



COLORADO HORSEPOWER

Empowering Through Horses

Equine Program Workshop

Colorado Horsepower programs are free of charge and crafted to enhance the lives of veterans, active duty and first-responders and their families through the power of connecting with something bigger than themselves.

Through horsemanship, the men and women in our programs learn life skills that apply beyond the barn: leadership, confidence, compassion, nonverbal communication, problem-solving and more.

Through this workshop, you can learn how people are encouraged to work through post-traumatic stress, depression, trauma and other issues with help from the horses.

When: Saturday, April 27, 2024

Hours: Starting at 9am will last approx 3-4 hours

Where: 5027 Garton Road, Castle Rock, CO 80104

Directions: <https://coloradohorsepower.org>

Click on driving directions in the top right of the screen

Meals: Snacks will be provided. Please bring your own water bottle.

Fees: \$10 registration fee to cover food.

Other Important Details: Dress for the weather.

- Wear long pants and heavy boots/hiking boots, no open-toed shoes or sandals.
- Prepare to work alongside a horse, perhaps groom. No riding.
- Bring authentic selves, the horse will see right through you in a nanosecond.
- No treats, the horses are working.

