

# Horses Healing Women

**Spring Reins of Life is offering:  
Equine Assisted Therapy Groups 2025 at  
Hunt Cap Farms in Three Bridges, NJ**

**A unique, solution focused in-person therapy group guided by horses to increase confidence, develop a mind-body connection, and empower women.**

**Designed to help women learn about relationship skills, communication, boundaries and choices.**



## **Group Info:**

**Alternate Fridays from  
12:00-1:30pm beginning  
April 4, 2025**

**Cost: FREE (covers all eight  
groups)**

**Group Size: 10 participants  
(max)**

**Eligibility: Contact  
RHCHWC for details**

April 4, 2025  
May 2, 2025  
May 16, 2025  
May 30, 2025  
June 13, 2025  
June 27, 2025  
July 18, 2025  
August 1, 2025



**For information or to make a referral contact Richard  
Hall Community Health and Wellness Center – Access Center at  
908-253-3165**