

# Glade Run Adventures THERAPEUTIC LESSONS



**THE GOAL OF  
OUR LESSONS:  
FUN! FOCUS! FRIENDS!**

## ABOUT US

At Glade Run Adventures, we offer individuals hands-on opportunities to **connect, learn and thrive** through experiences with animals, plants and the natural world. Our programs are designed to support those facing emotional and behavioral challenges, helping them reach their mental health goals in a safe environment.

## INTERESTED IN SIGNING UP?

### Step 1:

Scan the QR Code to fill out our questionnaire.



### Step 2:

Adventures staff will reach out to schedule a tour.

## EQUINE ASSISTED LEARNING

Enjoy exploring activities with our equine partners: trail rides, obstacle courses, cart driving, in-hand challenges and horsemanship skills. Lessons are led by enthusiastic educators with extensive equine experience.

**12 Week Session (1 lesson per week)  
March 11 - May 29**

### Private Lesson:

1 participant  
30 minute lessons  
Total Cost: \$600

### Group Lesson:

3 - 4 participants  
60 minute lessons  
Total Cost: \$825 per participant

Contact [spingenot@gladerun.org](mailto:spingenot@gladerun.org) for more information

## NATURE BASED LEARNING

Led by environmental educators, nature-based learning creates a space where participants can connect with the natural world through exploration. Lessons come to life in our greenhouse, outdoor classroom and garden!

**8 Week Session (1 lesson per week)**

**Session 1: February 17 - April 11**

**Session 2: April 14 - June 6**

### Private Lesson:

1 participant  
30 minute lessons  
Total Cost: \$280

### Group Lesson:

3 - 4 participants  
60 minute lessons  
Total Cost: \$200 per participant

Contact [bgrygo@gladerun.org](mailto:bgrygo@gladerun.org) for more information