



Hello,

Thank you for your interest in the Equine Assisted Learning program at Helen Woodward Animal Center.

The primary goal of EAL is to teach and support life skills through guided horse interactions. This experiential approach integrates human-horse interaction that is guided by me and our certified instructors. The planned learning experiences are designed to support the personal growth goals of the participants as determined by themselves and their support team. We are always happy to collaborate with any professionals you might already be working with. Handling and working with horses in this un-mounted approach provides opportunities to teach and learn critical life skills such as trust, respect, honesty and communication. As horses use mostly non-verbal communication and are in tune with human behavior, they can help participants to better understand and learn how our non-verbal communication might be influencing or impacting others in their lives. Through interactions with the horses, participants learn a heightened sense of self awareness which is important in order to reveal patterns of behavior while also giving the opportunity to think in a new way. Participants can gain self-confidence and self-esteem while learning how to work with such a large and powerful creature. Horses provide us with a way to see our internal landscape and to expose our modes of operation. They offer us the opportunity to experience humility, compassion and challenge, all which support self awareness and personal growth.

Our outdoor setting, beautiful horses and friendly staff create a positive and welcoming environment that encourages self discovery and personal growth. Each year our program offers 5 nine week sessions for a chance to work with our horses year round. The cost per session is \$360. This averages out to much less than our cost per lesson, which is over \$150. However, for 2022 we have a very generous donor who is providing a 50% scholarship to each EAL participant. Please feel free to contact me for more information. The best way to reach me is through email, CourtneyM@animalcenter.org. I look forward to hearing back from you and to discussing how this program might benefit you and/or your family.

Kind regards,

Courtney Mellor

Program Manager

PATH Intl. Advanced Certified Instructor

Equine Specialist in Mental Health and Learning