

# Equine Assisted Learning Self Empowerment

This program is designed for youth ages 8-13 years, who are struggling with anxiety, stress, low self-esteem, or bullying. This horse-based program focuses on teaching basic life skills such as identifying feelings, building trust, overcoming fear, and setting boundaries.

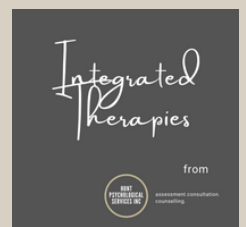
Classes begin Monday June 6 2022  
after school & evening sessions available



Ages 8-13 welcome  
please contact us if your child is outside of this age  
range to discuss options

limited spaces available, register soon

For registration information please call  
780-870-7227  
or email [info@huntpsychologicalservices.com](mailto:info@huntpsychologicalservices.com)



# What Is EAL?

EAL stands for Equine Assisted Learning

Hunt Psychological Services Inc believes in taking a collaborative approach to pediatric programming. This program is taught by a certified Equine Assisted Learning Facilitator, supervised by a registered psychologist, & informed by pediatric physiotherapy, occupational therapy and speech language pathology



for more information visit:

[www.huntpsychologicalservices.com](http://www.huntpsychologicalservices.com)

