

What is EQUUS?

Equus is a learning program where individuals with different learning styles and needs are inspired to discover their strengths through engagement with our horses and farm activities.

Horsemanship and human-ship skills are developed by working with our horses through grooming, leading, and guided un-mounted activities.

These activities are designed with specific life skills in mind to help foster interpersonal growth, improve communication, confidence, self-esteem, leadership, and teamwork, all while having FUN!

How participants benefit from EQUUS:

- Learn to read body language and other forms of non-verbal communication
- Experience how their energy and behavior affects the horse and others
- Practice self-regulation
- Practice feeling calm and confident when doing new things
- Experiment with different solutions to solve a problem
- Learn to work in a team
- Learn to understand similarities and differences in personality and behavior among humans and animals

Dates and Requirements

Ages 10+ with differing learning styles and needs. Must be independent (without need for shadow) with moderate ability for self-reflection. Our staff will conduct a pre-screening interview and tour for planning. Minimum number of participants is 2, Maximum 6. No horse experience necessary.

Session 1

Date: Monday June 24 - Friday June 28
(1A) 8:15am-9:45am for Cowboys ages 15+
(1B) 10am-11:30am for Sassy Saddles Girls ages 10-14
(1C) 11:45am-1:15pm for Galloping Girls ages 15+
Cost: \$300.00 per session

Session 2

Date: Friday July 12, 19, 26
(2A) 8:15am-9:45am for Cowboys ages 15+
(2B) 10am-11:30am for Sassy Saddles Girls ages 10-14
(2C) 11:45am-1:15pm for Galloping Girls ages 15+
Cost: \$200.00 per session

Session 3

Date: Friday August 2, 9, 16
(3A) 8:15am-9:45am for Cowboys ages 15+
(3B) 10am-11:30am for Sassy Saddles Girls ages 10-14
(3C) 11:45am-1:15pm for Galloping Girls ages 15+
Cost: \$200.00 per session

Session 4

Date: Monday August 19 - Friday August 23
(4A) 8:15am-9:45am for Cowboys ages 15+
(4B) 10am-11:30am for Sassy Saddles Girls ages 10-14
(4C) 11:45am-1:15pm for Galloping Girls ages 15+
Cost: \$300.00 per session

Session 5

Date: Monday August 26 - Friday August 30
(5A) 8:15am-9:45am for Cowboys ages 15+
(5B) 10am-11:30am for Sassy Saddles Girls ages 10-14
(5C) 11:45am-1:15pm for Galloping Girls ages 15+
Cost: \$300.00 per session

2019 Summer Series Registration

Program will run rain or shine, we have indoor facilities. Subject to cancellation if minimum group number not met. Proper dress and footwear required. Cash or check only.

First Name: _____

Last Name: _____

D.O.B.: _____

Parent/Guardian Name: _____

Phone: _____

Email: _____

Insert Check Mark Next to the Session(s) You are Registering For

Session 1A__ 1B__ 1C__:	\$300.00
Session 2A__ 2B__ 2C__:	\$200.00
Session 3A__ 3B__ 3C__:	\$200.00
Session 4A__ 4B__ 4C__:	\$300.00
Session 5A__ 5B__ 5C__:	\$300.00

Total fee enclosed: _____

Make check payable to: Special Strides

Mail to:

Special Strides

118 Federal Road

Monroe, NJ 08831

OUR FACILITY

Equus Learning is a Special Strides Program located at 118 Federal Road on beautiful Congress Hill Farm in Monroe, New Jersey. Situated on 200 acres, our pastoral setting embraces all who enter with its natural beauty and is home to many horses and farm animals.

OUR STAFF

Dina Parrello

MA Industrial Psychology, PATH Certified Therapeutic Riding Instructor & Equine Specialist in Mental Health and Learning Certified True Colors Facilitator

Jane Burrows

PATH certified Equine Specialist in Mental Health and Learning

**“The outside of a horse
is good for the
inside of a man”**

Winston Churchill

Gain a better understanding of yourself and how others perceive you

Recognize differences and similarities among all living things

Own the control over your emotions and behavior

Welcome new opportunities with confidence and resilience

Think outside of the box to find solutions to problems

Honor yourself and others through patience, empathy and teamwork

THE EQUUS

Learning Program

Special Strides Presents **2019 Summer Series**

118 Federal Road, Monroe, NJ 08831
732-446-0945

equusinfo@specialstrides.com

Contact Dina Parrello
Jane Burrows

Special Strides is a 501c.3 not for profit