

# EQUINE ASSISTED ACTIVITIES



## Equine Assisted Activities at Dream On Curls Riding Center

**Straight From the Horse's Mouth – so to speak... a little insight into how our participants feel about the program !**



"Since I've been coming here I'm running out of I can'ts and instead have, I'll try's"

“Every week, I leave with more self esteem “



“Being with the horses every week makes me feel great – I have lost weight and have learned to deal with my stress in a better way ! “

The look of confidence, pride and achievement on a rider's face when he or she has successfully completed a task is the most profound measure of its value. To put it simply, Therapeutic Riding works and the benefits are ongoing.



I have been going to horse therapy for about a year now when I first started the therapy I had no self-esteem didn't hold my head up high and be proud of myself I didn't think that I was strong enough to make decisions in my own life . Now I hold my head up high when I'm walking I'm able to communicate with people and get

my needs met I learn how to trust and through Kerrie's eyes I have learned that there is gentleness in people and I can trust . I was told that horses can see what kind of person we are really deep inside . Kerrie new way before I did that I am a strong woman.i am a kind and thoughtful person and that I can take charge of my life and I am not scared to do so.people come up to me and ask what I have been up to I seem so different now so I tell them about the curly horses and the therapy to have people come up to me and see the difference is so huge for me thank you guys for everything you have done for me

Working with horses gives a person a reason to believe in themselves !

**We can do weekly progress notes to facilitate clinical funding**

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<http://www.dreamoncurls.com>

**All the necessary forms can be downloaded from the web site !**