



Horses Offering Personal Empowerment



Empowering Women of All Ages

Our Horses Offering Personal Empowerment Program ("HOPE") is an Equine Assisted Learning (EAL) program designed to assist women of all ages understand their personal strengths and talents. Equine-Assisted Learning (EAL) is an experiential learning approach that promotes the development of life skills for educational, professional, and personal goals through equine-assisted activities. This approach integrates horse-human interaction that is guided by a planned learning experience to meet the identified goals or desires of the participant(s). EAL is a professional field in which the unique intuitive nature of horses is used to help encourage personal growth, learning, and healing for participants.

Program activities are designed to help you build your self-esteem, focus on positive decision-making, conquer life changes, discover the basics of healthy and respectful relationships, move forward after challenging life events, and discover more about yourself. Connecting with our horses will provide opportunities to work on setting boundaries, making healthy choices, recognizing self-worth, building self-esteem, and coping with change.

Working with horses provides opportunities to teach critical life skills such as trust, respect, honesty and communication. Equines use mostly non-vocal communication and are in-tune with human behavior. This can help participants to better understand and learn how our non-verbal communication might be impacting or influencing others in their lives. Horses ask people to be aware of their surroundings at all times. Through interactions with the horses, participants learn a heightened self-awareness. Furthermore, participants gain self-esteem and self-confidence while learning how to work with such a large and powerful creature. They offer us the opportunity to experience humility, compassion, and challenge - all critical elements to supporting self-growth and self-awareness.

Cost: \$480 for each 8 week program
Next 8 week session starts in February
Limited Spaces Available--Register Today!



Junior Group Ages 9 to 13
Mondays from 4:30 to 6 pm



Adult Group
Tuesdays from 10 to 11:30 am



Young Adult Group Ages 14 to 17
Fridays 3 to 5:30 pm

Contact Us For More Info: www.DreamCatchers.org
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