

PROJECT HORSE EMPOWERMENT CENTER

Registration already in progress!



TEEN GIRLS WEEKLY THERAPY GROUP

- Supportive and engaging group for girls struggling with issues like depression, anxiety, trauma and self-injury
- Hands-on experiential activities enhance individual coping skills, help deal with challenging feelings and promote healthy decision making
- Non-riding work with the horses teaches empathy, responsibility, creativity and teamwork
- Co-facilitated by a licensed therapist and a certified equine specialist

Referrals accepted from families or professionals.

**Teen Girls
ages 14-17**

**8 Mondays
April 10 – May 29
5:45-7:00pm**

Group held at the
Project Horse
Empowerment Center

18915 Lincoln Road
Purcellville, VA

\$75 per session

or get 15% off when
you purchase the block
of 8 sessions

4 to 8 participants

*"This was the best
experience for our
daughter, and for us!"*
Dennis P, father of participant

**FOR DETAILS &
TO REGISTER**

www.projecthorse.org

Tel. 703-517-6964

We are a 501(c)(3) nonprofit.