



Cincinnati Therapeutic Riding  
and Horsemanship

# "Mini"-mize S.W.E.A.T.

(Stress, Worry, Emotions, Anxiety & Tension)

Equine-Based Workshops for children - Grades 3-6

## Registration Form

Child's Name \_\_\_\_\_ Grade \_\_\_\_\_

Parent(s) Name(s): \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Address: (Street) \_\_\_\_\_ (City) \_\_\_\_\_ (Zip Code) \_\_\_\_\_

Email: \_\_\_\_\_

Check (✓) the workshop(s) that your child will be attending:

- TAKE THE LEAD Workshop - Oct. 6, 2018**
- Participants will learn about themselves and use this self-awareness to better understand others, take the perspective of others and interpret social behavior so they can develop and maintain healthy relationships.
- PART OF THE HERD Workshop - Nov. 3, 2018**
- Participants will learn about their place in the "herd" (social arena) and how they can effectively understand, respond to and interact with others as a leader, follower and herd mate whether in times of stress or calm.
- DON'T GET STALLED Workshop - Dec. 1, 2018**
- Participants will learn to make constructive choices about personal behavior and social interactions by identifying problems, analyzing options, implementing a solution, and reflecting on choices.

**Cost:** \$60.00 per workshop

**Time:** 12:30 pm - 3:30 pm

**Where:** CTRH  
1342 US Highway 50  
Milford, OH 45140  
(513) 831 - 7050

**What to wear:** Close-toed shoes, long pants (No Crocs)

**What to bring:** A light snack and a drink

**What to expect:** The participants will engage in a variety of equine-based activities (with a mini-horse) that have been specifically designed to promote and strengthen important life skills. The participants ***WILL NOT*** be riding during the workshops.



**Please mail registration form and check made out to "CTRH" to the address listed above.**