

Registration Form:

Name _____

Address _____

City _____ St _____ Zip _____

Phone _____

Email _____

Please register me for:

**Respite Workshop on Friday
August 6, 2010, 9 am - 12 pm**

**Respite Workshop on Friday
August 13, 2010, 9 am - 12 pm**

**Mailing list for upcoming
workshops and events**

Registration Information:

The deadline for registration is Friday, July 16, 2010. Limited slots are available so please register early to ensure your spot in this event.

To participate you must sign liability release form and wear hard-soled, closed-toed shoes.

This is a pilot program and all participants are encouraged to share feedback regarding their experience. This information will guide the planning of similar events in the future.

Submit Registration:

Mail: Respite Resource Center
4223 Center Street
Omaha, NE 68105

Phone: (402) 996-8444



Take Flight Farms

1004 Farnam Street, Suite 400
Omaha, Nebraska 68102

www.takeflightfarms.org

Respite for Care-Givers:

Horse Sense to Renew the Human Spirit



With:

Quinn Lawton, MS, NCC, LMHP,
EAGALA Certified

&

Cindy Vaccaro, Equine Specialist,
EAGALA Certified

Hosted By:

Take Flight Farms

EAGALA Approved Provider and
NARHA Premier Accredited Center

1004 Farnam St., Ste. 400, Omaha, NE 68102
(402) 930-3037 • www.takeflightfarms.org
contact@takeflightfarms.org

Why should you attend?

- In caring for your loved one's special needs, do you feel you have lost yourself in the role of caregiver? This is an opportunity to reconnect with your own feelings.
- Would some insights on how to lower your stress while caring for your loved one help you to manage all the responsibilities in your day? Sometimes some distance helps you to see what is really important to you.
- Could you use a day of quiet, calm reflection to rejuvenate your spirit? Everyone needs some time away. This isn't just respite, this is respite plus a memorable experience.



What is Equine Assisted Learning?

Equine assisted learning is a form of experiential learning where ground-based activities involving horses are presented as "challenges". Each exercise is designed to contain numerous metaphors and analogies that are useful in addressing the issues behind the role of the caregiver. Take Flight facilitators, trained specifically in the field of equine-assisted mental health, will provide only the necessities for the activity. No further instruction is given on the fundamentals of the task. This allows you to find your own solution on how to best achieve the goal(s) presented with each respective challenge.

Where is the event held?

The farms of Take Flight are located on the north side of Omaha, in the Ponca Hills area. Participants should plan to wear barn attire, which means layering comfortable clothing and wearing close-toed shoes or boots. A map and more detailed instructions will be provided upon registration.

Who will facilitate?

All of our facilitators at Take Flight Farms have been certified through the Equine Assisted Growth and Learning Association (also known as EAGALA). The activities will be led by our Equine Assisted Therapist, Quinn Lawton.

Quinn brings with her experience as a Mental Health Practitioner as well as a background with horses. After graduating from the University of Nebraska Lincoln with a degree in Psychology, Quinn continued her education at UNO and obtained her Masters Degree in Community Counseling. She is a Nationally Certified Counselor and a member of the American Counseling Association.

What is the tentative agenda?

- 9:00 am Registration & Introduction
- 9:15 am Observation & Activity 1
- 10:00 am Discussion
- 10:15 am Comfort Break
- 10:30 am Activity 2
- 11:30 am Discussion
- 12:00 pm Conclusion

