



# PEGASUS THERAPEUTIC RIDING ACADEMY

8297 Bustleton Ave. Philadelphia, PA 19152

Covered through Local 22 health plan.

The deadline to register is March 23rd and space is limited.

## **Therapeutic Horseback Riding Lessons (Children & Adults with Disabilities)**

Sunday-4:00-4:30pm

Pegasus Therapeutic Riding Academy, a PATH (Professional Association of Therapeutic Horsemanship) Int'l Premier Accredited equine assisted activities center for children and adults with disabilities located in Pennypack Park in Northeast Philadelphia, will be providing a therapeutic horseback riding program for children with disabilities from families who are Local 22 members. Participants will ride once a week (30 minute lessons) for 12 weeks. Lessons are tailored to the individual needs of the rider.

## **Stepping Forward for Families of First Responders- Stage 1 (Unmounted)**

**Sunday Mornings** 9:00am-10:00am

**Spring Session:** March 29th-June 14th or

**Fall Session:** September 27th- December 13

Pegasus Riding Academy will be providing an equine facilitated learning program for the children of First Responders families. The program will primarily work on introducing stress coping skills while working with our equine partners, along with secondary skills such as responsibility, respect, building relationships, asking for help, team work and communication.

## **Stepping Forward for Families of First Responders- Stage 2**

**Sunday Mornings** 10:15am-11:15am

**Spring Session:** March 29th-June 14th or

**Fall Session:** September 27th- December 13

The program will build off of the 2019 pilot program and introduce a riding component. Stage 2 will incorporate stress coping skills, along with secondary skills such as responsibility, respect, building relationships, asking for help, teamwork and communication through working with our equine partners. Participation in stage 1 is a mandatory prerequisite for this program.

Contact Teresa Doherty, Program Director, 215-742-1500 or [PegasusTeresa@comcast.net](mailto:PegasusTeresa@comcast.net)