



EQUIPPING PEOPLE FOR LIFE

AN ANGEL CHARITY-SPONSORED PROGRAM

ANIMAL-ASSISTED LIFE SKILLS AND THERAPEUTICS PROGRAM

Intro

The bond between humans and animals is a powerful thing. Not only do they benefit your mental and physical health, but they're also fun to be around. And because this bond is so strong, we designed a program around it. AALST is a program designed to help you overcome life's challenges. The program is goal-based, and you're the one who sets them. We tailor your sessions to your goals and work with you to reach them in a fun and engaging way. We'll teach you how to improve your focus, sense of community, and various other life skills.

Goal

Our AALST program also supports equine-assisted learning and psychotherapy. Sessions can either be either mounted or grounded based on your goals. But, if you'd prefer to work with a smaller member of our ranch family, we have an array of other animals. When you first sign up, you'll get a hands-on approach to learning through working with our animals. And while our primary goal is to help you develop new, healthy skills, the program's goals are set by you. The first step to join is meeting with our behavioral staff. Here, you'll lay out what you want to achieve with us and how we can help you best. We want our participants to gain the ability to earn and give trust. Peer/community support is the key to our success, and we place it above all else.

We hold equine-assisted therapeutic sessions for both youth, ages 8 and up, and adults. For younger clients, we offer individual or group based animal-assisted *life skills* sessions. Please, don't hesitate to bring individual clients or groups to join sessions. We'll tailor each session to meet your goals.

Limited, need-based scholarships available due to grants from Long Realty Foundation, the Sundt Foundation, and the Arizona Cardinals Charities. Please inquire regarding financial assistance for this program.

The sessions support various skills and positive behaviors such as:

- Self-awareness/Self-esteem
- Coping skills
- Building community
- Task management
- Active listening
- Responsibility
- Relationship development
- Social Skills



And frequently reduce:

- Anxiety
- Depression

TRAK Therapeutic Ranch for Animals & Kids

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