



SAINT FRANCIS CENTER

— EQUINE-ASSISTED THERAPY —



“Empowering wellness skills
for social, emotional, behavioral,
physical and spiritual growth.”



SAINT FRANCIS CENTER

ABOUT SFC

Saint Francis Center is a 501c3 non-profit organization that provides equine-assisted psychotherapy, where individuals, couples, families, and groups can learn about the Body-Mind-Spirit approach to healthy life choices. Equine-assisted activities and psychotherapy provide a hand's-on, physically active, and emotionally intensive experience that can help with self-assessment, goal-setting, and the building of life skills.

Our therapist, Ms. Andrea (Andi) Rahm, holds her Masters in Psychology and Counseling Services and has over 20 years of experience working with kids and animals. She is trained in Equine Assisted Growth & Learning Association (EAGALA) and Professional Association Therapeutic Horsemanship International (PATH) methods.



Equine-Assisted Psychotherapy for Youth Experiencing:

- Anxiety • Depression • Autism •
- Trauma • Relationship Challenges •
- Dissociative Disorders • ADHD •
- Mental Health Diagnosis





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For more information or to schedule a therapy session, text or call 651-253-8673 today!

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WHO IS SFC EQUINE-ASSISTED THERAPY FOR?

For youth 18 years and under experiencing Anxiety, Depression, Autism, Trauma, Relationship Challenges, Dissociative Disorders, ADHD, or Mental Health Diagnosis who may be inhibited in communicating in a clinical psychotherapy environment.



WHY IS SFC EQUINE-ASSISTED THERAPY SUCCESSFUL?

The benefits of equine-assisted therapy are many, including increased confidence, self-esteem, assertiveness, emotional regulation, and resourcefulness, to name a few.

Equine therapy has been proven to reduce anxiety and depression through physiological changes. Studies show that animal-assisted therapy reduces cortisol, the stress hormone. In addition, spending time with animals lowers blood pressure. And it increases the release of oxytocin, a natural chemical that promotes feelings of positivity and connection.

WHAT DO PARTICIPANTS LEARN?

Participants learn the importance of the human-animal bond, specifically:

- Appropriate responses to feelings and stress
- Communication & conflict resolution skills
- Elements of relationship building
- Sequencing, self-assessments & goal-setting skills
- Aid others to visualize & make healthy life changes

WHEN ARE SESSIONS HELD?

Individual and Family Sessions are available in 1 & 2-hour sessions every week on Mondays and Thursdays from 1–8 p.m.

2 & 3-hour Group Sessions are available weekly on Fridays beginning at 4 p.m.

WHERE IS SFC LOCATED?

Saint Francis Center is located on-site at Regent Arabians: 26125 Tucker Road, Rogers, MN 55374.

The facility hosts over 30 horses, a heated indoor arena, a large outdoor ring, a heated/air-conditioned customer lounge, and restroom.

Our mailing address for billing purposes is located at Saint Francis Center: 11161 16th St. NE, St. Michael, MN 55376

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Email: kim.mckimmy@regentarabians.com

Website: www.saintfranciscenter.org

Join: Facebook Group "Saint Francis Center"

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