

SUPPORT GROUP DATES

For Couples

Saturday, June 23rd
10 am-2 pm
(lunch will be provided)

For Women Only

Saturday, July 21st
10 am-2 pm
(lunch will be provided)

LOCATION

The support groups will be held in a beautiful farm setting 20 minutes north of Lincoln.

Once participants are registered, more detailed information will be provided.

Participants should plan to wear barn attire, which means layering comfortable clothing and wearing close-toed shoes or boots.

All activities with horses take place on the ground no horseback riding is involved.

REGISTRATION

Please register online at www.nofootprinttoosmall.com under the Events and Other Information menu

The registration deadline is
June 1st

WITH QUESTIONS, CONTACT:

**QUINN LAWTON,
TAKE FLIGHT FARMS**

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Infertility Support Groups

HOSTED BY
TAKE FLIGHT FARMS
AND
NO FOOTPRINT TOO SMALL
BIRTH AND BEREAVEMENT
SERVICES

SUMMER 2018

What is Equine-Assisted Psychotherapy/Learning?

Equine assisted psychotherapy and learning is a form of self-discovery where you are encouraged to try different approaches to achieve goals with horses. These goals are presented as activities or "challenges", with each exercise designed to contain numerous metaphors and analogies that are useful in addressing the circumstances in life that cause people grief. Take Flight facilitators, trained and certified through the Equine Assisted Grow and Learning Associated (EAGALA) will facilitate the groups.

According the CDC,
1 in 8 couples
have trouble getting
pregnant or sustaining a
pregnancy.



OUR PARTNERSHIP

Take Flight Farms and No Footprint Too Small are collaborating to provide unique psychotherapy and wellness services for those experiencing grief related to infertility and infertility involving loss.

We understand that mental and emotional support related to infertility and infertility and loss is lacking in our community, and we are honored to fill this gap in care by providing infertility support groups.

OUR HOPE

To provide the opportunity of healing in a format and location which offers a peaceful, experiential setting that will aid your natural grieving and recovery process.

Participants will have their losses acknowledged, their feelings validated, and the opportunity provided to move towards hope and healing in a supportive environment.