



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

UNBRIDLING TEEN POTENTIAL

COMBINED MOUNTED & UNMOUNTED WELLNESS PROGRAM

In this cumulative program, teens will have in-class learning, apply their lessons to their horse through groundwork, and be introduced to riding during the last 3 weeks of the program.

BENEFITS

- versatile programming options for all learning styles and processing levels
- teaches leadership, horsemanship, and interpersonal skills
- mindfulness activities reduce anxiety, encouraging emotional regulation
- participants gain self-esteem, confidence, empathy, and a sense of mastery
- time to bond and learn with their chosen horse before riding

**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.