



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

FRESH AIR COMMUNITY PARTNERSHIP

DESIGNED TO PARTNER WITH NOT-
FOR-PROFIT AND COMMUNITY
ORGANIZATIONS



This program was created in response to the immense level of need for social services arising from the COVID-19 pandemic, and strives to support some of the community's most vulnerable people. Riding may be an option in the final 2 weeks.

BENEFITS

- highly customizable and addresses the needs of the community being served
- mindfulness activities can reduce anxiety, encouraging emotional regulation
- teaches responsibility, leadership, and interpersonal skills
- encourages introspection to better understand and retain lesson material

**For more information or to register,
email 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.