



Programs for Adults

Equine and Animal Assisted Learning Program

Hands-on Animal Assisted Learning activities focus on the social, emotional and behavioral needs of clients. Animal Assisted Learning is an evidence-based therapeutic model.

EQUINE AND ANIMAL ASSISTED LEARNING (EAAL)

This program focuses on recognizing elements that make up a community, caring and nurturing behaviors, identifying individual characteristics and needs of different animals on the farm, and character development conducive to a healthy community.

Session length: weekly, variable duration

INSPIRING HEALTHY COMMUNITIES

This program is designed for individuals who are overcoming extreme adversity, recovering from abuse and addiction, and/or addressing mental health concerns. The non-judgmental animal, combined with Main Stay's supportive team and inspiring setting, is a place to feel secure, trusted, positive, and in control.

Session length: 6-8 weeks

HARNESSING POSITIVE POWER

This program is designed for clients who are feeling disconnected, lonely or struggling with grief. Animals offer no judgment and have no preconception of a person based on life experience. Activities could include focusing on self-care and physical well-being, forgiveness and letting go, honoring memories and accomplishments, sharing feelings while being kind to oneself, and expressing emotion without judgment.

Session length: ½ day workshops, or 4-8 week sessions

MAKING MEMORIES AT MAIN STAY

This program is ideal for individuals and small groups of clients ages 55+. It is especially helpful for individuals with a dementia condition, Alzheimer Disease, or similar condition due to aging, illness or injury. This program is offered as either a single visit trip designed to invigorate the senses or as a multi-week program that encourages ongoing social, emotional, cognitive, and physical engagement.

Session length: 6-8 weeks

All Programs Offer Opportunities To:

Practice cooperation and teamwork	Learn and employ self-advocacy skills
Improve emotional management skills	Reduce stress
Increase overall sense of happiness	Practice coping and calming skills

For additional information contact:

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