

Presented by:



HEALING CONNECTIONS

Healing Connections is a four-day immersive program designed to address the lasting impact of trauma.

Experiencing trauma can have significant effects on mental health including PTSD, Depression and Anxiety that impact daily life. Healing Connections is centered around the power of healthy relationships with ourselves and others to generate healing.

Who is this program for? This program is open to women and non-binary adults over the age of 23 interested in addressing their trauma.

Who is PBJ Connections? We are a team of Mental Health and Equine (horse) professionals that have been providing mental health treatment to Central Ohioans since 2006. We recognize that some people need more than weekly, hour long, talk therapy sessions to heal from chronic traumatic experiences and complex PTSD.

Apply and learn more about the facilitators at:

<https://www.pbjconnections.org/programs-and-services/healing-connections/>

Email

Info@pbjconnections.org

with additional
questions.



2026 Schedule:

- October 22 to October 25, 2026
- Future dates to be announced soon.
Apply today to be added to the waitlist.

Where:

PBJ Connections – New Albany
470 Market St, New Albany, OH 43054

Cost:

We offer this program to all equally regardless of ability to pay through scholarships. The total cost per person is \$650. This cost covers transportation, meals, activities and group overnight accommodation during the intensive.

