

EQUINE ASSISTED WELLBEING GROUPS

PUKEKOHE, AUCKLAND

EAGALA Certified Team

Clients will learn about and explore a topic with the horses in each session. In each of these topics, skills and awareness development allow clients to realise they have choices to deal with situations, themselves, and others in a positive and healthy way. Increasing emotional regulation, distress tolerance and Mindfulness skills.



Our Services:

7 Week Groups

Women's, General, and Mens Groups
Tuesdays and Thursdays 10 am -12pm

Retreat Days

Saturdays 10am - 3pm
General group

For Full Information including Dates, Times, and ACC Codes please go to www.Creativelifehealing.com under ACC Equine Therapy

Please advise
creativelifehealing@outlook.com if
you are requesting hours so we can
hold your client on a waitlist.

In Collaboration with:
South Coast Psychology
North Coasts Psychology
Pongarosa Equestrian Centre

www.creativelifehealing.com

