



# Exploring Grief through Equine-Assisted Learning WITH HOLISTIC HORSEMANSHIP SERVICES

Blue Ridge Care and Holistic Horsemanship Services (HHS) in Loudoun County, Virginia offer Equine Assisted Learning programs for families with children and adults. Everyone processes grief differently. Through Equine Assisted Learning, you will gain insights into your unique experience of grief, including how you navigate struggles, challenges, and obstacles. You will learn when to lead, when to partner, and when to stand back and simply be supportive without judgement. Hands-on activities include horse grooming, horse leading and obstacle course.

## ADULT WORKSHOP

A 3-session workshop for adults.

## FAMILY WORKSHOP

A 1-session program for families with children.



### ADULT WORKSHOP

Wednesdays, April 1, 8 & 15

4:30 - 5:45 PM

Trillium Farm near Purcellville, VA

### FAMILY WORKSHOP

Saturday, April 4

11:00 AM - 1:00 PM

Trillium Farm near Purcellville, VA

**Register or Learn More Today!** [BlueRidgeCare.org/register](https://BlueRidgeCare.org/register)  
[griefsupport@blueridgecare.org](mailto:griefsupport@blueridgecare.org) | 540-313-9275

 **Center for Hope & Healing**

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(540) 313-9275 | [GriefSupport@BlueRidgeCare.org](mailto:GriefSupport@BlueRidgeCare.org)  
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# Blue Ridge Care