



**8 WEEK GROUP FOR AGES 13-17**

# **FINDING WHOLENESS WITH HORSES**

***Facilitators: Jud Christensen, LMFT***

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**THURSDAYS, MAY 13 - JULY 1 | 4:30-6 PM**

**ADDRESS IS GIVEN TO REGISTERED**

**\$15 PER WEEK OR FREE FOR ELIGIBLE INDIVIDUALS**

Enhance youth's coping skills, self-care and mind-body connection while working with horses. Youth will learn how to establish boundaries, incorporate assertiveness and how to combat negative thoughts.

*Participants will not ride the horses.*

Contact Michelle at 435.752.8880 or  
[Michelle@TheFamilyPlaceUtah.org](mailto:Michelle@TheFamilyPlaceUtah.org) to register.