

# PROJECT HORSE EMPOWERMENT CENTER

Weekly Social Skills Classes – Spring 2017



## SOCIAL SKILLS CLASSES

For high-functioning kids on the autism spectrum

- Supportive coaching classes for kids struggling with low self-esteem, poor social confidence, depression and/or anxiety
- Hands-on experiential activities with peers and horses build individual coping skills and self-confidence, and promote positive interpersonal communication skills
- Non-riding interactions with the horses teach empathy, responsibility, teamwork and creative problem-solving
- Co-facilitated by one of our specialists who holds a master's degree in psychology and two of our certified equine specialists

*Referrals accepted from families and professionals.*

Children's Class  
Co-ed ages 7-10

**\*Being Rescheduled\***

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Teen Class  
Boys ages 11-14  
Thursdays  
April 6 – May 18  
6:00-7:15pm

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Classes held at  
the Project Horse  
Empowerment  
Center in beautiful  
western Loudoun

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18915 Lincoln Road  
Purcellville, VA

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\$45 per class

10% off when you  
pay for all 6 at once

## FOR DETAILS & REGISTRATION

[www.projecthorse.org](http://www.projecthorse.org)  
[info@projecthorse.org](mailto:info@projecthorse.org)

Tel. 703-517-6964