

Saddle of Love Group Therapy Summer Camp

Saddle of Love is pleased to announce three therapeutic summer camps the weeks of July 19th or 26th. The camps will run 4 days for 4 hours each day from 9:30 to 1:30 p.m. on Mondays, Tuesdays, Wednesdays, and Thursdays here at the Saddle of Love ranch.

We will focus on teaching youth how to be empowered, assertive, confident, determined, believe in themselves, love themselves and to never give up in life! We will teach positive mental health and healthy coping skills pertaining to peer pressure, conflict resolution with friends, effective communication skills with peers and healthy ways to cope and release stress and anxiety. We will practice positive self- talk and positive affirmations to build on self-esteem and sense of worth as well as loving our bodies and ourselves exactly the way we are! We will also discuss, and role play how to handle bullying, criticism, exclusion and “friend drama” that inevitably occurs with youth especially in tween and teen years. It will be fun, enlightening, and empowering! We will have lots of team building and role- playing exercises.

Activities will include but not limited to riding horses, making Native American jewelry, flower pressing, mediation, yoga, painting and bathing horses, building a camp bonfire and cooking lunch daily over the fire such as Hobo dinners! We will teach various adventurer and wilderness skills, team building exercises, positive mental health coping techniques and other therapeutic activities to practice positive coping techniques and role playing. Each day will be different and fun!

The cost for each participant is $1,500 which includes cost for all materials and food. We will supply everything for cooking lunch each day. They do not need to bring any food. Only a water bottle is needed.

Please email me to enroll or if you have any questions or to enroll at [saddleoflove@gmail.com](mailto:saddleoflove@gmail.com)

Regards, Season Cain, LCSW

President

Saddle of Love

8845 Silver Creek Road

Park City, Utah 84098