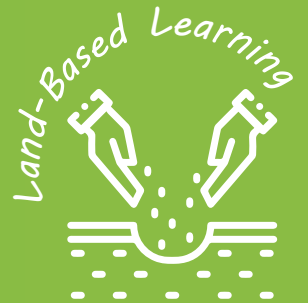


Eco-Guardians

Youth Training and Mentorship Program



Eco-Guardians Youth Training and Mentorship Program

The Eco-Guardians Program empowers Indigenous youth through land-based education rooted in Traditional Ecological Knowledge (TEK), sustainability, and food sovereignty. Youth gain hands-on experience in gardening, composting, greenhouse maintenance, and native plant cultivation—revitalizing traditional practices while building leadership and life skills.

Through mentorship and paid internships, youth become stewards of the land and champions of community resilience. Community gardens and greenhouses serve as living classrooms where students reconnect with the land, culture, and sustainable food systems.

Adaptable to rural and Indigenous schools across Canada, Eco-Guardians supports self-sufficiency, waste reduction, and long-term environmental leadership.

Program Offerings:



Growing Food



**Regenerating
Ecosystems**



**Composting
Techniques**



**Vermicomposting
Systems**



Elizabeth Romo-Rábago

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Elizabeth is an environmental educator and impact entrepreneur with over 20 years of experience designing land-based and environmental education programs rooted in regenerative practices, food sovereignty, and Traditional Ecological Knowledge (TEK). As the founder of Ciclomanías, she works with communities across Canada to foster self-sufficiency, food security, and sustainable living through hands-on initiatives like food forests.

Elizabeth holds a Bachelor's in Biology, a Master's in Sustainable Energy Development from the University of Calgary, and certifications in soil biology, permaculture, and ecosystem restoration. Her work bridges scientific knowledge with local and traditional teachings to inspire environmental leadership and community resilience across Canada and beyond.

Testimonial:

"Elizabeth Romo-Rábago is a passionate educator whose work with Ciclomanías has had a lasting impact on our students and community. Over the past three years at Mîni Thnî Community School, she has delivered hands-on, culturally rooted environmental education that blends science with Traditional Ecological Knowledge. From teaching composting and zero waste practices to reviving the Three Sisters planting method, Elizabeth inspires youth to reconnect with the land and take pride in their cultural identity.

Most recently, she co-developed the Eco-Guardians Youth Training and Mentorship Program in partnership with the Stoney Nation Job Resource Centre and Stoney Trail Wellness Centre. Thanks to this initiative, our students now have paid summer positions in community gardens, gaining skills, confidence, and leadership as future land stewards. Elizabeth's work is a model of what land-based, youth-centered education should be."

Jamie Martin

— Foods Program Teacher, Mîni Thnî Community School

