

Four-week sessions
In-Person on Wed.
Equine-Assisted
May 19 - June 9
June 16 - July 7
July 14 – August 4

Horses Heal- Groups for Teens – Depression, Anxiety & Social Skills

*May you be
free of anxiety.*

*May you be
free of loneliness.*

May you be protected.

May you be safe.

These four-week in-person groups are offered by Nakoma Garcia, LPC and Lisa Kramer, LCSW at Hope Farms. Contact Lisa at lisa@hopefarmsproject.org.

Teens and horses will learn and practice developing healthy relationships, communication, boundaries, and respect in the “Everything Horse” group. Integrating mindfulness, expressive arts and direct horse experiences, middle school and high school teens will learn and practice new ways of coping with their emotional distress in the “Art & Horses” and “Music & Horses” groups.

Everything Horse: (May 19 – June 9)

3-4:30 pm for MS and HS Guys

5-6:30 pm for MS and HS Girls

Art & Horses: (June 16 – July 7)

1-2:30 pm for MS girls

3-4:30 pm for HS girls

5-6:30 pm MS and HS guys.

Music & Horses – (July 14 – August 4)

1-2:30 pm for MS girls

3-4:30 pm for HS girls

5-6:30 pm MS and HS guys

This group is not therapy. \$200 paid in advance. No refunds. Register at signupgenius.com/findasignup, search using lisa@hopefarmsproject.org.

**Hope Farms – Psychotherapy and Wellness Farm:
47695 Foxwood Dr., Elizabeth 80107**