



Counseling for Women of All Ages

We are passionate about working to help you establish or regain your self-esteem and identity. At Lantern Lane Farm, we've helped thousands of women walk through difficult journeys, such as loss, divorce, transitions, and grief. We provide a safe place to process trauma, stress, or anxiety. With a creative and tailored approach to help you achieve your personal goals, we can help you too.

Whether strengthening you, your family, or your marriage - whatever your goal - it is our privilege to help you heal and thrive.

Let us cheer and support you with non-judgmental, Christ-like care as you pursue integrated restoration and improved self-care.

Visit LanternLaneFarm.org for a full list of excellent **Therapists** and **Interns** to help you achieve your goals.

Hours of Operation (by Appointment)



DAYS	HOURS
Monday	9am - 8pm
Tuesday	9am - 8pm
Wednesday	9am - 8pm
Thursday	9am - 8pm
Friday	9am - 8pm
Saturday	9am - 8pm
Sunday	Closed

We are a 501(c)3 non-profit counseling center located just outside of Nashville, Tennessee.

Our Mission is to provide restorative and compassionate care to those who need spiritual, emotional, and physical healing through traditional and equine-assisted counseling services in a peaceful, countryside setting.

We provide services on a sliding fee scale based on total household income. We are committed to making services available to all, so that no one is ever turned away because they cannot afford therapy.



Counseling for Women and Teens

For more information
Call 615.973.5454

LanternLaneFarm.org
info@LanternLaneFarm.org

6201 Corinth Rd | Mt Juliet, TN 37122
615.973.5454



Support for All Stages of Your Life

Mental health challenges affect women and men equally. However, past abuse can be a factor in women's health, and treatments need to be sensitive to and reflect gender differences. Social factors can put women at greater risk for mental health problems, however, a female's readiness to talk about her feelings and a strong social network can aid in healing and recovery.

At Lantern Lane Farm we are, above all, compassionate people who care about your well-being. As non-judgmental professional therapists, we will provide a benevolent presence for you as you share your story and achieve your goals. Let our skills and Christ-like care put your mind at ease... you have come to the right place.

We can help strengthen you, find and identify ways to help you give yourself grace. We are honored to be with you and to witness your growth and healing.

A variety of techniques and modalities are utilized. In addition to equine-assisted psychotherapy and learning (EAP/EAL), counselors and interns can integrate Art Therapy, Health & Fitness, Enneagram Work and other creative techniques. Sessions can vary to include individuals, couples and family members, as needed.



Yes, we can help you!

We can help with issues that may be part of a woman's cycle of life, including:

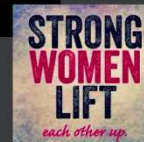
- Abuse/Neglect
- Addictions/Recovery
- Anger/Resentment
- Anxiety/Stress
- Attention / ADHD
- Atypical Eating
- Behavioral Concerns
- Coaching/Mentoring
- Divorce/Separation
- Faith/Spirituality
- Grief/Loss/Depression
- Marital Crisis/Infidelity
- Menopause/Mood Changes
- Parenting Challenges
- Postpartum Depression
- Perinatal Mental Health
- Trauma/PTSD

Lantern Lane Farm is a non-profit 501(c)3 organization. Your donations are tax deductible and will allow our community counseling center to provide therapy for others in need. Please make checks payable to: **Lantern Lane Farm** or visit LanternLaneFarm.org/donation.

Volunteer opportunities are available for students and groups. If you are interested in helping out at the farm in the areas of landscaping, animal care, grounds-, house-keeping or administrative support, please visit LanternLaneFarm.org/volunteer or email info@LanternLaneFarm.org.



Ask About
Support
Groups
for Women
& Teens!



To learn more or to schedule
an appointment call 615.973.5454.
Please mention this brochure when calling.