



empowHERd

A dynamic 8-week therapy group for girls age 13-18 seeking to **build confidence, enhance self-image, and develop lifelong skills.**

This eight-week session begins on:

Thursday, September 24 from 5 - 6:30pm

Cost of attendance is \$400 for the series.

Financial Assistance may be available.

Each 90-minute session combines hands-on equine experiences with engaging personal activities, sometimes as a group, sometimes individually. This will help to **foster growth, resilience, and positive connections.** Objectives for this therapy group include the following:

- **Boost Self-Esteem & Body Image:** Uncover strengths and embrace uniqueness while learning to appreciate yourself inside and out.
- **Strengthen Friendships & Communication:** Develop healthy relationships and express yourself clearly in a safe, fun setting
- **Navigate Difficult Times & Reduce Stress:** Acquire effective coping strategies and relaxation techniques for life's ups and downs.
- **Ignite Leadership:** Discover your voice and potential through activities that inspire confidence and teamwork.

With the unique support of horses and a caring group of peers, **girls will leave each session empowered, connected, and ready to thrive.**

For more information or to register, please contact us at info@instepwithhorses.org or 440-688-1810.
Participants must be registered by September 21.

LEARN MORE ABOUT US!

Web: www.instepwithhorses.org

Email: info@instepwithhorses.org

Instagram: @instepwithhorses

Facebook: In Step With Horses

Phone: 440-688-1810



Our experiential program improves mental health and overall wellness by connecting people to licensed mental health professionals, animals, and nature.