

TAKE HEART

COUNSELING & EQUINE ASSISTED THERAPY



2025

EVENTS & SERVICES CATALOGUE

EMPOWERING INDIVIDUALS & FAMILIES TO
FIND HOPE, HEALING, AND WHOLENESS
THROUGH THERAPEUTIC WORK WITH HORSES.

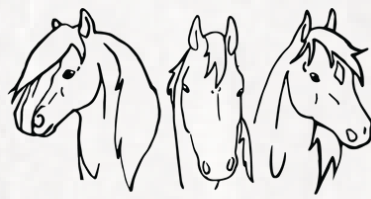
hope. healing. horses. since 2014

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TAKE HEART

COUNSELING & EQUINE ASSISTED THERAPY



Take Heart was founded in 2014 by Meagan Good, MA, LPC, NPT-C, NLC-P, EP and her horse Charley, with the vision of bringing hope and healing through horses to our community. Today, our 52-acre ranch hosts therapy sessions, horsemanship lessons, corporate retreats, various groups, topical workshops, and special events throughout the year. Take Heart has 6 clinical staff, 4 horsemanship instructors, and 17 horses (and many other farm critters), and a crew of barn staff, admin staff, and dedicated volunteers.

Take Heart is set apart by our emphasis on professionalism and ethical consideration in all we do, from our work with people to our partnership with animals.

Founded on Jesus' encouragement in John 16:33 - "In this world, you will have trouble, but Take Heart! I have overcome the world" - we named Take Heart as our battlecry to overcome the challenges we all face in life. No matter your faith journey, you are welcome at the ranch, and we believe hope and healing are for you.

There are lots of opportunities to get involved at Take Heart in 2025. Following is a catalogue with a brief description of our services and upcoming events this year. We hope to see you at the Ranch!

Therapy Program

- office, virtual, or equine assisted sessions available •
- weekly, biweekly, monthly, as-needed •

INDIVIDUAL \$175/hr



FAMILY \$195/hr



CLINICAL CONCERNS

- Addictions/Substance Use
- ADHD
- Autism Spectrum (ASD)
- Anger
- Anxiety
- Attachment Struggles
- Behavior
- Depression
- Disordered Eating
- Personality Disorders
- Self-Destructive Behaviors
- Self-Injury
- Trauma or PTSD

LIFE STRUGGLES

- Assertive Communication
- Challenging Family Situations
- Finding Purpose
- Grief & Loss
- Identity
- Increasing Confidence
- Leadership
- Life Transitions
- Marriage Struggles
- Relationships
- Regrets
- Shame
- Spiritual Questions

It's not just petting horses...

Our therapists are all licensed professional mental health providers, certified in trauma focused equine assisted psychotherapy, and additionally trained and certified in areas of their unique specialties. Our master's-level interns train and supervise with our skilled clinical team. Our goal is to provide compassion with competence to facilitate life-changing therapeutic experiences for our clients.



WWW.TAKEHEARTCOUNSELING.COM/EQUINE-ASSISTED-PSYCHOTHERAPY-AND-COUNSELING/

Therapy Program

- partner with Take Heart for incredible client outcomes •

FELLOW WELLNESS PROFESSIONALS OF ALL KINDS:

Join us in working towards improved client/patient outcomes through mutual referrals, collaboration with client/patient care, and a holistic approach where we all work together towards the same goal: our community's wellbeing!

COUNSELORS:

Have a client that is feeling stuck? Experiential learning can bring the breakthrough your client needs! Have an individual who needs to do some family sessions, but in an environment that can easily diffuse tension? Let us walk alongside you to design supplemental sessions to support the work you are already doing with your client.

ORGANIZATIONS:

Partner with Take Heart to provide (or supplement) counseling and group therapy for those you serve. We can provide regular weekly, biweekly, or monthly services for individuals or groups, and coordinate with your organization's schedule.



**CONNECT WITH US TODAY TO
PARTNER WITH TAKE HEART.
717-917-7137
INFO@TAKEHEARTCOUNSELING.COM**

Therapy Group Experiences

EQUINE ASSISTED & LED BY OUR LICENSED THERAPISTS

NeuroHarmony: Equine Social Adventures

Foster social skills & emotional well-being through trauma-informed activities on the ranch. Horses help kids & teens develop resilience, form connections, and navigate the challenges of their developmental years - learning life skills through play!

(Monthly Groups for Ages 5-9, 10-14, 15-18)

Take the Reins: Teen Girls Support Group

Build self-esteem, emotional resilience, and life skills to grow into your purpose and overcome hard things. Connect with horses and other teens to build life-long friendships that empower you to be your best self.

(Girls 13-17)

Cowgirl Up! Retreat Series

Explore your purpose and the vision you have for your life, reconnect to your authentic self, and be empowered to leave behind self-doubt. Experience the healing power of horses, and connect with like-minded Cowgirls and your Creator in this series.

(Women 18+)



Grief & Loss Support Group

Connection heals... don't grieve alone. Join as we hold space for one another, and experience the healing that horses intuitively bring when we are courageously, authentically, vulnerable with our feelings.

(Older Teens & Adults 16+)



Unbridled: Emotional Resilience for Trauma Survivors

Step into your future free from the tethers and triggers of your past. Learn to own and overcome your story, empowered to write the next chapters as you choose. Let go of old identity labels and become the woman God created you to be.

(Women 18+)

WWW.TAKEHEARTCOUNSELING.COM/EQUINE-ASSISTED-PSYCHOTHERAPY-AND-COUNSELING/



Therapy Group Experiences

EQUINE ASSISTED & LED BY OUR LICENSED THERAPISTS

Communication & Connection Couples Workshops

Learning, healing and connecting happen best when we have fun together. empower you with real tools to connect and communicate with each other in a way that values one another and sets you up for success.

(Married & Unmarried Couples)



Stress Management for Professionals: Workshop Series

If you think you don't have time for this, you need this! Practical skills for those with too much on their plate such as boundary setting, communication and conflict resolution, and handling stress in-the-moment. While our focus is on the workplace, these skills will help in all areas of your life.

(Adults 18+)

Foster & Adoptive Family Group

Let us equip you with practical and trauma-informed tools for overcoming the challenges your family is facing. Bonus: Learn you are not alone in the struggle! Parents & kids groups will both focus on emotional regulation, communication, and connection.

(Parents Group + Kids Group Ages 5-13)



Letting Go: Veterans & Caregivers Spiritual Workshop

Life changed for you in a single moment. Receive the support of Elizabeth Dole Foundation Fellow April Mulvey, Take Heart Founder Meagan Good, MA, LPC, NPT-C, and the horses as we explore the things you've been carrying that it's time to let go. Practical skills for moving forward together.

(Veteran & Caregiver Spouse Couples)



WWW.TAKEHEARTCOUNSELING.COM/EQUINE-ASSISTED-PSYCHOTHERAPY-AND-COUNSELING/

Corporate Retreats & Workshops

Experiential learning is key to reaching your organization's goals. Take a day at the ranch to reset, restore, and refocus through playful activities with horses designed to bring relaxation, laughter, and creativity back to your team.

- Professional Development
- Leadership Trainings
- Staff Wellness Retreats
- Team-building Experiences
- Family Fun Days
- Continuing Education & Workshops on:
 - Self-Care for Trauma Professionals
 - Trauma-informed Parenting
 - Burnout & Compassion Fatigue
 - Organizational Change
 - Rediscovering Your "Why"

Just ask about other topics of interest!



Each retreat or workshop is uniquely tailored to meet your goals and facilitated by Take Heart's founder, Meagan Good, MA, LPC and Business Operations Manager, Nicole Rabe, BS. Reach out today about setting up your retreat or workshop. We will help you with planning and give a price estimate.

WWW.TAKEHEARTCOUNSELING.COM/WORKSHOPS/

2025 FEE GUIDELINES

- Groups start at \$295/hour for up to 8 people.
- Groups of 4+ required to book a minimum of 2 hours.
- Groups of 9+ add-on \$30/person/hour.
- Catered lunch/dinner for \$25/person, or you may DIY.
- Book up to 7 hours per day, including lunch time.
- Multiple-day retreats may be available.
- Pricing may increase based on specific needs of the group regarding staffing, spacing, and other considerations. Ask for a specific estimate based on your group size, goals, meal inclusion, and timeline.



Connected Horsemanship Program

- Western, English, Liberty, Groundwork, & Horse Care: Lessons Based on Relationship with the Horse •



LED BY OUR TRAINED & CERTIFIED EQUINE PROFESSIONAL INSTRUCTORS

\$75/hr

PRIVATE LESSON

\$65/hr

SEMI-PRIVATE LESSON (2 MATCHED STUDENTS)

\$55/hr

GROUP LESSON (3-4 MATCHED STUDENTS)

OTHER HORSEMANSHIP SERVICES:

- **Clinics:** Bring your horse or partner with of our own, on various topics with groundwork, liberty, riding, horse care, and equine bodywork with Eggert Equine Sports Massage.
- **Youth Camps & Groups:** Summer camps, after-school riding clubs, winter-break horse camp, and reading-with-horses book clubs.
- **Adult Camps & Groups:** Grown-up summer camps, horsemanship for hobbies workshops, and active seniors horsemanship clubs.
- **Faith on the Farm** summer youth group.
- **Trail Rides** available for active students.



[WWW.TAKEHEARTCOUNSELING.COM/
CONNECTED-HORSEMANSHIP/](http://WWW.TAKEHEARTCOUNSELING.COM/CONNECTED-HORSEMANSHIP/)



Volunteer Program

- serve your community & get some horse time! •

NO EXPERIENCE NECESSARY - JUST A WILLING HEART

Volunteers must be 10 years & older.

Ages 10-15 must be supervised by a volunteer parent or guardian.



VOLUNTEER ACTIVITIES:

- **Horse Care:** Help our barn team with the horses during AM or PM barn duty. Regular volunteers may be permitted to help with exercising or other horse care once trained.
- **Special Events:** Help pull off incredible events for our community where people can come enjoy the ranch.
- **Facility Maintenance:** From gardening to fixing stuff, help keep Take Heart's facility beautiful and safe.
- **Outreach:** Become an ambassador for Take Heart and help share the mission of hope, healing, and horses with our community.
- Active volunteers get discounts on Connected Horsemanship services, as well as lots of free on-the-job training!

WWW.TAKEHEARTCOUNSELING.COM/VOLUNTEER/



Community Wellness Events

We've partnered with some fantastic wellness professionals in our community to bring you fun, relaxing, informative, connecting, and healing events for a holistic approach to your wellbeing!



DATES & MORE INFO ON EACH EVENT ON OUR WEBSITE CALENDAR
WWW.TAKEHEARTCOUNSELING.COM/EVENTS/



Sunset Yoga

With trauma-informed yoga instructor Kathleen Epler

Line Dance on the Ranch

With Take Heart's Kody Kerkeslager



Coffee & Horses Moms Group

With Take Heart's Brooke Merritt

Paint Nights on the Ranch

With Creative Art Expressions by Emily Myers

Essential Oil Wellness for Home & Barn

With Andrea Eggert, Eggert Equine Sports Massage

Restorable Mini-Workshop & Photoshoot

With Jen Mininger, The Restorable Retreat

Holy Ground Healthcare

With Meg Foltz, RN, The Renewed Nurse

Faith-Based Functional Medicine

With Jessica Momose, Ebenezer Wellness

Sensory Regulation Crafting

With Ashton Smith, Smith OT Solutions

Kick Off Your Boots

Meadow mindfulness & horse circles with Take Heart staff

Veterans & Caregivers? Mini-Retreat

With Chaplain? April Mulvey, Elizabeth Dole Foundation



Visit the Ranch

Community events for the whole family - free to attend! Join us for fun on the ranch. Meet our horse & human “herd,” and pick up some Take Heart merchandise to enjoy every day.



DATES & MORE INFO ON EACH EVENT ON OUR WEBSITE CALENDAR
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Discovery Days

Sprinkled throughout the year, join us to discover more about Take Heart’s programs. We usually have a theme for each event - so keep watch on our website calendar!

Annual Open Barn

Our biggest event of the year! Food trucks, tractor rides, pony painting, local small business vendors, and other activities for the whole family. Support our programs with your purchase of shirts, mugs, stickers, or other merchandise!

Worship on the Ranch

Live Christian worship music at the top of our hill at sunset. Reconnect with God in this truly beautiful setting!

Fall Fest, Deck the Stalls

Celebrate our favorite seasons with us at these two popular events! Costumes, candy, tractor rides, small business vendors for shopping, and horses!

Ranch Experiences

Can’t make it to the ranch, or want a more personalized tour? Reach out today to schedule a fun & informative experience for you & your family or organization! Great for field trips, scout groups, youth groups, & families.

Fee may apply.

