



# TOGETHER *in stride*

**We strengthen health and learning opportunities for individuals and communities through connection with horses.**

[www.togetherinstride.ca](http://www.togetherinstride.ca)





## Our Learning With Horses Programs

We believe in creating safe and inclusive spaces for both humans and horses

### HEALTH & LEARNING PROGRAMS

These group sessions are designed to give opportunity for the participants to explore personal growth skills such as: communication, compassion, teamwork, leadership and so much more. The ground work stations have intended objectives for participants and horses to walk together. We offer inclusive, multi-level sessions, workshops and weekly programs.

Our focus is working with horses together in stride on the ground. Please note, these are not riding programs. All programs are supported by highly trained and insured facilitators, teachers, coaches or licensed health professionals.

### HOST FARM PARTNERSHIP

The field of horse assisted services is evolving and we seek to build relationships with other farms who share our philosophy and wish to explore opportunities for mentorship, collaboration or granting possibilities. If you are a farm owner or operator who is enthusiastic about learning and healing with horses we encourage you to connect with us.





## The Impact of Learning With Horses

“My favourite part has been the fact that we’re outside, normally I’m inside by myself and isolated. I enjoy the outdoor arena more, the indoor sometimes makes me dizzy. Teamwork and communication and patience transferred into my outside life.”

“The curriculum incorporates experiential self-initiated learning activities and experiences that encourage/increase student participation. Each lesson introduces a new skill while giving opportunities to practice the skills learned in previous lessons. What I found exciting was how the experiential lessons involved creative thinking skills, along with the social and emotional components (body language, personality differences, cooperation, team work, patience, and many more). These lessons always include team work: 2 or more students with a horse!”

*- Caroline Anderson, Elementary School Counsellor*

“An inspirational place which perfectly combines safety and professionalism with an extraordinary level of caring, nurturing and old fashioned fun! My children have blossomed and found a sense of agency and confidence that no other sport or activity has yet achieved.”



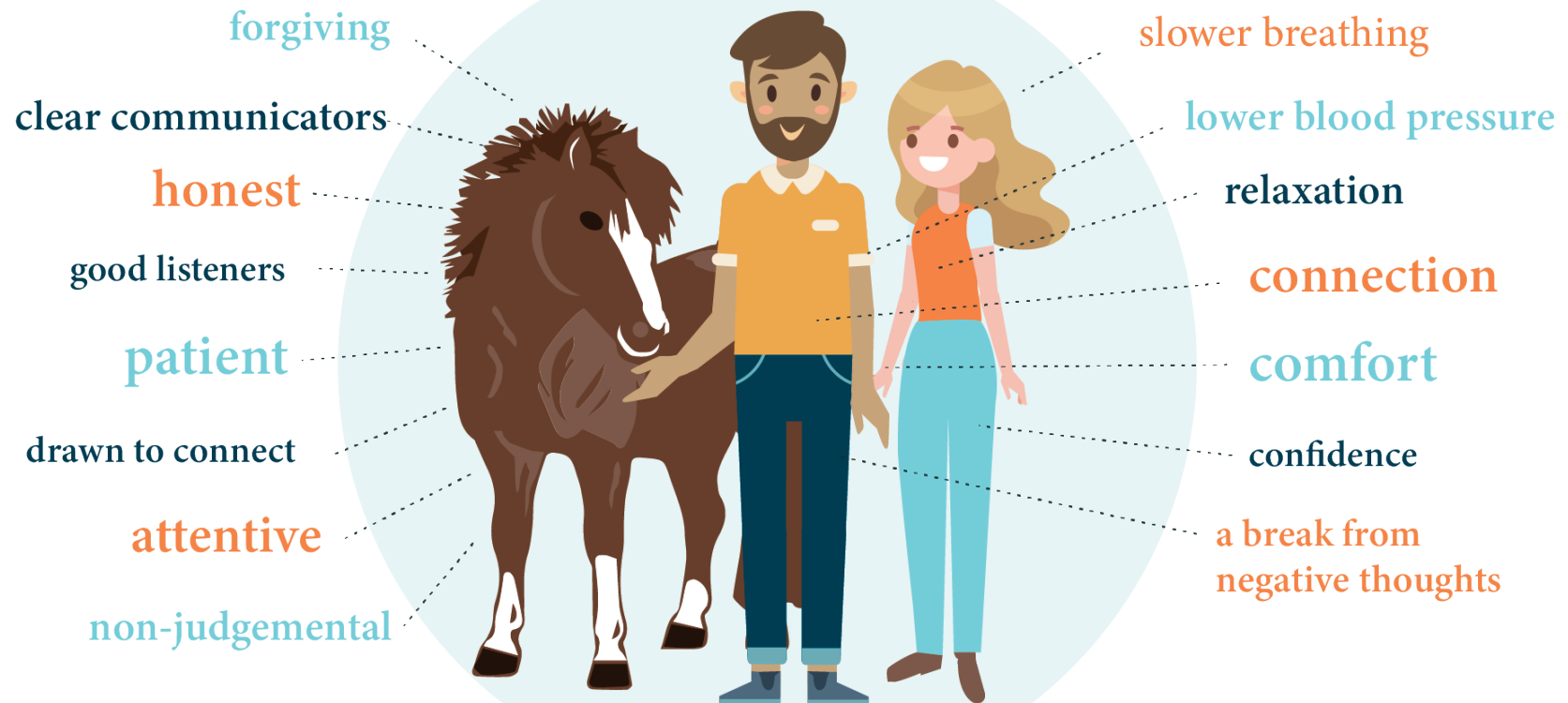
experiential  
**FUN**  
curriculum



# Why Horses?

BECAUSE THEY ARE...

...WE CAN EXPERIENCE



© Heart Lake Farm



professional  
**SAFE**  
memorable

# A Unique Program

With universal benefits

[tam@togetherinstride.ca](mailto:tam@togetherinstride.ca)

