



**Leading With Horsepower:  
A Mother-Daughter Equine Assisted Learning Day**

**Saturday, May 16, 2015 – 8:00 AM to 4:00 PM**

*This year, for Mother's Day, treat yourself to a life-changing experience with your teenage daughter and the power of horses.*

- Strengthening the mother-daughter relationship during adolescence and beyond
- Increasing communication skills between mothers and teenage daughters
- Empowering the female within for adolescent daughters and their mothers
- Building strong leadership skills for mothers of teenage daughters
- Increasing self-esteem for both adolescent daughters and their mothers
- Improving motivation and laying a foundation for mother-daughter teamwork

Facilitated by Shannon K. Spellman, M.S.W., LCSW, LMFT, LISAC – Psychotherapist  
and Faith Knutson, M.A. – Equine Professional

Workshop Fee - \$225 per mother/daughter team. Mothers may bring additional daughters for \$25 extra per teen. Teens and tweens ages 12-17 accepted. Preregistration required. Location at private arena in North Phoenix provided to paid participants. Bring your own lunches.

**08:00 - 08:30 AM – Registration**

**08:30 - 09:00 AM – Opening Circle, Announcements, Introductions**

**09:00 - 12:00 PM – Equine Assisted Group Exercises**

**12:00 - 01:00 PM – Lunch (bring your own) and Group Processing of Morning Exercises**

**01:00 - 03:30 PM – Equine Assisted Group Exercises**

**03:30 - 04:00 PM – Group Processing, Closing Circle**

Space is limited. Register today!

**To register, call Veritas Counseling Center, LLC at (602) 863-3939.**

Payment can be made by cash, check, MasterCard, Visa, American Express, or Discover Card.

[www.VeritasCounselingCenter.com](http://www.VeritasCounselingCenter.com)