

TRAILBLAZING FALL BREAK ADVENTURE MINI-CAMP – *Not your ordinary riding lesson - Each Day will be a New Adventure!*
www.shadycreekfarm.com

OCT. 12 - 14, 2015 1:30pm - 4:30pm* – Mon., Tues. and Wed. only this week

*bring a snack and water bottle

AGES 5 and up

Don't miss this great opportunity – minimum of 3 participants per day. You may choose to come only one day at a time or for the whole week (all 3 days). By using small groups, we can offer each rider more individualized instruction and plan a special, different Adventure Activity each day!

In the SCF GET UP EAP program we use both an experienced riding instructor and a therapist with each group. You may read more about our [GET UP Therapy program here](#) and also read more about our [GET UP Trailblazing camp program here](#). Horses are a part of the team – working with animals and specifically horses has shown to help bring about positive change in people – physically, emotionally and developmentally. We facilitate the connection with the horses and with other peers and then help participants gain insight about their experiences.

Each day will always include Horseback Riding & hands-on Horse Activities:

- instruction in grooming and tacking
- safe horse handling
- mounted and unmounted horse activities

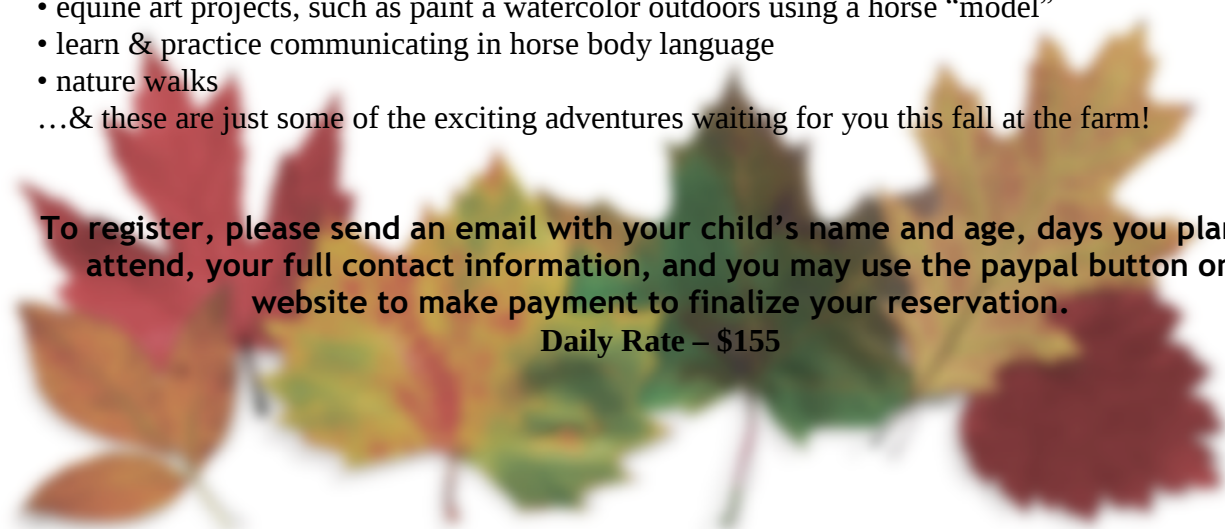
Each day will also have its own Adventure Activity. The activities can include any of the following and will be geared/selected to match the participants each day:

- group challenge activities with the horses
- social skills games and activities
- scavenger hunt on horseback and mounted games
- equine art projects, such as paint a watercolor outdoors using a horse “model”
- learn & practice communicating in horse body language
- nature walks

...& these are just some of the exciting adventures waiting for you this fall at the farm!

To register, please send an email with your child's name and age, days you plan to attend, your full contact information, and you may use the paypal button on website to make payment to finalize your reservation.

Daily Rate – \$155



About SCF GET UP Therapy Program

Behavior Services of the Mid-South LLC and Shady Creek Farm are partnering to offer Equine Assisted Psychotherapy programming. As SCF GET UP Therapy Program we offer social skills equine camps, individual and small group programming, team building programs, and training opportunities for local mental health clinicians.

About Equine Assisted Psychotherapy

Equine Assisted Psychotherapy (EAP) incorporates horses experientially for mental and behavioral health therapy and personal development. It is a collaborative effort between a licensed therapist and a horse professional working with the clients and horses to address treatment goals. EAP is experiential in nature. This means that participants learn about themselves and others by participating in activities with the horses, and then processing (or discussing) feelings, behaviors, and patterns. EAP offered by SCF is a mix between on the ground sessions and horseback riding.

Therapeutic Riding helps to develop self-awareness and confidence, teach and enhance empathic skill development, improve problem solving skills, assists in improving concentration, assists in improving fine motor and gross motor skills, as well as physical improvements in muscle strengthening and stretching.

