

# COMBATING COMPASSION FATIGUE

## using an Equine Assisted Activities and Therapies Model

6 to 14 participants

Activities are designed for varying abilities and learning styles. Curiosity, close-toed shoes and an open mind are the only requirements!



Contact Ellen or Julie for more information and to set a date and time

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An evidence-based **Experiential Workshop** focusing on Self-Care for Recovery Workers, Teachers, Health Care & Mental Health Professionals.

A **two-hour experiential exploration** of strategies useful in strengthening our personal resiliency, maintaining work-life balance, and being mindful of our team members.

Offered by your local equine-assisted growth, learning & therapies cohort. **Held at a small private farm just 6 miles out of Rochester on First Crown Point Road, in Strafford NH.**

Our professional Equine Assisted Activities & Therapies (EAA/T) facilitators are offering evidence-based EAA/T sessions to a variety of client populations in the area this summer and fall.