

# Women InBalance

Imagine the Possibilities.....

New Group Now Forming!

## Women In-Balance

is an 8-week Equine Assisted Growth and Learning support group for women who want to open up new possibilities in their lives with a fresh perspective. It is designed to help women become more self-aware while making empowered choices. Connect with other women, horses, and yourself in a supportive, creative, and fun environment.



*"At InBalance, I was able to reduce my fear by just being near the horses. I felt more relaxed if I just trusted myself to do what felt was right, and I learned I don't have to be perfect!"*

*"I loved this group! The experiential work with the horses taught me so much. I learned that by slowing down and quieting myself I can make more authentic choices."*



- Connect With Your Authentic Self
- Develop Assertiveness Skills
- Learn to Trust Your Intuition
- Explore Body Image
- Learn to Set Effective Boundaries
- Undo Destructive Patterns

Call InBalance for more information 818.754.4454

*At InBalance, we provide you with concrete experiences that teach awareness, trust, confidence, and connection. With over 40 years of combined experience, our licensed therapists and certified equine professionals use problem solving activities and metaphor to create an ideal opportunity for personal growth and development.*

Vallerie E. Coleman, Ph.D. (#12592) ~ Laurie B. Jefferson, MFT (#15924) ~ Amy Pulitzer, MFTi (#51056)

[www.InBalancewithHorses.com](http://www.InBalancewithHorses.com)