

PROGRAMS

One Red Thread Book Clubs

This program goes beyond reading and answering standard comprehension and vocabulary questions. Readers gather together to discuss a book in depth. The discussion is guided by their response to what they have read.

Book clubs provide a way for readers to engage in critical thinking and reflection as they read, discuss, and respond to books.

Book clubs meet for four consecutive weeks for one hour, focusing on a book at the appropriate reading level and guided discussion points. A horse visit will be integrated into a club meeting, motivating readers to read aloud or to discuss their feelings about the book.

Group size: minimum 10 to maximum 20 per group
Recommended for ages 8 to adult.
Content tailored to individualized needs.



Group, semi-private and private sessions available.



One Red Thread Life Skills

Does your child struggle with stress, social anxiety, depression, grief, trauma, attention issues, being bullied, school refusal, and more? Are you looking for a program which will help your child develop life skills in a supportive environment? This program focuses on working with horses to help develop resilience, strong communication skills, confidence, leadership and emotional regulation capabilities.

Interaction with horses is sensory rich, non-verbal, non-judgmental and present centered. The large and powerful body of the horse can't be ignored, and their sheer mass creates a vulnerability which often allows people to drop defensive posturing and explore new ways of communicating.

Using groundwork activities with a horse, along with trained staff and volunteers, this program is customized to focus on skills such as:

- Non-verbal Communication • Teamwork
- Creative Problem-Solving • Responsibility
- Positive and Confident Attitude • Trust
- Regulating Emotions • Respect

Group size: 3-6 per group. Recommended for ages 8 to adult. Lessons tailored to individualized needs. No horse experience required. Ground activities only. No riding.