

STABLE FRIENDS

An 8-week coping skills group for teens

2020 was a difficult year for everyone, but especially teenagers. The disruption, isolation and anxiety can be overwhelming. STAR is offering a short-term equine assisted learning group for teens ages 13-17 that will allow them time outdoors, physical exercise, and supportive relationships with our horses, volunteers and their peers. We will focus on stress reduction skills and relaxation while working on the ground with the STAR horses. Please note, this is NOT a therapy group and we are not offering treatment for any diagnosis or disorder.



Sign up today by contacting STAR
melissa@rideatstar.org (865) 988-4711

- Anyone ages 13-17 is welcome!
- Meeting at: STAR 11800 Highway 11 East, Lenoir City TN 37772
- We will be outdoors and with horses much of the time, participants must wear closed-toe shoes and long pants.
- Fridays January 22- March 12, 2021 4:30-6:30pm Please plan to attend all 8 lessons.
- Cost: \$480 (\$60 per meeting)



www.rideatstar.org

865-988-4711