

Spring Reins of Life

Spring Reins of Life is seeking a minimum of 8 participants (between the ages of 13-19) with a diagnosis of Anxiety, Depression, or other Mood Disorders to participate in non-mounted equine assisted psychotherapy to decrease symptoms of anxiety and depression. The group goals will also include: increase self-confidence, assertiveness, and communication skills.

Where: 410 Main Street, Three Bridges, NJ 08807 (Directions to follow)

When: 11:30am-1:00pm Saturday November 3rd, 2018

11:30am-1:00pm Saturday November 10th, 2018

11:30am-1:00pm Saturday November 17th, 2018

11:30am-1:00pm Saturday December 1st, 2018

11:30am-1:00pm Saturday December 8th, 2018

Cost: \$125 non-refundable contribution due prior to start of group (\$25.00 for each session)

Please see second page for referral forms for families

Spring Reins of Life

Referral Form

Name of Care Manager:

Name of Youth:

Date of Birth:

Current Diagnosis:

Identified Gender of Youth:

Reason youth is being referred to group:

Other treatment modalities tried and level of success:

Contact information for youth and family:

Family can commit to 5 weekly sessions in Three Bridges, NJ on weekends: Y N

Family has access to reliable transportation: Y N

All completed referrals can be emailed to erinreyhan@yahoo.com or faxed to 908-448-2428