

HeartStrides Therapeutic Horsemanship Equine Assisted Youth Peer Support

Tuesday evenings 5:00-6:15pm

6-Week Program

July 25th, August 1st, 8th, 15th, 22nd, & 29th



Location:

Healing Hearts Ranch
3500 85th Lane SW
Tumwater, 98512

Contact:

Hanna Baus, Program Director
heartstrides@gmail.com
or 360-789-5607

Powerful, gentle, perceptive, nonjudgmental:

The EAYPS program partners youth with horses for **6 weeks** in a horsemanship program. Thirteen core values are emphasized in the relationship with horses.

Working with horses helps youth:

- **Decrease feelings of hopelessness and depression**
- **Learn cause and effect, take responsibility**
- **Find direction, focus, and meaning**
- **Gain a sense of personal mastery**
- **Increase positive perceptions of self**
- **Establish and build positive relationship skills**
- **Enhance problem solving and frustration tolerance**
- **Learn empathy and honor their emotions**
- **Deal with stress and moderate anger**