

Divine Equine And Discovering Women

Hosted By

Painted Horses, LLC
April Roglitz, LCSW
EAGALA Cert.
Alli Winkelman, ES

Location

Windy Pine Acres
175 Brown Rd.
Richmond, Maine
04357

Time

Tuesday's
5:30 pm to 7:00 pm

Payment

Select Insurance
and
Private Pay
Accepted

Contact

April Roglitz, LCSW
207/837-7671
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Divine Equine and Discovering Women is a therapeutic group designed to address the unique issues that are relevant to women. This group utilizes a blend of EAGALA Model Equine Assisted Psychotherapy and traditional group therapy, techniques.

Areas explored in session may consist of but are not limited to the following:

- ❖ Achieving balance between self and others
- ❖ Managing family, friends, and career
- ❖ Stress-management
- ❖ Improving self-esteem
- ❖ Intimate relationships
- ❖ Healthy living
- ❖ Learning about you (self-exploration)

