



# HOOFPRINTS

ON THE HEART, MIND, BODY & SPIRIT

## OUR MISSION

*Transforming lives through the unique relationship between horses and humans, fostering physical, emotional and behavioral growth through equine assisted activities.*

**HOOFPRINTSOHIO.ORG**

We partner horses, mental health professionals and equine specialists to help you explore yourself through the unique lens of our horses. As you build this relationship you will discover yourself and unlock your own potential for understanding and dealing with today's world. We interact with the horses on the ground in their environment.

## Fall Session

September 12 - November 18

## Registration & Inquires

**KCorbett@HoofPrintsOhio.org**

A nonprofit organization. Programs at a private farm located near Centerville/Springboro.

## FALL PROGRAMS

### Find Your Inner Unicorn

This hands-on program is designed for those 8-12 years old who are experiencing increased anxiety and are trying to understand themselves. Students will discover how to understand their own emotions by learning about their horses and how to love themselves.

### Strides to Success

A unique experience for 12-18 year olds seeking to improve their mental wellness. Teens who live with anxiety, depression, and lack self-confidence will benefit greatly from building bonds with their horse and understanding their emotions..

### Horses 4 Mental Wellness

Stress Management Series for Adults  
3 Sessions to help you understand the stress in your life and some tools to manage it.

Session 1: Affective & Attuned Self

Session 2: It's All About Style

Session 3: The Wise Mind

### Saturday Workshops

- Strong Partners
- Heroes Among Us
- Stressless Holidays