

MISSION

To improve the quality of life of children and adults with special needs through equine related activities and therapies resulting in a more independent life in society.

TESTIMONIALS

Crosby's mother writes about Therapeutic Riding:

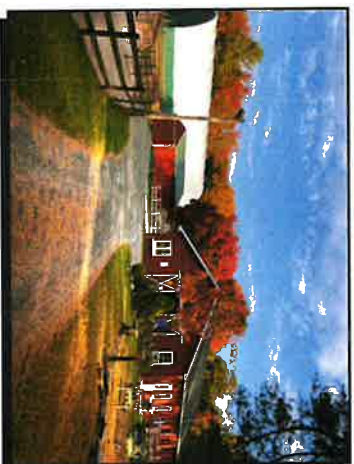
"Therapeutic Riding has improved his confidence, his gross motor skills and core strength, his communication, and his ability to focus and follow verbal directions. And most of all it makes him so happy, he leaves GAIT each week so relaxed and less rigid than he typically is... I am so grateful to have found this program and that my family is a part of it."

Stacey Saporito sent a thank you letter after bringing her students from Sandyston-Walpack School:

"The children have learned so much since they have been attending GAIT. They learned grooming, tacking and how to ride, but most importantly, patience, the ability to focus, responsibility and respect for themselves and others. Their confidence in themselves has improved greatly! We are so thankful!"

Capt. Cindy, retired Air Force Veteran, writes about Horses 4 Heroes:

"The time I spend each week with 'my horse,' Joey at GAIT, brings me a quieting of my anxiety. But it has also given me a framework to use when not there to help deal with those moments when my anxiety starts to ramp up. Horses 4 Heroes at GAIT is a superb program run by professionals who are dedicated to not only their horses, but each and every individual who steps foot in the barn."



Since 1995, GAIT Equine Assisted Services has provided instruction in riding and horsemanship skills to people with disabilities for their therapeutic benefit.

Therapeutic riding, learning, & horsemanship programs provide an alternative approach to therapy for those with special needs to promote mental, physical, and emotional well-being.

GAIT utilizes specially trained horses who have been carefully selected for their temperament, soundness, and equilateral movement.

All equine sessions are conducted by PATH Intl. Certified Instructors, Equine Specialists, licensed therapists, credentialed mental health professionals, and highly trained volunteers.



Horses connecting humans in mind, body, and spirit



EQUINE ASSISTED SERVICES

**Horses and Professionals
Serving the
Community**

GAIT EQUINE ASSISTED SERVICES (GAIT EAS)

PO Box 69 Milford, PA 18337

Tel: 570-409-1140

Email: info@gaittrc.org



GAIT's Official Website
www.gaittrc.org



THERAPY

Licensed Therapists, at GAIT EAS, dually trained in equine behavior offer:

- **Counseling and Psycho-therapy** incorporating horses within treatments to address individualized goals and improving overall function, health and wellness.
- **Speech-Language Therapy** incorporating equine movement and the equine environment to attain specific goals.

LEARNING

Certified Special Needs Teacher and Learning Disabilities Teacher/ Consultant, Equine Specialists in Mental Health & Learning and Life Coach implement programs at GAIT EAS with client populations in the following areas:

- **Equine-assisted learning in education** focusing on academic skills, character development, and the promotion of relevant life skills such as problem-solving and critical thinking skills.
- **Equine-assisted learning in organizations** assists members of corporations, organizations, and other workgroups building effective teams and leaders that enhance work dynamics and performance at multiple organizational levels.
- **Equine-assisted learning in personal development** assists individuals and groups discovering new personal ways to face life challenges and opportunities by developing skills in effective problem-solving, decision-making, critical and creative thinking, and communication.

HORSEMANSHIP

PATH International Certified Instructors and Equine Specialists in Mental Health & Learning at GAIT EAS provide lessons in Adaptive or Therapeutic riding.

- Both terms are used to name and describe services that focus on expertly adapting horsemanship riding skills and allow natural healthful benefits of riding and horses accessible to individuals and groups with diverse needs which includes motivation and social inclusion.

PATH International Certified Instructors and Equine Specialists in Mental Health & Learning at GAIT EAS:

- Have extensive expertise in riding instruction across the continuum of horsemanship skills, from groundwork to riding. Potential benefits include physical fitness and improved cognitive, emotional, social, or behavioral skills.

EQUINE ASSISTED SERVICES

EAS at GAIT

- **Personal Development**
- **Leadership Training for Organizations**
- **Medicine & Horsemanship**
- **Exercise & Health**
- **Coping Skills**
- **De-stressing**
- **Self-Acceptance**
- **Adult Education**
- **Home Schooling**
- **Assertiveness**
- **Social skills**

- **Help for Recovery**
- **Veteran Service Members Programs**
- **Seniors, Adult & Child Horsemanship Programs**
- **School System Partnerships—Treatment Plan Options, IEP Skills Development, Enrichment & Motivational Activities for Students with Differing Abilities**



Back to School at GAIT

Turn Screen Time into Green Time

Join us to help your child build confidence and conquer school challenges through Equine Assisted Learning

Hands-on interaction with horses to promote emotional resilience and self-regulation

Gain tools to approach back to school obstacles with a positive, resilient mindset

Enhance academic and social skills



Register Today!

Where: GAIT EAS
314 Foster Hill Rd. Milford, PA
18337

Register at: mohare@gaittrc.org
or call
(570) 409-1140

HORSE POWERED READING®

What is HPR?

Experiential Reading and Math Program:

- Focuses on the individual learning process
- Builds upon children's natural curiosity and determination

Unique Learning Approach:

- Allows students to make discoveries and experiment firsthand
- Utilizes horses to create opportunities for immediate feedback and experiential learning

Insightful Interaction:

- Facilitators gain insights into the child's internal experience
- Identifies effective and ineffective learning patterns
- Promotes profound learning through dynamic interaction



Benefits of HPR

- Engaging, hands-on learning experience
- Immediate feedback and dynamic learning
- Insightful interactions for profound learning

Why Horses?

- Honest reactions to situations
- Sensitive to human actions and non-verbal behavior
- Bond with individuals who are "authentic"

Skills Addressed

- Decoding - building phonics skills and sight word recognition
- Vocabulary enhancement
- Fluency development - reading quickly, accurately and with expression
- Overcoming barriers blocking comprehension
- Practicing study skills
- Comprehension of textbooks
- Learning new, unfamiliar, and multi-syllable words
- Achieving higher order thinking
- Using critical and creative thinking



HORSE POWERED
READING

For more information or to schedule a session
contact mohare@gaittrc.org or call (570) 409-1140



