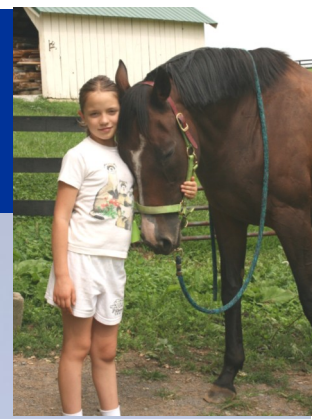


# HORSE Budz™ Leadership Groups

Teaching Essential Life Skills for Happy & Successful Girls



## AFTER SCHOOL GIRLS GROUPS ENROLLING

### FALL 2010 SCHEDULE

**HORSE Budz Girlz AGES 9 to 12**

**TUESDAYS** 10/5—11/9 4:30-6pm

**HORSE Budz 4 Teenz AGES 13 to 18**

**WEDNESDAYS** 10/6—11/10 5-6:30pm

**THURSDAYS** 10/7—11/11 5-6:30pm

Each group section limited to 7 girls

"This was a wonderful experience for our daughter as well as for us." —G.L.P.

"She is a more compassionate citizen now."  
— D.S.



## PROGRAM DESCRIPTION

HORSE Budz™ is a fun and innovative program, *designed just for girls*, to develop skills in leadership, interpersonal communication, creative problem solving & assertiveness. Girls participate in a series of non-riding experiential learning activities with our gentle herd, supervised by a certified equine specialist and a licensed school guidance counselor. Participants build strong bonds with these amazing rescued and rehabilitated animals, cultivating empathy while building great self-confidence.

**Note:** Following a nationally-recognized curriculum, our certified staff uses **non-riding** horse activities to teach skills and model healthy behavior to help girls survive and thrive in today's world. Absolutely no prior horse experience is necessary (those very familiar with horses also benefit greatly from the program).

- Tuition is \$350 per participant
- 6 weekly sessions (1.5 hours each)
- Drop-off class
- Just 10 minutes west of Leesburg
- Insured & certified

## to register or get info

[www.ProjectHorse.org](http://www.ProjectHorse.org)

[info@ProjectHorse.org](mailto:info@ProjectHorse.org)

(703) 517-6964

16334 Berlin Turnpike  
Purcellville, VA 20132



a nonprofit organization based in  
Purcellville, Virginia (Loudoun co.)

# What is HORSE Budz™?



*The HORSE Budz™ Leadership Group is a unique, fun and exciting program designed to help girls deal with the challenges they face daily in school, and in the world at large. Setting boundaries, learning to say no and mean it, practicing physical and emotional safety, expanding social skills, improving problem solving... These are just some of the areas touched upon.*

The girls build bonds with the horses and each other as they participate in specialized non-riding activities. The experiential learning activities we do vary, depending upon each session's theme. To practice teamwork, imagine the girls having to work together to design and build a maze in the arena, then select a horse and get the horse to follow the group through the maze (without even touching the horse!).

The horses make outstanding "coaches"

and help the girls in numerous ways—while promoting self-esteem and improving self awareness.

Each session is 1.5 hours long and is led by a licensed Loudoun county school guidance counselor and a certified equine specialist.

In addition to plenty of hands on work with the horses, every session includes time for group discussion and exploration of the various topics introduced.



## REGISTRATION NOW OPEN

*Each session limited to 6 girls*



ADA—Loudoun County Parks, Recreation and Community Services is committed to complying with the Americans with Disabilities Act (ADA). If you need reasonable accommodations in order to participate, please contact the Sports Division for Loudoun County at (703) 777-0343, at least one week prior to the start of the activity.

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