

OKIB Mental Health and Wellness presents:
Barefoot Horsemanship Performance Youth Leadership workshop

DO YOU LOVE HORSES? Wish you could learn more about these incredible animals?

Have you always thought it would be cool to connect with them and learn from them?

Then this is FOR YOU!

AGES 14-19 years old.



Our Youth Leadership Program is a client-based program that teaches life and leadership skills using horses. It is both a ground-based and riding program, and there is no prior horse experience required. We also utilize the services of a Registered Clinical Counsellor to offer support and guidance as we work through the sessions.

Youth will arrive and have a few minutes to socialize with other participants. Youth then must go meet their selected horse, establishing their boundaries and leadership roles.

Instruction is given on the day's lesson plan as the youth groom their horse, establishing a positive relationship. Youth work through the instruction plan via ground skills until they can safely determine that they have a safe connection with their horse and are in a mental space where riding can be facilitated. Once riding, the participants are challenged to grow their skillset and step outside their comfort zones by building new skills and developing confidence. The session finishes with debriefing and a discussion to reflect on the session and what goals/ challenges presented themselves.

REGISTER NOW for this FREE, fun and informative ½ day Horse workshop.

Call, text or email Jeunesse to save your spot.

Jeunesse Pearson

Practice Lead, Mental Health and Wellness. OKIB.

(250) 306-9927 // Mhwc1@okanagan.org

Monday August 29, 2022. 4 spots available

Tuesday August 30, 2022. 4 spots available

LUNCH and Transportation provided.

Meet at the Health Building Parking Lot at 8:30 am.

Return to Health Building Parking Lot at approx. 1:30.



DON'T MISS OUT ON THE FUN! Register today.