

Services

A Stable Life offers group, family and individual equine experience sessions. Sessions do not involve any riding and require no previous horse experience. Working with horses allows those participating in support or personal growth programs to experience a hands on, relationship building environment as an adjunct to primary treatment programs.

Available Equine Experiences For:

- * *Substance Abuse*
- * *Grief, Loss, Trauma, PTSD*
- * *Anxiety or Depression*
- * *Domestic Abuse, Bullying or Other Social Challenges*
- * *Developmental Delays*
- * *Team Building and Leadership*
- * *Self Esteem and Self Care*
- * *Personal Development and Emotional Support*

For more information on any of our services or to schedule a session, please call (201) 336-3370.

What a great program! I loved every moment I had here. Because of this experience I found out who I am again while learning about love and trust...

*- Substance Abuse
Program Participant*

The Bergen Equestrian Center is located on 25 acres within Bergen County's beautiful Overpeck Park. It is home to 125 horses and offers services ranging from boarding and training to horse shows, equine therapy and summer camp. Our facility is just 10 minutes from New York City and is easily reachable by routes 4, 80 and 95. We are also accessible by several NJ Transit bus lines.



A Stable
Life
at the Bergen
Equestrian Center

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(201) 336-3370

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www.bergenequestrian.com/a-stable-life.html

An Equine Guided Experience in Growth, Healing and Learning



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Our Program Standards

A Stable Life is committed to providing focused mindful support for our client's emotional health, wellbeing and personal development. A Stable Life's certified professional staff works directly with clients using horses as role models and guides. We give people an opportunity to make safe choices and to set clear boundaries while developing and discovering life management skills they can use everyday. We utilize a non-riding, experiential model that is client centered and solution oriented. We offer traditional equine assisted psychotherapy and learning sessions, leadership and coaching sessions as well as customized equine experiences designed for specific goals and needs.



Core Program Principles

Self Awareness and Safety

Boundaries and Accountability

Communication and Relationships

Honesty and Respect

A Stable Life is an interactive equine program that develops productive, positive life skills using the bond of the horse-human connection.

Why horses for therapy, personal growth and emotional health?

Horses have become more mainstream in therapeutic environments due to their ability to teach us about the value of honest work and direct communication. Horses are social animals with distinct roles in their herd community. Like people, they can be teachers, leaders, partners and care takers. They also have distinct personalities and moods; all of which make it easy for people to relate equine behavior to what they might see in themselves. Horses live an honest simple life without judgments or agendas. They are perfect examples of living one day at a time. A horses' presence and size along with their capability to accept things at face value allows them to teach people about awareness and how to recognize their own strengths.



Program Information

- * Individual 60 minute sessions for children, teens and adults.
- * 90 minute group sessions for children, teens or adults, up to 10 people. Larger groups by request.
- * Morning and evening appointments available.
- * No riding or horse experience required.
- * Sessions are held year round and may be held indoors or outdoors.
- * Families, school and community groups, veterans, County services and corporate teams welcome for customized programming.
- * Program costs are dependent on session type.



Equine Experiential Education
ASSOCIATION

Who We Are

Our Stable Life team of professionals have decades of equine knowledge to ensure a safe experience for our clients. In addition to our equine, client service and mental health backgrounds, team members also hold certifications from the Equine Assisted Growth and Learning Association (eagala), Certified Horsemanship Association and the Equine Experiential Education Association (E3A).