistling Gardens.

MEDIA INVITATION!

Please join us to meet and take “dirt digging” photos of our Young Carers Earth Day Volunteers at 1:00 pm

DID YOU KNOW? “12% of youth are in a caregiving role” (Grant Charles, Ph.D., Young Carers in Canada: The Hidden Costs and Benefits of Young Caregiving, 2012) In 2003, the Young Carers Initiative was created as a special project of the Alzheimer Society of the Niagara Region (ASNR). The ASNR provides support services for people with dementia and their families. During home visits to clients and their caregivers, the ASNR had noticed many children and youth taking on caregiving roles to help out the family. The ASNR identified 74 children and youth who lived with a parent, grandparent or other relative suffering from a progressive dementia, and it became clear that many of these children struggled with stress and anxiety, or other emotional problems. Building on the principle “Caregiving is a family event,” the ASNR decided to take action. Learn more at: <http://www.powerhouseproject.ca/about/>

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MEDIA INVITATION, To RSVP or for more information, please contact:

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Located in Norfolk County “Ontario’s Garden”

GARDEN AWARDS: Canada’s Best New Garden Experience – Canadian and International Garden Tourism Awards

Sustainable Tourism Ambassador of The Year Award – Long Point World Biosphere Reserve Foundation in partnership with Norfolk County

VOTED: Top 10 Amazing Places of Norfolk County / Readers Choice Award: Best Local Tourist Attraction/Best Wedding Facility

Young Carers Initiative – Powerhouse Project:

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