

New!!

Equine Counseling



We're happy to introduce a new offering from the Equine Assisted Services Program!

Equine Counseling with Janai Felizardo, Clinical Supervisor & Counselor

Sessions with Janai are now being scheduled for Nisqually Members, Residents and Employees.

Medicine River Ranch offers counseling in a quiet, therapeutic environment with our horses being properly tended by our Certified Equine Specialists, Falcon, Kristin, Pauline, and Cynthia.

Sessions take place outside, so please dress accordingly.

Counseling sessions support positive mental & physical wellness including:

- ★ Creating Mindful Healing
- ★ Managing Emotions
- ★ Regulating Self
- ★ Grief and Loss
- ★ Life Skills
- ★ Substance Abuse
- ★ Problem Gambling



*For confidential scheduling or
questions contact Janai at:
janai.felizardo@nisquallyhealth.org
or 360.472.5681*

Preparing horses for Mounted Meditation sessions...

Left to right are:

- ★ Cynthia & Tommy
- ★ Janai & Peaches
- ★ Kristal
- ★ Kristan & Zita

