



Great *and* Small



The Treatment and Learning Centers

TLC

a family of services where caring comes first

RIDING TOGETHER CAMP

ENGAGING WITH PEERS, ENGAGING WITH HORSES, TO STRENGTHEN AND EMPOWER

Social skills development led by an experienced TLC Speech-Language Pathologist in an interactive and dynamic group environment.

Campers engage with horses alongside the qualified and caring Great and Small staff to foster self-confidence, communication, and social skills.

SIGN UP FOR ONE OR BOTH SESSIONS

Session 1: 08/12/19 - 08/16/19

Session 2: 08/19/19 - 08/23/19

INSTRUCTION WILL TARGET:

SOCIAL SKILLS:

- Conversation
- Peer interaction
- Perspective taking skills
- And more!

EQUINE-ASSISTED ACTIVITIES:

- Daily therapeutic riding
- Grooming
- Horse care
- Leading horses
- Horse knowledge
- Mindfulness
- Equipment lessons
- Team building
- Leadership exercises
- Farm service projects

Time: 9:00am - 3:00 pm
Age: 7th - 12th graders
Cost: \$750 per week
Register: Contact Lisa Torvik, 301.424.5200 x306 or LTorvik@ttlc.org
Location: Great and Small, 17320 Moore Rd, Boyds, MD 20841

Learn More:

Great and Small:
www.greatandsmallride.org
 The Treatment and Learning Centers:
www.ttlc.org

We reserve the right to cancel the program due to insufficient enrollment



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HOW CAN HORSES HELP?

In the treatment of ADHD, Autism Spectrum Disorder, Brain injury, Cerebral Palsy, Down Syndrome, Emotional Disabilities, Learning Disabilities

- **Communication:** School-age children with Autism Spectrum Disorder demonstrated an improvement in the logistics of creating speech and the use of expressive language after therapeutic riding.
- **Core Strength:** Children with Cerebral Palsy have shown improved head and trunk control after hippotherapy treatments as short as eight minutes. Sitting on the horse requires the body to activate core muscles to stay vertical while accommodating the three-dimensional movement a horse creates.
- **Balance:** Horseback riding has been demonstrated to improve static balance for many people, including those with cerebral palsy, spinal cord injuries, multiple sclerosis, and in the elderly.
- **Sensory Needs:** The farm is a sensory-rich environment that promotes positive interaction between the students and the world around them. This translates into an improvement in self-regulatory behaviors for students on the autism spectrum.
- **Lower Body:** Riding stretches and strengthens muscles in the lower extremities. Research demonstrates that riding reduces spasticity, increases muscle strength, normalizes gait, and improves muscle symmetry across a broad spectrum of ages and diagnoses.
- **Emotional:** Students form a strong bond with their horse, teaching them trust, empathy, and patience. Participants with both spinal cord injury and multiple sclerosis show improvement in mental well-being after interacting with horses.
- **Independence:** Each student moves toward independent control of the horse as new skills are learned.
- **FUN!**