

# THE STABLE GROUNDS INC.

## 1-12 WEEKS RESIDENTIAL PROGRAM

Increasing self-awareness and mental readiness for positive change

First Responder, Military, Veterans and PSP exclusive



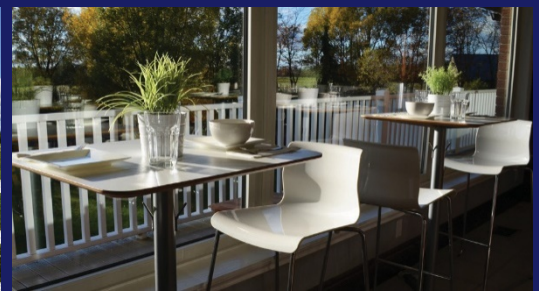
### 2023 Scheduled dates (\*cohort type may vary)

Arrival Date (4:00 pm)	Departure Date (9:00 am – consecutive weeks available)	Cohort Type
June 25	July 1	Open to all
July 2	July 8	Open to all
July 9	July 15	Open to all
July 16	July 22	Women only
July 23	July 29	Open to all
July 30	August 5	Men only
August 6	August 12	Open to all
August 13	August 19	Open to all
August 20	August 26	Women only
August 27	September 2	Men only

### A few of the content topics.....

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

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



Email: [info@thestablegrounds.com](mailto:info@thestablegrounds.com)

Phone: 905-717-5921

