



SAINT FRANCIS CENTER

— EQUINE-ASSISTED SERVICES —



“Empowering wellness skills
for social, emotional, behavioral,
physical and personal growth.”



ABOUT SFC EQUINE-ASSISTED PSYCHOTHERAPY (EAS).

SFC serves those age 6-64 experiencing anxiety, depression, autism, trauma, relationship challenges, dissociative disorders, ADHD, or mental health diagnosis who may be inhibited in communicating in a clinical psychotherapy environment.



BENEFITS OF SFC EQUINE-ASSISTED PSYCHOTHERAPY.

The benefits of equine-assisted therapy are many; increased confidence, self-esteem, assertiveness, emotional regulation, and resourcefulness, to name a few.

Equine-assisted therapy has been proven to reduce anxiety and depression through physiological changes. Studies show that animal-assisted therapy reduces cortisol, the stress hormone. In addition, spending time with animals lowers blood pressure. And it increases the release of oxytocin, a natural chemical that promotes feelings of positivity and connection.

ABOUT SAINT FRANCIS CENTER EQUINE-ASSISTED PSYCHOTHERAPY & LEARNING SERVICES.

Saint Francis Center is a 501c3 non-profit organization providing Equine-Assisted Psychotherapy & Learning where individuals, couples, families, and groups can learn about the Body-Mind-Spirit approach to healthy life choices.

Equine-Assisted Psychotherapy & Learning sessions provide a hand's-on, physically active, and emotionally intensive experience that can help with self-assessment, goal-setting, and the building of life skills.

Our therapists are licensed in Psychology, Psychiatry, and Counseling, with over 50 years of experience working with youth and adult clients. Our Equine Specialists are trained in Professional Association Therapeutic Horsemanship International (PATH) methods.



“Empowering wellness skills for social, emotional, behavioral, physical and personal growth.”

For more information or to schedule a therapy or learning session, please text or call 651-427-9439.

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ABOUT SFC EQUINE-ASSISTED LEARNING (EAL).

Whether for a group or corporation, education, or personal development, SFC Equine-Assisted Learning provides non-therapeutic services in an environment with professionals trained in building experiences that build new ways to communicate, learn and grow.

BENEFITS OF SFC EQUINE-ASSISTED LEARNING.

FOR CORPORATIONS:

- Team building
- Leadership development
- Enhanced work dynamics

FOR EDUCATION:

- A focus on academic skills
- Character development
- Problem solving
- Critical thinking

FOR PERSONAL GROWTH:

- Problem solving
- Decision making
- Critical thinking
- Creativity
- Communication

HOW IS SFC EQUINE-ASSISTED PSYCHOTHERAPY & LEARNING SUCCESSFUL?

We take mental health and learning practices “to the barn” as an experiential approach to personal growth and healing. The partnership that is developed between the clients and their horse provides an alternative opportunity to traditional mental health and education services. The sessions are goal-oriented to meet individual, group, or family needs. Equine-Assisted Services add the emotional and cognitive aspects of treating the whole person and helping with the needs multi-dimensionally.

WHEN ARE SESSIONS HELD?

Individual, family & group sessions are available in 1 & 2 hour sessions on a weekly basis.

Sessions are conveniently offered on day, evening and weekends.

WHERE IS SFC LOCATED?

SFC is located on-site at Regent Arabians
26125 Tucker Road, Rogers, MN 55374

The facility hosts over 30 horses, a heated indoor arena, large outdoor ring, heated/air conditioned customer lounge and restroom.

Our mailing address for donations & billing purposes is located at Saint Francis Center 11161 16th St. NE, St. Michael, MN 55376

For more information or to schedule a therapy session, text or call 651-427-9439 today!



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Email: kim.mckimmy@regentarabians.com

Website: www.saintfranciscenter.org

Join: Facebook Group "Saint Francis Center"

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