



# HORSE CONNECTIONS

A NEW EQUINE-ASSISTED LEARNING (EAL)  
PROGRAM FOR FRONTLINE WORKERS

making CONNECTIONS



building TRUST



gaining CONFIDENCE

The positive effects of relating with horses are measurable and increase our sense of well-being. TROtt's EAL sessions allow you to build relationships of trust with a horse, learning to interact with them without the pressure of riding.

**Details:** \$45 per person/session after subsidies applied . Sessions are available on Thursday and Friday evenings, and on Sunday afternoons. 1-2 people/session of the same "bubble" while COVID-19 restrictions remain.

**For more info, contact Megan:** 613-821-1844 | [ealtrott@gmail.com](mailto:ealtrott@gmail.com)

**[WWW.OTTAWATHERAPEUTICRIDING.CA](http://WWW.OTTAWATHERAPEUTICRIDING.CA)**

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