



April 2023

It's time to start thinking about SUMMER...

That feels like it should be an April fools prank, but it's not! It really is that time already!

Even though this was a particularly tough winter, with extreme cold, gale force winds, and snow measured in feet that stuck around for months, somehow now it seems to have gone fast, even though in the midst of it, it seemed to drag on in slow motion.

And even though we can still get snow for the next couple of months, we are gearing up for summer!

REGISTRATION IS OPEN!

Please have a look below at the various options available for everybody ages 7 and older.

Keep scrolling down to read more about what we do, how it works and how it can benefit you, no matter if you're going through a hard time, are in full crisis mode, just want a new challenge, want to refine your leadership and communication skills, or want to grow in your relationship with Jesus... the beauty of what we do, is you get out of it what YOU want and what YOU are ready for!



Kids Program: Ages 7-11

1 hour sessions

*Kids will learn horsemanship skills and how to become the horse's leader. This program will teach your kids effective communication, understanding differences, how to find and use their voice effectively, trust, respect, boundaries, leadership skills, relational skills, teamwork, and more. **

Teen Program: Ages 12-17

1 1/2 hour sessions

*Teens will participate in Equine-Assisted-Learning (EAL) activities to work through various challenges, struggles, triggers, fears, trauma, insecurities, etc. These activities will meet each person right where they are, take on relevant, meaningful application, teach them healthy coping skills, new perspectives, opportunities to learn, grow, heal and reach their full potential. **

Adult Program (individuals and couples): Ages 18+

1 1/2 hour sessions

*Adults will participate in their own EAL sessions (see above), that will be relevant and applicable to their needs. **

Family Program: 2 hour sessions

Families will participate in EAL sessions, as well as have a time of light-hearted fun together.

***All sessions include a debrief, prayer and reflection time**

Women's fellowship: Ages 25+, 1-3pm

The second Saturday of each month, women are invited for a safe time of sharing, fun and insightful activity with the horses. Our time together also includes quiet time, music, prayer and snacks! Women come as they're able to, no monthly commitment necessary.

Volunteer Opportunities:

All training is provided, no experience necessary

Direct Ministry Volunteers (helping/leading sessions)

Youth leaders: 13+

Adult leaders: 18+

Volunteer training will be in May.

Helping Hands: All ages

There are always various projects we need help with, as well as general horse care (ie- mucking manure, cleaning water troughs, etc), so if you're interested in helping in this way, just let us know!

**** This also satisfies community service hours for high school students.**

Contact Sharron for more information and to sign up!
thesonandreinsranch@gmail.com, or text to 720.237.1235

[Click here to email Sharron](#)



What is EAL/EAP?

The Son and Reins Ranch uses equine-assisted learning and philosophy (EAL/EAP) sessions to help people work through various