

EQUINE - CONNECT

Trauma Informed
Equine Psychotherapy

2025 Intakes: August & September

"Horse Wisdom"

Horse-assisted therapy  Psychoeducation

Ages 5-14
6 week courses
ACC Funded

- Emotion regulation
- Mindfulness
- Boundary setting
- Healthy relationships
- Managing inner thoughts
- Processing feelings
- Personal empowerment

Facilitators:

Kate McKay - Trauma Therapist



Monique Koch- Equine Specialist

Register now:

Katejmckay@gmail.com



Balance Equestrian



South Coast
Psychology

**Equine
Therapy**