



Fall Programs in Boscawen AUGUST & SEPTEMBER

Mondays

4:30 - 6:00pm - Resilience Reins

This program connects, engages and encourages healing for young survivors of trauma, their families and caretakers.

The primary focus of the program is building and fostering feelings of confidence and resilience.

Youth participants focus on 'words of the day' featuring three overarching messages:

communication, security, and identity while working with UpReach horses.

Participants often express feeling calm and happy while working with the ponies and perceive the barn as a safe place for learning skills to build healthy relationships along with trusted adults and peers.

Parents and caregivers participate in Parent Cafe with a trained facilitator to learn about key protective factors for resilient families and discuss parenting challenges in a safe, supportive and hopeful environment.

**7-Week Program runs each Monday,
September 11th - October 23rd**

Please Note: These programs run rain or shine in a 3-sided barn, please dress appropriately for the weather. Closed toe, closed heel shoes are required for safety. Remember that you may want sunscreen, bug spray, a hat and sunglasses. Don't forget your water bottle!

Wednesdays

3:30 - 4:30pm - Fun at the Farm

Fun at the Farm is hands-on program for children ages 8 - 14 years old, offering participants the chance to learn about horses and ponies in a welcoming, safe and supportive environment. Activities will be centered around having fun while learning. Youth will have the opportunity to learn how to safely brush and lead the ponies, observe pony behavior as a way to explore themes such as boundaries, respect and communication. This program offers all participants the chance to interact with the ponies in ways designed to build confidence and inspire joy.

**7-Week Program runs each Wednesday,
September 13th - October 25th**

5:00 - 6:00pm - Horse Powered Reading

Horse Powered Reading is an innovative, experiential, and fun approach to build and strengthen reading skills for youth ages 11-14.

Students partner with ponies to reinforce basic skills, effectively motivate and encourage learning retention in a non-traditional, inclusive and supportive environment!

This social emotional learning program makes reading fun!

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September 13th - October 25th**



**NO COST
for Merrimack
County Residents!**

All Programs Take Place at the Merrimack County Complex
333 Daniel Webster Highway, Boscawen

To Register, Please Contact:

Kristen McGraw, Program Director
kristen@upreachtec.org or call:603.497.2343

upreachtec.org