

HOOFBEATS & heART



Hoofbeats & heART utilizes **ground-based activities** encouraging development of **healthy communication and coping skills** incorporating horses, nature, and expressive arts.

Group options are available for youth ages 6-17!

Session themes may include:

- Building connections to self and others
- Learning to establish safe and healthy boundaries
- Managing feelings and situations
- Navigating life's transitions



Learn More About Us!

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