



Centered Self

Stress & Anxiety Reduction for Young People (ages 12-16)

Do you feel overwhelmed or uncertain?

Are you anxious about change?

Would you like to learn how to manage feelings of stress?

Join us for a 5-week equine-assisted therapy group!

Attendees will participate in small group discussions, interact with our horses in a supervised and safe environment, and enjoy the support of two mental health clinicians who are social workers with equine experience.

This program will be held at Furnace Brook Farm. Riding experience is not required as our exercises with the horses will not be in the saddle. Therapeutic sessions will focus on reducing and manage symptoms of stress and anxiety.

Topics include:

- Peer Connections and Support
- Visioning and Goal Setting
- Communication
- Managing Stress
- Overcoming Obstacles & Setbacks
- Moving Forward in Uncertain Times



When: Wednesdays (1PM-3PM) – October 28th to November 25th
Where: Furnace Brook Farm – 253 Sandy Hill Drive, Marshfield MA
Cost: \$475

To learn more about the program, including the farm and our clinicians, visit our website:

www.FurnaceBrookFarm.com/group