

Self-care for Caregivers

This bi-monthly gathering provides participants with a safe environment to take time for themselves, reflect on their lives, and release.



Support



Connection



Relationship



Trust

Self-care is always important, even more when taking care of others. Participants share their caregiving experiences and do personal work facilitated by Coach Cathy and our wonderful horses. The whole group benefits from the support of our healing herd of horses and humans.

**Saturdays
May 28, 2021
9 am – 12 pm**

**Contact Us for More
Dates and Times**



Wildsong Ranch
10069 North 65th St.
Longmont, CO

"Caretaking is a selfless experience and touches the human spirit deeply. I feel it gets forgotten or misunderstood. This experience today was so meaningful, to connect with people who understand, can share experience, have compassion and can lead with knowledge and love to help people who feel lost." — PN



Join coach Cathy Steiner to replenish and connect with the healing herd.

To register, contact Cathy at **720-644-9214** or **cathy@riverbendlifecoaching.com**

No experience with horses is necessary. Our focus is on being with the horses rather than riding them. Please bring water, wear closed-toe shoes, and dress for the weather.