

## Preparing to Date

This 4 week program is designed to help young adults gain the confidence necessary to enter the challenging and complex world of dating. The ideal audience for this course is teenagers between the ages of 12 and 16. All female, all male and co-ed groups are available as enrollment permits. Classes meet for 1 1/2 hours once a week and new groups are started the first week of every month. There will be no more than 8 participants in each group. Every class includes non-mounted interaction with horses to facilitate the learning process. Some examples of topics covered are:

- Ensuring Personal Safety
- Setting Boundaries
- Conflict Resolution
- Sharing Emotions
- Learning Patience
- Being Courageous
- Understanding Body Language
- Learning to Ask for Help
- Celebrating Uniqueness

Price: \$400