



EQUINE ASSISTED LEARNING

EAL partners students with horses to promote healthy life skills and develop strength-based assets that stimulate positive behavioral changes. Students are taught to set goals, develop a plan, implement that plan, achieve the goal, and analyze the outcomes. These interactive lessons with horses allow the students to self-discover and improve their processes.

Horses are very much like humans: social animals with distinct personalities, attitudes, and moods. Accomplishing a task involving a 1200 pound horse creates confidence and provides for wonderful metaphors when dealing with other intimidating and challenging situations in life.

Right by the Mission in Oceanside!

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Participating in the EAL program has been an honor. Everyone was so welcoming and kind and I enjoyed the variety of topics and learning new skills. I loved “joining up” with my horse - it felt so good to have him come to me. There were hard and frustrating parts that helped me learn more about my own strengths and weaknesses. I am grateful for the time, help, and chance to have this awesome experience. I was able to lose some fear and gain some new friends and confidence.

