

Healthy HORSE PLAY for Youth

Workshop Series

Starting May

Sessions aimed at Youth:

- Week 1 Introduction, Information & Ice Breaker
- Week 2 Problem Solving Styles
- Week 3 Communication & Trust
- Week 4 Distractions
- Week 5 Respecting Boundaries
- Week 6 Relationships & Family Roles
- Week 7 Judgement & Pressure
- Week 8 Leadership

Limited Space

Pre-Register by April 26th

- Date: 8 Week Program Starting in May
Cost: Only \$40.00/session
Includes: Hands-on session (approx. 2 hr);
Group Discussions; Refreshments
Location: Melody Acres Training Centre,
#317505 Hwy 6/10 (south of Rockford
lights)

For Information, contact Melanie Gray
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www.melodyacres.com

Come Experience
with the Herd

No Horse
experience
needed



How Horses Can Help

Horses can help us move forward in life in ways we have not envisioned. Interacting with the horse on the ground provides surprisingly powerful moments of self-discovery. As the horses react to your most subtle body language and emotions, they reflect back to you the attitudes and behaviours present in all of your relationships. With specially designed activities, you can begin to see clearly how you relate to yourself and others, both consciously and unconsciously and how to move naturally into new and more effective behaviours. All activities are performed from the ground, no riding involved.

Workshop delivered by Melanie Gray, Carded Judge, Certified Coach, Advanced EAP and Partners in Process Program Director