

STABLE-ity

HORSES HEAL

This is a non-traditional therapeutic experience to discover what connecting with horses does for an array of challenges including anxiety, depression, PTSD, and grief or loss.



WINTER

Session times: Mondays, 6:00p.m.-7:30p.m.
1/13 - 3/2 **Self Care, Register by 1/6/20**

SPRING

Session times: Mondays, 6:00p.m.-7:30p.m.
3/30 - 5/18 **Trauma, Register by 3/9/20**
(no group 5/25)

Equestrian Connection
600 N. Bradley Rd.
Lake Forest, IL 60045
equestrianconnection.org

Call to Register
847 615 8696
kristin@equestrianconnection.org

If you are interested in joining a group, please contact us to set up an appointment with a member of our mental health team to assess if the group is the right fit for you.