

SPIRIT

Strength, Pride, Insight, Relationship, Identity, Trust

PROGRAM INFORMATION

The Free Spirit Therapeutic Riding Association (FSTRA) in partnership with Clannad Counselling & Consulting Inc., are excited to be offering SPIRIT, an 18-month program designed to support women Veterans living within the geographical areas of Halifax to Digby, Nova Scotia. By reflecting on shared experiences and discovering the power of connection, SPIRIT aims to help women Veterans explore hidden supports and strengthen their overall sense of well-being. When strong relationships are formed and a sense of community is established, each of us has the freedom to thrive. Program components will include 8 weeks of Equine Supported Wellness, 8 Lunch and Learn opportunities, 8 unique therapeutic experiences, along with a final weekend celebration retreat.

Location:

Equine activities will take place at Rohan Wood Stables in Aylesford, Nova Scotia. All other program components will vary in location from Halifax through to Digby, depending on the geographical areas of the enrolled participants.

Program Components:

- *Equine Supported Wellness:* An interactive method of therapy in which participants engage with horses in unmounted activities while led and supervised by an Equine Specialist and a Certified Therapist.
- *Lunch and Learns:* Topics will vary depending on the demographics of the program's participants, but may include topics such as women's health, eating for well-being, retirement and finances, returning to work after service, family care, etc.
- *Alternative Therapies:* Activities will vary depending on the demographics of the program's participants, but may include yoga, pilates, art therapy, wilderness experience, mindfulness, pain management, etc.
- *Weekend Retreat:* An overnight weekend retreat will be hosted in September 2023 at the Delta Hotels Dartmouth for all participants to celebrate the completion of the program.



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Schedule:

The program’s participants will be divided into two cohorts, with the first group starting in May 2022. The second cohort will begin in September 2022.

Each cohort will start the program with 6 weeks of Equine Supported Wellness. For the ESW portion of the program, participants will be divided into smaller groups for a once weekly, two-hour session. ESW groups will run Monday - Thursday from 1:30-3:30 pm. Two additional weeks of ESW programming will be offered partway through the program.

During the months when lunch and learn opportunities are taking place, they will run on the first Tuesday of that month from approximately 11:30 am – 1:30 pm.

During the months when alternative therapies are happening, they will take place on the third Thursday of that month and will run from roughly 6:00 pm - 8:00 pm.

Please note, at several points during the program, both cohorts will combine to participate in the lunch and learn and alternative therapies as one large group.

An outline of the SPIRIT program for each cohort is shown here:

Cohort A				
	Month:	ESW:	Lunch & Learn:	Alt Therapy:
2022	May	<input checked="" type="checkbox"/>		
	June	<input checked="" type="checkbox"/>		
	July		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	August		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	September		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	October		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	November	<input checked="" type="checkbox"/>		
	December			
	2023	January		
February				
March			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
April			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
May			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
June			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
July				
August				
September		Final Retreat		

Cohort B				
	Month:	ESW:	Lunch & Learn:	Alt Therapy:
2022	May			
	June			
	July			
	August			
	September	<input checked="" type="checkbox"/>		
	October	<input checked="" type="checkbox"/>		
	November		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	December		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	2023	January		<input checked="" type="checkbox"/>
February			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
March		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
April			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
May			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
June			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
July				
August				
September		Final Retreat		

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Cost & Payment:

The total cost of the program is \$650 per participant. Payment will be required either up front, or in two installments within 3 months of the program's start. Receipts will be issued for individuals to submit to their insurance provider. Individuals participating in the SPIRIT program may also qualify for the Education and Training Benefit from VAC (<https://www.veterans.gc.ca/eng/education-and-jobs/back-to-school/education-training-benefit#02>).

Program Requirements:

- The program is designed for Women CAF/RCMP Veterans. Please note, we welcome and encourage those who identify from the 2SLGBTQ+ community to register. We believe in breaking down barriers and creating safe spaces for all participants.
- In order to register, participants must be able to commit fully to the ESW portion of the program (i.e. one, two-hour in-person session each week for 8 weeks). Participants are strongly encouraged to attend as many lunch and learn and alternative therapies as possible. With that said, we understand that by hosting these event in a variety of locations, 100% participation may not be possible. Virtual opportunities to attend/watch these sessions online will be provided as much as possible.
- Depending on current government restrictions, proof of full vaccination, mask use and/or social distancing may be required in order to participate in certain program components (various rental facilities may have different requirements).
- No horse experience is required.

Registration Process:

If you are interested in participating in the SPIRIT program, please complete the Initial Registration Form (Part 1) attached below. The completed form can be returned by email to info@fstra.org, dropped off in person, or mailed to The Free Spirit Therapeutic Riding Association, 382 Morden Road, Aylesford, NS, B0P 1C0.

Once eligibility requirements are confirmed, SPIRIT's program coordinator will follow-up with a detailed registration package (Part 2). Please hold off from sending payment until you have received this confirmation from us. Should you have any questions, please feel free to reach out by phone or email.

Registration Deadlines:

- Cohort A - April 14th , 2022
- Cohort B - June 30th, 2022

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INITIAL REGISTRATION FORM (PART 1)

FULL LEGAL NAME:

PREFERRED NAME:
(If different from legal name)

DATE OF BIRTH:

HOME PHONE:

CELL PHONE:

EMAIL ADDRESS:

MAILING ADDRESS:

May we leave a message on your home phone?

YES: NO:

May we leave a message on your cell phone?

YES: NO:

Depending on current government restrictions, proof of full vaccination may be required in order to participate in certain program components. Are you able to provide proof of full vaccination should it be required during the program?

YES: NO: PREFER NOT TO SAY:

Do you have a preferred start date for the program?

MAY 2022: SEPT 2022: NO PREFERENCE:

What is your availability for the Equine Supported Wellness component?

Please check all that apply. ESW groups will run from 1:30-3:30 pm at Rohan Wood Stables in Aylesford.

MONDAY: TUESDAY: WEDNESDAY: THURSDAY:

What Lunch and Learn and Alternative Therapy locations would be most convenient for you to attend? Please check all that apply.

HRM: WOLFVILLE/WINDSOR:

DIGBY: GREENWOOD AREA: