



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 and in the stables.

To Register & Inquiries

KCorbett@HoofPrintsOhio.org

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

HORSES 4 MENTAL WELLNESS

STRESS MANAGEMENT SERIES FOR ADULTS

Facilitators:

Shawnmari Kaiser, MSW, LISW

Kathy Corbett, ESHML, CTRI, Cert. EAL

Our facilitators will guide you through a joyful experience as our horses help you explore your deeper self to unlock your potential in managing life's stressors and experience better mental wellness.

Session 1: Affective & Attuned Self

September 12-26

Session 2: It's All About Style

October 3-17

Session 3: The Wise Mind

Oct 24, Nov 7 & 14

Take 1 session or Entire series

Mondays 12:30-2, 3-4:30 or 5-6:30pm

Cost per Session \$300

Full Series \$780 (20% discount)

SATURDAY WORKSHOPS

Sept 24th Stronger Partners

Oct 15th Heroes Among Us

Nov 5th Stressless Holidays