

Women of Warriors

Support Group around Returning Warrior

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 the women of warriors that are returning from deployment to look at identification of challenges, goal-setting and exploring life style changes associated with the return of their warrior and the many things brought back from their military experience. The physical, emotional, social and spiritual aspects of dealing with the transition of the warrior coming home 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 time of adjustment. There will be educational components to address questions women might have about various psychological injuries their warrior brought home. This will be a spring board to look at associated feelings and to explore strategies on how to manage what is brought home by the warrior so life can move forward. Another component of this group includes 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 exploring applying back home what was discovered. Lunch and snacks are included.

For more information contact:

Joseph Lancia, DO
Windhorse Farm
75 Walker Road
Hilton, NY 14468
(585)-392-3492
E mail: windhorsefarmllc@gmail.com