

FREE

visits with Horses



Child Seminar
Series

Helping Children Grow in Emotional
Intelligence and Resilience

**REGISTER
NOW**

Psychologist Dr. Susan Edwards and the helping horses of Team Velvet, Inc. are offering a series of group sessions for children ages 10-12 to help them grow in two ways related to good mental health . The program includes non-mounted activities with the horses designed to address emotional intelligence so that children are more able to recognize and cope with feelings – their own and those of others, and to help strengthen child resilience in facing and overcoming life's obstacles. Parents may accompany their children but sessions focus on child learning.

Sessions are Friday 4:30-6 or Saturday 1-3 pm

Children can attend one session or the entire series.

Session 1 4/21 or 22 – Growing in Emotional Intelligence and Resilience

Session 2 4/28 or 29– Handling Worry and Stress

Session 3 5/5 or 6 - Coping with Fear and Anxiety

Session 4 – 5/12 or 13- Overcoming Obstacles

Session 5 – by waiting list only: Understanding Pet Death

Program is free but registration is required via email to kpiparo64@gmail.com with child's name, age and session/date attending. Group size is limited so register early.

Team Velvet, Inc. provides equine-assisted mental health services for children ages 5-12 with emotional trauma and adjustment issues. For more information about our non-profit program visit our website www.teamvelvet.com or on [Facebook](#).