



EQUINE ASSISTED LEARNING

SOCIAL SKILLS

Equine Assisted Learning (EAL) is an experiential learning approach that partners humans with horses to promote development of life skills. Horses are great teachers of self-awareness, respect, and communication. Our social skills programs emphasize:

- ✓ Mindfulness
- ✓ Recognizing & overcoming fears
- ✓ Improving communication
- ✓ Respect & awareness
- ✓ Recognizing body language & nonverbal communication

We offer individual or group sessions which are tailored to meet the needs of the client(s). Programming is facilitated by a licensed social worker who is certified by the O.K. Corral Series in EAL.

For More Information, Contact

krista@makingstridesfoundation.org

