

# THUNDERHORSE • THUNDERHORSE HEARTS & HEROES

## BUILD A PROGRAM ~ THUNDERHORSE HEARTS & HEROES:

PROGRAM	SIZE	DURATION	EAL Goals are tailored	EAT Goals are tailored
<b>YOUTH</b> *6-18 yrs separated age grps.	SMALL GROUP	<input type="checkbox"/> 8 WEEKS, 1X wk <input type="checkbox"/> SUMMER BREAK CAMP	<b>LIFE SKILLS:</b> Communication, confidence, Self-awareness, Assertiveness, empathy, boundaries, electronic dependency, relationships, empowerment. AND MORE.	<b>THERAPEUTIC GOALS:</b> Body Image, Anger/Aggression, Emotion identity & regulation, Bullying, depression, anxiety, healthy attachment, ADHD, Trauma AND MORE.
Girls	LARGE GROUP	<input type="checkbox"/> 1 DAY 2-3 HRS		
Boys				
Mixed Gender				
<b>TEAM BUILDING</b>	SMALL GROUP	<input type="checkbox"/> Sm group 90 minutes	<b>LIFE SKILLS:</b> Communication, respect, autonomy, interpersonal relationship, conflict resolution. AND MORE	<b>THERAPEUTIC GOALS:</b> Similar to life skills but more in depth and acute.
Corporate	LARGE GROUP	<input type="checkbox"/> Lg group 2-3 hrs		
Teen Group		<input type="checkbox"/> 8 WEEKS, 1X wk		
Sports Team / Teams				
Family				
Other				
<b>VETERANS</b>	INDIVIDUAL	<input type="checkbox"/> Individual 1x wk 1hr	<b>LIFE SKILLS:</b> What horse language can inform about us. Communication, relationships AND MORE	<b>THERAPEUTIC GOALS:</b> Accumulative Trauma, Trauma, PTSD, Depression, Anxiety, Relationships, AND MORE.
<b>FIRST RESPONDERS</b>	SMALL GRP	<input type="checkbox"/> Group 8 wks 1x wk., 90 min.		
<b>RELATIONAL RECOVERY</b>	INDIVIDUAL	<input type="checkbox"/> Individual 1x wk, 1 hr 14 wks	<b>LIFE SKILLS:</b> What horse language can inform about us. Communication, relationships, boundaries, this roughly follows 12 step program. AND MORE	<b>THERAPEUTIC GOALS:</b> this roughly follows the 12 steps. Trauma, PTSD, Depression, Anxiety, Relationships, co-dependency, healthy habits, AND MORE
	SMALL GRP	<input type="checkbox"/> Group 1x wk., 90 min, 14 wks		
<b>PRIVATE SESSIONS</b> Adults/Minors	INDIVIDUAL	<input type="checkbox"/> Individual 1x wk. 1hr <input type="checkbox"/> 8 wks, 1x wk 1 hr.	<b>LIFE SKILLS:</b> What horse language can inform about us. Communication, relationships AND MORE	<b>THERAPEUTIC GOALS:</b> Per Client
<b>PUBLIC SPEAKING</b>	Custom Group w/custom cost.	<input type="checkbox"/> 1x talk	Includes the director (Equine Specialist) and can include an MH. The purpose is to talk about the modality and tell stories. It can be on site with horses or off-site with slideshow. Proceeds get earmarked for Hearts & Heroes programs. Speaking at Business groups, Rotary, Schools, etc.	



\*See rate sheet. Programs are self-pay.

\*Thunderhorse reserve the right to change programs offered. We reserve the right to refuse service.