

THE STABLE GROUNDS INC.

3 NIGHT WELLNESS RETREAT

Increasing self-awareness and mental readiness for positive change

FOR ELIGIBLE FIRST RESPONDERS AND COMMUNICATIONS



10 RESIDENTIAL PARTICIPANTS PER SESSION



FEMALE ONLY: JUNE 12TH (4:00 PM ARRIVAL) - JUNE 15TH (9:00 AM DEPARTURE)
MALE ONLY: JUNE 15TH (4:00 PM ARRIVAL) - JUNE 18TH (9:00 AM DEPARTURE)
OPEN TO ALL: JUNE 18TH (4:00 PM ARRIVAL) - JUNE 21ST (9:00 AM DEPARTURE)

Apply for the Retreat:

Email: info@thestablegrounds.com
Phone: 1-905-717-5921

Retreat Content:

Equine Assisted Learning
Cognitive & Dialectical Behavioral Therapy, EMDR
Neurofeedback
Occupational Stress Injury

Addiction and Occupational Therapy information session
Virtual Reality
Sanctuary Trauma
Individual and Group Sessions



Helping those who help others



Website: www.thestablegrounds.com Phone: (905)717-5921 Email: info@thestablegrounds.com