



Empowering young lives through the
Human-Animal connection

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What is Animal Assisted Therapy?

Animal-Assisted Therapy is an innovative approach to therapy, appropriate for children 6 years and older. We focus on teaching life skills by welcoming children and teens to enter a judgement free zone, build healthy relationships, and gain feelings of self-mastery.



Why Animal Assisted Therapy?

Through hands on, interactive animal-assisted activities children and teens may experience growth in these and other areas:

- Emotional Intelligence
- Communication
- Mindfulness
- Empathy
- Self Esteem
- Attention & Focus



**Everyone wants to be seen, heard,
and understood for who they are.**

