



Unbridled Hope

Power Tools for Living

A 6-week, equine-assisted group experience
for students entering 7th – 12th grades

- **Are you a high school or middle school student entering grades 7-12 next fall?**
- **Do you like horses?**
- **Would you like to experience a small group program designed to build emotional intelligence, coping skills, and overall well-being?**

Unbridled Hope: Power Tools for Living is for you!

Unbridled Hope is an equine-assisted group learning program offered by **Youth & Family Counseling** and **Walk On Farm**. The 6-week small group program offers participants a hands-on experience designed to develop emotional intelligence, social and coping skills, resilience, goal setting, team building, conflict resolution and bullying awareness. **Unbridled Hope** uses the EAGALA (Equine Assisted Growth & Learning Association) model of equine-assisted therapy.

Dates: Fridays, June 21st – August 2nd (6 weeks)

Time: 2:00 p.m. – 4:00 p.m.

Place: Walk On Farm at 26665 W. Cuba Road, Barrington

Cost: \$10 registration fee

Note: Horseback riding is not part of the *Unbridled Hope* program. Participants observe and interacted with horses from the ground.

**For questions, or to reserve your place in the June-August 2019 session, please contact:
Kate Lambie, LCPC at 847-367-5991 ext. 37**

