



Lauren Van Ewyk

M.Sc. MHC, RSW · Courtright, Ontario

Lauren Van Ewyk, M.Sc. MHC, RSW, is a Registered Social Worker, foster mom and sheep farmer from southwestern Ontario. She has worked in mental health since 2013 and runs Wellspring Counselling Services in Courtright, Ontario. In 2022 she co-founded the National Farmer Mental Health Alliance, where she is CEO: the Alliance trains therapists in Agriculture Informed Therapy™ and created BeFarmWell, an app for farmers and ranchers. Lauren co-hosts The Rural Well podcast and is completing a PhD in Rural Studies at the University of Guelph.

Talks

01 Cultivating Mental Health

A look at mental health and how to develop coping skills and build resilience. Participants learn the signs of mental health distress, and practical strategies such as thought change, mindfulness and self-care, so they are ready to overcome the struggles they and their families face.

02 Finding Healing *The emotional impact of crisis and loss on people who love animals well*

Journey with pet owners and producers to discover how to cope with the immediate and long-term loss felt during and after a crisis, and the supports and resilient strategies that help you and your loved ones recover from a tragedy.

03 Women in Ag *Finding our place in agriculture*

Women face unique barriers to mental health support, and their role is often complicated: they are both a support and a provider in agriculture. Journey with other women to learn how to cope, set healthy boundaries, and advocate for our own needs and those of our families and communities.

04 Isolated to Integrated *Finding meaningful connection*

A practical session on loneliness and connection for rural communities, workplaces and teams that work at a distance: why isolation weighs so heavily, and the healthy habits that help people reach out and stay connected.

Recently

BeFarmWell: supporting farmer mental health through technology

Impact Farming podcast, July 2026

Advancing Women in Agriculture Conference East
Niagara, Ontario, 2026

Grief we carry and roles we inherit: mental wellness in rural families

Gateway Centre of Excellence in Rural Health webinar, April 2026

Farmer mental health

Impact Farming podcast, December 2025

Booking

Talks and webinars, in person or online. Each talk is shaped for its audience.

Short bio for programs: Lauren Van Ewyk, M.Sc. MHC, RSW, is a Registered Social Worker, sheep farmer and co-founder and CEO of the National Farmer Mental Health Alliance.

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