



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



**Make a difference in the lives
of struggling youth.**

**Contribute to Saint Francis Center
Equine-Assisted Psychotherapy**



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.



Financial Needs:

- Individual Therapy Session \$75/hour
- Family Therapy Session \$150/2-Hour
- 3-Hour Group Therapy Session (up to 6 people) \$1,350/Session
- Therapist Salary \$3,900/month
- Continuing Education \$180/2-years
- Horse Board \$500/month
- Vet Care \$400/year
- Farrier Care \$ 60/Trim

Volunteer Opportunities:

- Facility Maintenance
- Lawn & Landscaping Work
- Carrot Garden Seeding/Weeding/Harvesting
- Horse Grooming
- Stall Cleaning



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For more information on financial or volunteer contributions, text or call 651-253-8673 today!

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WHY DONATE & VOLUNTEER WITH SFC?

Make a difference 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.



WHAT YOUR CONTRIBUTION TO SFC INSPIRES?

Individual, family or group participants may each experience increased confidence, self-esteem, assertiveness, emotional regulation, and resourcefulness. Feel good about investing in Equine-Assisted therapy that has been proven to reduce anxiety and depression through physiological changes—reducing cortisol, the stress hormone, lowers blood pressure and, increases the release of oxytocin, a natural chemical that pro-motes feelings of positivity and connection.

WHERE DO YOUR CONTRIBUTIONS GO?

- Off-set Participant Out-of-Pocket Therapy Session Expenses
- On-going Horse Care & Maintenance
- Continuing Education Expense for SFC Therapists
- General SFC Non-Profit Operations

WHEN MAY I CONTRIBUTE?

Our Programs run year-round! Contributions are welcome any time. Donate securely online at saintfranciscenter.org To provide needed help with the host facility and our therapy horses, call or text 651-253-8673 or email kim.mckimmy@regentarabians.com

Let us know if your organization has a financial or hours match!

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

For more information or to schedule volunteer hours, text or call 651-253-8673 today!



Saint Francis Center is currently accepting:

**Financial Contributions
Volunteer Hours
Silent Auction Items**

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or volunteer contributions, text or call
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Email: kim.mckimmy@regentarabians.com

Website: www.saintfranciscenter.org

Join: Facebook Group "Saint Francis Center"

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