

## BUILDING FRIENDSHIPS & CONNECTIONS FREE & OPEN TO TEENS 12-17 YEARS OLD

A calming and safe space to connect with one another, share stories and receive support and encouragement, while being surrounding with the sounds of nature and the comfort of horses and many other animals.

## HELD THE 2ND MONDAY OF THE MONTH BEGINNING SEPT. 9TH FROM 6:30-7:30 PM

We invite your teen to join other teens in a group that encourages mutual support and strength during hard times. Real time talk about anxiety, depression, suicide loss, suicidal ideations, bullying, acceptance, and any other topics that might come up.