



Cincinnati Therapeutic Riding
and Horsemanship

The “Mini” Workshops for Emotional and Social Behavior Enrichment

Equine-Based Workshops for children - Ages 8-16

Changes in our society have put new stresses on today’s children. This “over-stressed” generation must deal with issues such as:

- Faster child development
- Academic pressures and high stakes testing
- Overstuffed schedules
- Fewer healthy outlets
- Media saturation and exposure to adult issues (i.e. terrifying news stories!)
- Lack of sleep (A vicious cycle - Stress causes sleep problems and lack of sleep causes stress)
- Family disruption (separation ,divorce, remarriage of parent, loss of a family member, unemployment, etc)
- Environmental dangers (crime, community violence, school shootings, terrorism, etc)
- Family issues with highly competitive sports
- School Factors (peer pressure, grades, isolation, learning challenges, homework, bullying, teasing, etc)



The amount of stress that children today are faced with can seem overwhelming and can threaten a child’s social-emotional well-being. However, there is an upside to all of this: children can learn skills so that they will be better equipped to handle stress and pressure!

Cincinnati Therapeutic Riding and Horsemanship (CTRH) is offering a variety of equine-assisted learning workshops purposefully designed to develop, promote and strengthen critical social-emotional skills for children ages 8 to 16 years old.

~The participants WILL NOT be riding during the workshops.~

- **TAKE THE LEAD Workshop – Saturday, October 5, 2019**
 - 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 - Saturday, November 2, 2019**

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 – Saturday, December 7, 2019**

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 (per person)
\$160 for the series of three workshops if paid prior to the first workshop

Time: 12:30 pm - 3:00 pm

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

What to wear: Close-toed shoes, long pants (NO CROCS or SANDALS)

What to bring: A snack and drink

Contact Fran Rowland at fran.rowland@ctrhequinetherapy.org for additional information or registration forms.

