WOMEN'S RIGHTS INFORMATION CENTER

# Equine Assisted Support Group



## *for Women*

*A quiet space to heal, guided by horses and licensed therapists* — **for women moving through relational abuse and bullying**.

Join other women for a peer support group held in the company of horses. Together we walk and simply be present with the herd — no riding, and no horse experience needed. It's a gentle, grounded way to reconnect with trust, calm, and each other.

*details*

WHEN

**1st & 3rd Tuesday of every month**

6:00 – 7:30 PM

WHERE

**A Stable Life**

Bergen Equestrian Center
Overpeck County Park, Leonia, NJ

COST

**Free**

Confidential & open to all women

> **Please note:** this is ground-based equine programming — there is no horseback riding. All activities take place with the horses on the ground.

HELD IN PARTNERSHIP WITH

Our Stable Life at the Bergen Equestrian Center

Email **lcorcoran@womensrights.org** to register