

Helping Hands Healing Sanctuary



Adolescent Group Therapy

The group is open to adolescents (ages 12-18) suffering from anxiety or depression. All adolescents welcome! We use horses for these unique group sessions in a method called equine-assisted psychotherapy. Absolutely no horse experience is necessary to participate.

Saturdays

Helping Hands Healing Sanctuary
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Newberg, OR 97132

Call or email for more information
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