

# Women of Warriors

## Support Group around Deployment Challenges

at



9 am – 3 pm  
Rain or Shine

By

Joseph Lancia, Psychiatrist  
Christine Cane, Equine Specialist  
Alan Bertch, Program Assistant

This is an opportunity for women of warriors to take time in nature and with horses to look at addressing their own needs and feelings. This experience invites women of warriors currently deployed to look at identification of challenges, goal-setting and exploring life style changes associated with deployment of their significant other. The physical, emotional, social and spiritual aspects of this experience will be explored. It will be a day for women to share their story, offer and receive support, cry, laugh and explore new ways of dealing with the challenges faced during this difficult time. Components of this workshop include Equine Assisted Learning which incorporates horses as partners for emotional growth and learning in humans. The focus is not riding or horsemanship. All activities take place on the ground. No horse experience is necessary. After exercises with the horses, there is time for reflecting on the experience, processing through group discussion and peer support and looking at applying what was discovered at home and in other life areas. Lunch and snacks are included.

For more information contact:

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