

Recovery Groups



Recovery is a group activity!

People from all areas of life; addiction crosses all boundaries of race, culture, socioeconomics, gender and language.

So do horses.

Since 2006 In the Company of Horses Inc. has been working with groups of people in early recovery at Seabrook House Southern New Jersey

[What's Possible](#)

- Put your program (12 step or other) into *action* in an emotionally safe environment with the help of Horses and a facilitating team including a Licensed Professional Counselor and a Qualified Equine Specialist.
- Diversity and Tolerance - Learn to *apply* relationship skills in your life. Practice speaking to be heard and listening to hear what is being said.
- Being Present - Experience what you do when you don't know what to do in this solution focused brief group or individual therapy. This means you will find solutions to problems in areas of your life that are important to you so you don't keep doing the same thing over and over and hoping for a different result.
- While Equine Assisted Therapy can be fun; being outside with nature creates a sense of well being that has lasting effects.

Groups for adult men or women and Teenage boys or girls begin quarterly and run once per week for 6 weeks. Prepare to be outside with horses. Old shoes and layered clothing is recommended. There is no riding and fear or affinity toward horses is not required. Contact us for details 609-330-2444 or info@inthecompanyofhorses.com