

# CANTER: COMMUNITY ARTS NETWORK FOR TEENS EMPOWERING RESILIENCE TEEN SUPPORT EQUINE PROGRAM



**BEAMING**  
EQUINE-ASSISTED SERVICES

See how spending time with horses  
can make a huge difference in your life.

## CANTER TEEN ART PROGRAM

Our CANTER (Community Arts Network for Teens Empowering Resilience) teen support equine program, led by local artists, educators and other professionals, provides teens with the materials, knowledge, and guidance to engage in art as a form of self-expression that will help them discover their innate gifts and talents while building their self-confidence.

Teens are able to express themselves in a safe space in the company of horses, without fear of judgment or expectation of perfection, and explore their fears and emotions in a nonthreatening, nonverbal way. The focus of CANTER is to offer a healthy outlet for teens to use art to express and discover things about themselves, address barriers and traumas within their lives, inspire both peers and mentors alike, and process their emotions with an end goal of having a deeper, more confident understanding of themselves. Open to youth ages 11-18.

**To sign up**, have a parent or guardian contact Katie Samuelson, our Center Director, at 920-851-6160 or [incbeaming@gmail.com](mailto:incbeaming@gmail.com).



At BEAMING, we embrace diversity, we promote inclusion and we celebrate those with diverse abilities. Our CANTER teen arts mentoring program serves teens regardless of socio-economic status, race, gender identity, sexual orientation, religion or ability. The BEAMING Barn is a safe, nonjudgmental community gathering space where **all are welcome**.

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[beaminginc.org](http://beaminginc.org) \*Visits by appt only please



watch the CANTER  
video here



more info here

