



HORSES HEALING HEARTS

# Curriculum Programs

A life skills development series designed to empower women and men in their life journeys, helping them to move forward with confidence and reclaim their power by building critical life skills that are paralleled back to their own worlds in a safe and unique environment! This 8-week curriculum series has been set up to provide direction for the women and men in your groups who are rebuilding their lives from addiction, domestic violence, trauma or abuse and who are looking for results! Working with horses on the ground (no riding!) is an unparalleled opportunity to not only learn a new skill, but also a powerful way to learn how to be present, focused, and in tune with our emotions.



## Build Key Life Skills!

- COMMUNICATION • ACTIVE LISTENING
- PROBLEM SOLVING • APPROPRIATE
- EMPATHY • ASSERTIVENESS
- HEALTHY BOUNDARIES



## What Others Are Saying

"For me, the major difference that could be seen was on the ride to and from EAL. On the way there, particularly if it was a participants first time, there was an immaturity that was hard to tame, however on the drive home, the conversations, the behaviors, the outlook was completely different. They were changed men."

-Chris Sciberras - Registered Provisional Psychologist