



BUILDING INTERNAL  
RESILIENCE THROUGH HORSES

DÉVELOPPER LA RÉSILIENCE  
INTÉRIEURE GRÂCE AUX CHEVAUX

## Express Yourself Through Heart & Art!



For more information or to register for the program, please call Katie at **705-748-5901**

All project participants under the age of 18 are required to register with your parent or guardian.

## A UNIQUE OFFERING FOR YOUNG WOMEN: **EXPRESS YOURSELF THROUGH HEART AND ART!**

The Kawartha Sexual Assault Centre, Trent University, and the Mane Intent have partnered to research the experiences of young women who participate in a new program titled **Building Internal Resilience Through Horses**.

The program is open to young women aged 13-18 who have witnessed or experienced family conflict, dating violence, or other forms of abuse. The program is designed to promote healthy self-esteem, emotional awareness, coping skills, and personal resilience.

Participants will have the opportunity to learn and grow through a free 12-week group program which combines expressive arts, education and an opportunity to work in partnership with horses. All activities will be ground-based, no riding is involved.

**No previous art or horse experience is required.**

**All services are free and confidential.**

**Transportation will be provided if needed.**



This program is funded by:



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