



Counseling and Psychiatric Services (CAPS)
University Health and Wellbeing
MICHIGAN STATE UNIVERSITY

STABLE MIND SPACE: HEALING WITH HORSES

WEDNESDAYS

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3-4:30 P.M. ET

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In Person

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Group begins
February 22

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Students must be able to transport themselves to the Horse Teaching and Research Center

Register:

Get started at
caps.msu.edu/schedule for
more info, pre-screening and
registration information.



Horses can have a positive impact on mental health outcomes for people diagnosed with a variety of concerns (such as mood disorders, PTSD, anxiety and depression). This workshop partners with Animal Science Department students and is co-facilitated by equine expert Dr. Karen Waite. Students will have the opportunity to interact with horses in a structured, intentional and supervised environment to facilitate a positive impact on mental health.

During this six-session workshop, students will aim to increase confidence in themselves, increase their knowledge on equine-assisted activities, better regulate emotions and increase connectedness to their peers.

**Facilitators: Lauren Enty LMSW
Dr. Karen Waite**