



4 HEALING CENTER
ANIMALS 4 HEALING

We assist children, adults, and veterans who have experienced a trauma by achieving balance through connecting their **Body, Mind, Heart, and Spirit** bridging traditional and experiential therapies with the assistance of **Animals, Nature, Music, and Movement.**

GROUP THERAPY



CHILDREN

Social Skills 6-10 years old
Music Therapy 8 - 12 years old
Dance Therapy 8-12 years old
Grief 8-12 years old



ADOLESCENTS

Yoga Group 13-18 years old
Theater Group 11-14 years old
Music & Mindfulness 13-17 years old
Dance Therapy 14 - 17 years old
Dialectical Behavioral Therapy Parents/Guardians & 14 - 18 years old
Grief 14 - 17 years old



VETERANS

EMDR Group Protocol
Yoga Therapy
Music Therapy
Dialectical Behavioral Therapy
Grief



ADULTS

Radically Open Dialectical Behavioral Therapy
Positive Psychology
Dialectical Behavioral Therapy
Mindfulness Based Stress Reduction
Compassionate Discipline Parenting
Understanding Generalized Anxiety
Yoga Therapy
Grief
Pet Loss



ANIMAL - ASSISTED THERAPY

Canine - Assisted Trauma Therapy for **Children** 8 - 12 years old
Canine - Assisted Trauma Therapy for **Adolescents** 13-17 years old
Canine-Assisted Trauma Therapy for **Veterans**
Equine - Assisted Trauma Therapy for **Adolescents** 13-17 years old
Equine-Assisted Trauma Therapy for **Veterans**
Equine - Assisted Trauma Therapy for **Adult Women**

Call 801-266-4643 or email admin@4healingcenter.org to sign up for any of these groups



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www.4healingcenter.org www.animals4healing.org

