



Leading Our Way Through Anxiety

An Equine Facilitated Wellness (EFW) Group for Youth with Anxiety



WHERE

Salt Spring Therapeutic
Riding Association
700 Upper Ganges Road

WHEN

July 12, July 19, July 26,
& August 9 (1-3pm)
Aug 16 (1-4pm)

Offered at no cost to
participants thanks to
generous donor support



A therapeutic group for youth (14-18 years old) with anxiety, incorporating equine facilitated wellness, cognitive behaviour therapy, and mindfulness.

The group provides youth with education on anxiety and anxiety management skills through discussion, mindfulness practice, and experiential exercises with the SSTRa herd of horses. No riding involved.

The following themes will be explored: (1) creating safety, (2) exploring boundaries, (3) connecting to self, (4) leaning into anxiety, and (5) leading our life forward.

Facilitated by Kimberly Lane, PhD, R.Psych & Sarah Rowse, MA, RCC
Both are members of the Professional Association of Equine Facilitated Wellness.

Visit www.sstra.ca to register your interest
or email info@sstra.ca for more information.

