

AGES 13-18

5 COHORTS IN 2023

**Fellowship of the Horse  
is a self-development program  
for teenage girls.**

**Through guided ranch experiences,  
we focus on modeling wellness skills  
in a safe environment.**



## Immersive

**Engage with horses & nature.  
We create learning thru enrichment  
(horsemanship, service work & peer support)**



## Community

**Our empowering collaborative approach,  
with women mentors & our herd, is how we  
develop healthy life skills & confidence.**

## Outcome

**Our goal is to develop emotional intelligence  
(self-awareness), situational awareness (boundaries)  
& social skills.**

**Through mindfulness practices, as well as  
developing our horsemanship skills (ground  
work up to riding), we provide tools to connect  
with authentic self & the world.**



REINS

