



Spiritual Equine CONNECTION



HELPING YOUTH WITH A LITTLE HORSEPOWER

There is a new method of healing here in Strathmore! The Spiritual Equine Connection, an equine assisted learning program designed to bring out the best in its participants through horse and teamwork interaction, has set up shop in our town! The Spiritual Equine Connection wants to help participants to feel better about themselves, increase their self confidence and leadership skills and provide them with the inspiration and tools necessary to reach their full potential. Equine Assisted Learning takes place “out of the saddle” and on the ground.

Kari Fulmek is a Strathmore local who has started up this exciting new venture, “Equine-Assisted Learning BUILDING BLOCK programs are a powerful journey of learning and understanding.” Says Fulmek, “Horses are used as teaching tools as they immediately respond to what the participant is doing. Facilitators are trained to look for those “teachable moments” that the horses identify through their reactions. Quite simply, the horse does the teaching, facilitators are there to offer the explanation and provide guidance to find a solution.”

There are a variety of participants currently enlisted in the program. From the youths at the Siksika Medicine Lodge—a youth centre

helping teens with solvent abuse issues, to participants from URSA, a rehabilitative program located in Calgary and the elementary schools in Strathmore. The Team Leaders from the Siksika Medicine Lodge have noticed a change in the participants early on in the program. When the youth are “actively engaged with the horses, they become their true self” one leader explained. Discovering one’s self is the true mission of the program.

For the corporations who are searching for innovative solutions to enhance your teams effectiveness, we have one day workshop designed to work together and move in the same direction for extraordinary teamwork.

Spiritual Equine Connection seeks to assist youth and adults alike with learning about life through horsepower. “Horses are silent communicators; seeking direction on where to go—much like the youth they are helping. Participants get the chance to step up and be a leader, often for the first time in their lives.” said Fulmek. The owner and senior facilitator of Spiritual Equine Connection believes that the program “is a journey that can be so rewarding for these kids. This is an alternative method of learning that thinks outside the class-



room and teaches everyday life skills that are essential in the healing and growth process for participants.”

Spiritual Equine Connection is located 3 minutes West of Strathmore and has a heated classroom and arena. Experience the benefits with their equine team and “think outside the classroom”. There are limited spots available for your youth groups or corporate groups.

For more information, please visit www.equineconnection.ca