



HORSES HEALING HEARTS

# Youth Curriculum Programs

Youth face growing challenges every day, and our youth curriculum programs offers the opportunity to assist them in becoming leaders, making choices, as well as building confidence and self-esteem. Our youth programs run for 8-weeks. This time frame allows participants to solidify the skills learned in a usable way, as well as track the advancements in each of the youth within it. 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.



## Preparing Your Youth with Skills for Life!

- Overcome barriers to find change
- Be encouraged to be creative and innovative
- Realize the benefits associated with effective communication
- Find opportunity in working together
- To develop healthy relationships
- Accept responsibility and accountability



### What Others Are Saying

The Equine Assisted Learning experience was a great program for our kids. The students were eager to participate and share their experiences with others. Teachers have noticed and commented on these students being more assertive, communicating their needs better and they seem more resilient when confronted by problems or obstacles. Parents have also provided positive feedback saying they have noticed a change in their children even in such a short time." -Lois Martin - Teacher

