

EQUINE-ASSISTED CHILD-PARENT RELATIONSHIP THERAPY (CPRT) GROUP

Parenting Can Be Challenging... Especially for Military Families

- » Do you struggle with patience as a parent?
- » Do you feel disconnected from your child at times?
- » Are you looking for ways to strengthen your bond and improve communication?

Equine-Assisted CPRT Can Help!

- » This 12-week group is designed exclusively for military parents—veterans, servicemembers, and military spouses—who want to strengthen their parenting skills in a hands-on, experiential way.

Why Horses?

- » Horses provide immediate feedback, helping parents practice core CPRT skills—patience, emotional regulation, and nonverbal communication—in a supportive, real-time setting. These experiences directly enhance parenting at home!



WHAT YOU'LL GAIN:

- ✓ A deeper understanding of your child's emotional needs
- ✓ Increased self-control and confidence as a parent
- ✓ Effective discipline strategies that improve behavior
- ✓ Stronger parent-child communication
- ✓ Hands-on equine interactions to enhance patience, empathy, and emotional awareness



Details:

When?

12-week group starting late April
Thursdays 12-2pm

Where?

STEPS With Horses located at 4
Hearts Ranch in Fort Worth

Who?

Military parents only, no children
(no riding involved)

Cost?

FREE with proof of military service

TO REGISTER: CALL 682-219-8733

