



**We are so deeply sorry you need us. We are so deeply thankful you've found us. We will do all we can to help you remember your beloved in ways that are profound, even if infused with grief.**

The Selah Carefarm is a respite for those with a shattered heart. We are a restorative space and therapeutic community based in a practice of caring for humans who have known the most painful losses, healthy coping and integration of traumatic grief, and compassion/ahimsa: nonviolence and compassion for all. We will do everything we can to be sure that you feel held and safe here. We hope you experience both receiving and giving of caring and compassion. We hope you feel able to remember and feel your precious loved one ...

We are a rural carefarm so you should expect to get hairy, dirty, and slobbery if you want to interact with the animals. We house 30 or more animals rescued from varying levels of torture, abuse, and neglect. Please make a minimum donation of \$25 per hour for visits that do not including counseling services. We welcome between 20-40 clients and visitors a week from around the world. As such, we have some guidelines for humans who come to our sacred home. During your stay here, we ask that you:

- **\*No children under 7 years old are allowed due to safety concerns.** The Selah Carefarm is a therapeutic space for those experiencing traumatic grief. We welcome families from all socioeconomic classes, all and no religions, all regions around the world, and all ethnic backgrounds. However, we have many open waterways that are unfenced and our animals roam freely; **thus, this is not a safe environment for children under the age of 7. Please be sure that all guests who register meet this minimum safety age.**
- **\*Please do not bring your pets** to the Carefarm for the safety of our animals and yours.
- Please **wear closed toed, flat shoes** and **bring water, sunscreen** if you use it, and vegan **snacks**.
- If you would like to leave **something to honor your beloved at The Quiet Place in memory of your child/brother/sister/grandchild/partner/parent/person**, please bring it. You may also bring a 10-15 inch, or longer, piece of material (cloth like a shirt, pillowcase, sock) to tie on our Remembrance Tree.
- If you want to bring the animals some snacks, you may bring mini carrots or **cut up carrots** (2-3" long).

- Please **do not smoke** anywhere on our ten acres. It's not healthy for the animals or the earth or for you!
- For your own, and others' safety, please do not use **alcohol, drugs, or any substance** on the carefarm that alters cognition. Please do not visit the carefarm if you are under the influence of any substance.
- Please **treat our animals with the utmost love, compassion, and respect**. Our animals are equal partners in our model of care. They all have a traumatic and painful history. If they choose to spend time with you and you feel the same, we welcome that beautifully and magical exchange. **Please do not chase, pursue, or correct any animal** at any time.
- **Do not enter the horse area** without a counselor or volunteer guide.
- **Please clean up after yourself**. Please pick up trash, return any items to their original places, and tidy up any area where you were spending time.
- We invite you to **pay attention to nature**. In so doing, know we have many insects including ants, ladybugs, and beetles. Please try to pay attention when you are walking, working, or playing so as not to harm or disrupt them.
- **Please be sure all gates are securely closed**. Check and double-check them. Leaving a gate open could cost an animal's life, and we love our animals.
- **Please respect other clients** who might be here at the same time. This is a place to 'be' so please be aware of allowing space for others in deep feeling/processing.
- **We are a vegan carefarm**. We promote mindful, healthy eating based in compassionate ethics. As such, **please bring** only fruits, vegetables, grains, beans, seeds, nuts, and other healthy choices. To drink, we welcome teas, juices, coffee, and water.
- **We invite you to feel and remember**. We welcome your participation in our Memorial Tree, Holy Tree, lighting incense in The Quiet Place, and other special remembrance rituals. One of our carefarm helpers can provide direction before your departure.
- We are on Oak Creek so bring **water shoes** if you want to spend time at the river. We also have kayaks here that you can use if you have experience kayaking (please be aware of risks involved).
- Please **contact us** if you have more questions at [info@missfoundation.org](mailto:info@missfoundation.org).
- There are no bathroom facilities here yet but there is a port-o-potty. **Park at the top of the property**, in the roundabout, and someone will meet you at the "Welcome" bench near the pond. Again, please arrive on time.

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For them,  
The MISS Foundation Selah Carefarm Team