



## PONY CLUB AFTER SCHOOL PROGRAM

### DO YOU LOVE HORSES?

**WHO:** Youth ages 8-17 that need help managing their emotions, have problems with focus, listening and following directions, or need to increase their social skills.

**WHAT:** A program where youth go Tues, Wednesday, and Thursday to Project HOPE STABLES 16195 W. Poe Rd. from 4:30 – 7:00 pm where they will work with horses, learn how to ride horses, take field trips, and do activities to help them deal with their emotions, behaviors, make new friends, and have FUN. No experience is necessary. Each youth works with their assigned horse at their own pace.

✚ Groups and activities focusing:

- Learning how to manage their emotions of anger, anxiety, arguing and sadness.
- Improving impulse control to increase listening, following directions, tolerance and patience.
- Improving effective problem solving and coping skills
- Improving social skills to make friends and increase positive relationships.
- Increasing mindfulness, responsibility, trust, and communication. All while using their horse to teach them.

**WHERE:** The program where youth go 2-3 times a week to a Project HOPE STABLES 16195 W. Poe Rd. Bowling Green, Ohio in addition to field trips such as parks, the zoo, swimming, and other animal related activities.

### HORSES CAN TEACH US MANY THINGS-

Trust, mindfulness, awareness of ourselves and others, responsibility, how to have healthy relationships, understand our feelings, safety, assertiveness, leadership, and how to problem solve. The activities with horses will teach new coping skills, allow youth to practice them, and the apply them to their daily lives.

**Participants must be on Medicaid to participate in the program.**

**Participants must enroll in Helping to Overcome Systems Inc. (H2o)**

**Call 419-469-0415 to register**