



PONY PARTNERS INFORMATION



Pony Partners will meet for ten consecutive Friday afternoons from 3:30-5:30 p.m. Please contact us for the upcoming session dates.

The staff for Pony Partners includes two NARHA registered therapeutic riding instructors and three volunteer horse handlers.

Please contact us for the cost of the ten week program. Limited scholarship assistance will be available to families demonstrating significant financial need.

Please contact us for more information:

Phone: 781-259-8909

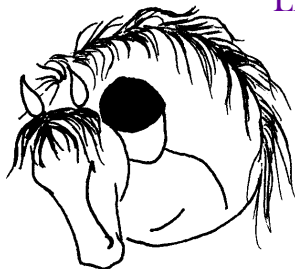
Fax: 781-259-8758

Email: friendsfortomorrow@gmail.com

www.Friendsfortomorrow.org



FRIENDS FOR TOMORROW, INC.
PO BOX 213
LINCOLN, MA 01773



Friends For Tomorrow, Inc., founded in 1994, is a non-profit organization. We are dedicated to enhancing the lives of children and young adults facing extraordinary intellectual and physical challenges through the therapeutic benefits of horseback riding.

PONY PARTNERS



Bringing Children and Horses Together

A Friends For Tomorrow, Inc. Program
Lincoln, MA

PONY PARTNERS

Pony Partners is an experiential empowerment group for 8-10 year old girls.

It is appropriate for able-bodied girls who have a love of animals and are struggling socially, personally and/or academically.



Each Pony Partners meeting involves group activities including discussion, exercise, art, journaling, and time with the horses. We will examine the horse's nature, their needs and their non-verbal world through observation, haltering, grooming, and leading exercises. Pony Partners is not about learning to ride; it is a chance to explore and develop knowledge of horses, herds (both 2 legged and 4 legged) and the power of body language. Our carefully designed activities provide students with a chance to develop their problem-solving skills, and effectively use and enjoy teamwork- with horses, staff and students.



“My daughter has become more confident. She talks about the other girls, what she learned and the horses- this is something she has never done before”
-Program parent

“This group is not about learning to ride, but about self-discovery..... It is a time of growth, learning, laughter and fun.”

*-Lucy Cornish,
Instructor*



Our goal is for each student to learn more about herself and her relationships as she works and plays in partnership with peers and horses. Our hope is that by empowering the girls in this way, we will instill the belief that the ability to be effective in their world comes from within themselves. As we nurture their ability to understand the horse and his needs, our students will be better able to recognize and identify their own feelings and those of others, engendering a greater sense of confidence, self-esteem, and social competence.

Some of the topics we visit in Pony Partners:

- Building relationships with peers and horses
- Nonverbal language of horses and people
- Successful communication
- Expression
- Teamwork
- Group discussions
- Stretches and BrainGym exercises
- Grooming and leading
- Basic horsemanship skills
- Introductory riding

