

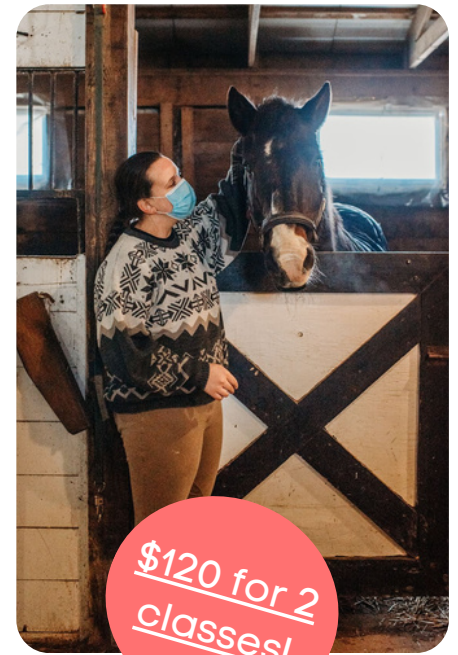


T.E.A.D. Equestrian Association for the Disabled

# D.E.F.Y.

## AN EQUINE WELLNESS PROGRAM DESIGNED EXCLUSIVELY FOR YOU!

DEFY is a program open to any individual, family, or friend group struggling with mental health and/or isolation.



### BENEFITS

- versatile programming options for all learning styles and processing levels
- relaxing, grounding, joyful time spent bonding and learning with our horses
- an in-depth introduction to horses and equine therapy
- shorter run times easily accommodate those with busier schedules

The first class is an unmounted, introductory session and the second will be based on the client's interest. Options include: trail ride/English riding lesson; natural horsemanship; grooming & photoshoot session; and more!

**For more information or to register,  
email [troton@tead.on.ca](mailto:troton@tead.on.ca) or call  
905-679-8323 ext. 226 today.**

**\*\*\*All new participants must be assessed prior to  
joining any TEAD program\*\***

### WHY HORSES?

Horses are prey animals and naturally mirror the thoughts and behaviour of others. They respond quickly to our body language, giving participants instant feedback on their actions and allowing connections to develop more easily. Horses are large, powerful animals that can challenge participants to overcome fear and expand their comfort zones. As a result, they gain confidence, empowerment, and self-esteem.