

Equine Facilitated Learning (EFL) is a non-mounted, educational approach that incorporates equine facilitated activities using the experience of equine/human interaction in an environment of learning and self-discovery.

EFL encourages personal explorations of feelings and behaviors to help promote human growth and development.

This unique learning model allows participants to work in a positive, non-judgmental environment to achieve positive results.



***Equine Facilitated Learning assists individuals facing emotional challenges which may be creating roadblocks in their lives by creating an avenue for them to develop coping skills and gain life skills.***



Equine Facilitated Learning explores aspects of life skills to enable youth and adults to meet challenges in their lives, while giving them a safe place to explore possible solutions. The activities with the horses are designed for self-discovery.

“Success” is not always about meeting a standard goal, but allowing the exploration of a process, making adjustments along the way to examine what may be the best fit for their unique life circumstance.

This program is made possible, in part, through funds received from:



“There is much we can  
learn from a friend who  
happens to be a horse.”

Aleksandra Layland

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# EQUINE FACILITATED LEARNING

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