

# DH Ranch

## Empowering Youth through the Spirit of the Horse and Tsuut'ina Values



Dodginghorse Ranch  
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When the whole world  
tells you to give up, the  
horse will whisper "try it  
one more time"



## YOUTH LEADERSHIP (Youth ages 8 +)

# Youth Empowerment Program

Our unique group programs create experiences to inspire youth to reach their full potential and provide confidence and alternative skills to help them overcome challenges and cope with the social pressures they face today. Partnered with a horse, teams are encouraged to be creative, innovative, accept responsibility and accountability to ultimately overcome barriers and achieve objectives. Through effective communication, participants recognize the value of mutual trust, respect and personal integrity to help guide them in their everyday life.

### Program Includes:

- 13 Equine Assisted Learning Sessions focused on skills development
- Indigenous Awareness Education
- Certified EAL Instructors
- Snacks and refreshments
- Graduation Ceremony, Demonstration, and Catered Luncheon
- Detailed Curriculum (Separate Attachment)

**\$1000/Participant**





## OUTCOMES

### Participants will develop:

- \* life skills while using horses
- \* self-awareness & self esteem
- \* confidence
- \* trust & respect
- \* relationship building
- \* communication skills
- \* teamwork & listening skills
- \* choice-making & goal-setting skills
- \* responsibility
- \* problem solving skills
- \* appropriate assertiveness
- \* leadership skills
- \* learn to read body language
- \* negotiation skills
- \* success over obstacles
- \* appreciation of others
- \* culture awareness

“Think outside the box & have fun while learning”

### Pandemic

During the pandemic, acknowledging the importance of mental health is paramount as feelings of stress, anxiety, fear, and sadness are heightened. DH Ranch horses and nature play an important role in human mental health. Horses provide emotional support and prevent loneliness, and they become even more vital in times where social distancing and social isolation prevents regular interaction with other people. DH Ranch equine assisted learning and horses can aid in healing, reduce anxiety, build confidence, and empower participants to achieve excellence in other areas of their lives by recognizing their gifts.

### Indigenous Education

#### Tsuut’ina Values:

Humility  
Wisdom  
Honesty  
Sharing  
Kindness  
Strength  
Bravery



# DH Ranch

## WHO WE ARE - FACILITATORS

### SONYA DODGINGHORSE

Sonya Dodginghorse is the owner of DH Ranch and has a bachelor's degree in Education. She has over 21 years of classroom experience in First Nation Schools including 13 years with Tsuut'ina Education. She has committed her life as an Educator to support the academic, health, and wellbeing of Youth, raising awareness on Indigenous issues, and promoting Truth and Reconciliation. Sonya is an advocate for Indigenous issues educating people about the trauma from Indian Residential Schools. She is a role model for Indigenous women and youth sharing her knowledge and experiences.

### CAYDA DODGINGHORSE

Cayda is a determined young rodeo athlete and 10 grade student. She does at home learning which allows her to travel the rodeo circuit. She was crowned with the Junior Barrel Racing Indigenous world title in 2019. Cayda aspires to continue to compete in the Junior division with setting her goal on qualifying for the 2022 INFR and bringing home another world title. As well as just like her mom compete in the pro rodeo circuits to qualify for the 2022 Canadian Finals Rodeo (CFR) in Red Deer, Alberta. She and her mother spread awareness for intergenerational healing as a mother daughter duo on the rodeo trail, speaking engagements, and events at the DH Ranch.

### JULIE DODGINGHORSE

Bio coming



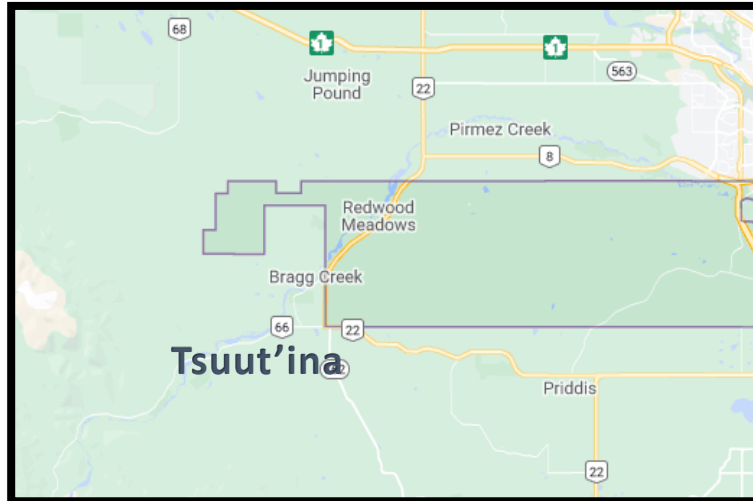


# DH Ranch

## WHERE WE ARE

DH Ranch is in the heart of the Tsuut'ina Nation. Its natural setting is the ideal environment for participants to connect with nature. It is situated on 25 acres of land, its natural landscape includes wide-open spaces, a natural forest which includes the Fish Creek. A chance to breathe in the fresh air, to unplug from social media to appreciate nature and its beauty.

53 Cattle Dip Road, Tsuut'ina, Alberta.



## WHAT IS EQUINE ASSISTED LEARNING? E.A.L



EAL is an experiential learning approach that promotes the development of life skills for educational, professional and personal goals through equine-assisted activities.

In the Equine Assisted Learning Programs, the participants engage in *un-mounted*, horse-related, group-based skill building activities, and discussions. Horses are sensitive, herd animals with their own social rules and group dynamics. Through learning the language of, and establishing bonds with horses, participants can gain insight about themselves and how they relate to the world around them.

Although riding may be a component in some of the programs at Dodginghorse Ranch, building relationship with the horses/self and others is the dominant focus for all programs. Dodginghorse Ranch provides EAL sessions. Sessions can be targeted to address specific skill building such as peer or team relations, group communication and cohesion, boundaries and confidence as well as leadership and cooperation.

For more information, or to inquire about an EAL session for a group you know, please email Sonya at [dhbranch44@gmail.com](mailto:dhbranch44@gmail.com) or 639-205-7742.





## Horses as Teachers

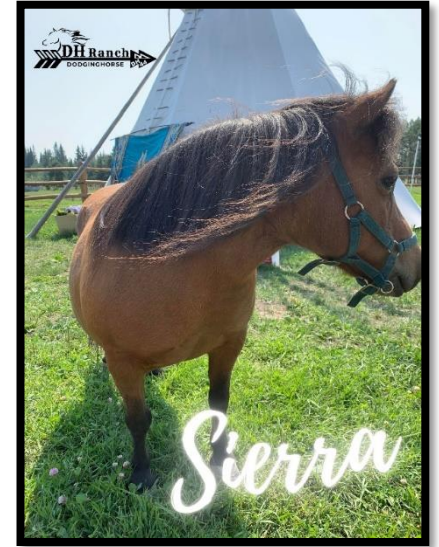


### MEET A FEW OF OUR TEACHERS

Horses are ideal teachers for helping people build strong skills.

Horses are our teachers and healers helping us reconnect to what has heart and meaning in our lives, assisting us in re-aligning mind, body, and spirit so that we can walk into our future with courage, grace, and integrity. Trust, empathy, honesty, humility, integrity, congruency, are all qualities we can learn with horses as our teachers.

Not Pictured: Lieutenant, Indigo, and Heather



## Horses as Healers



We are dedicated to enhancing the development of our participants managing emotional, behavioral, social or physical challenges.

Horses have an incredible healing power, and they help countless people everyday. Through our Riding and EAL programs horses provide emotional healing encouraged by interaction with horses. This helps people with various needs.

Spending time with horses has an incredible healing power that can help just about anyone. Whether it is spending a day roaming the hills and fields or passing a few hours grooming and feeding, or through our riding & EAL programs, horses and humans share an amazing bond.





## Working with Horses Vs. Classroom



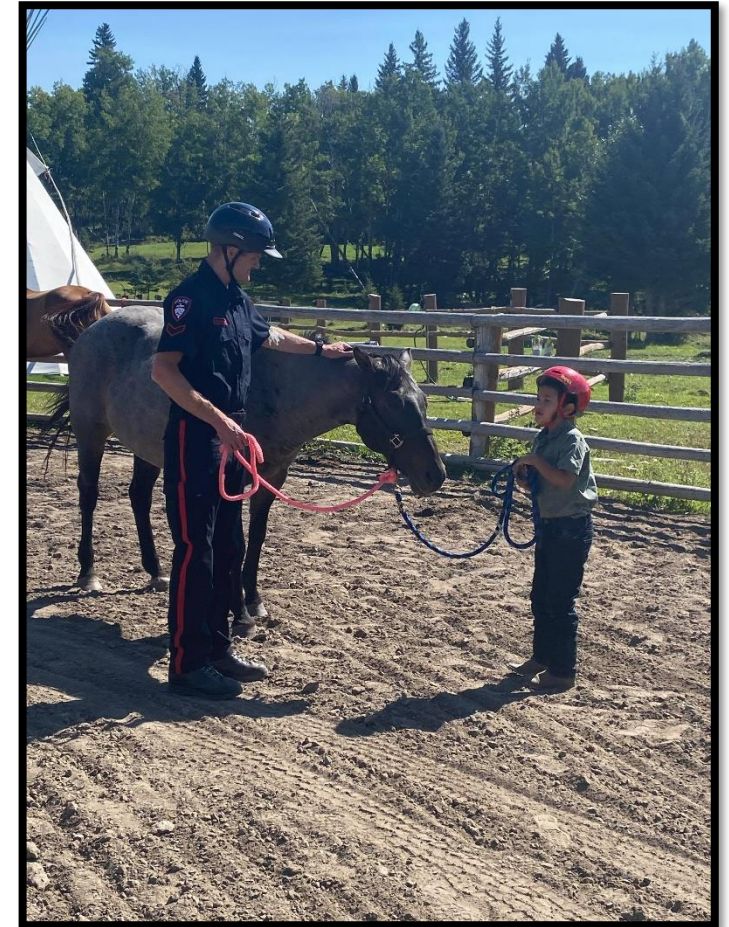
At DH Ranch the goal is to offer each participant the opportunity to work with, love, care for and learn from horses, a dream come true for most!

The DH Ranch Equine Assisted Learning Program consists of a **culture inclusive curriculum** that drives objectives to outcomes. Each exercise is designed to focus on one objective at a time. The curriculum is client centered, using horses as monitors, and facilitators as guides to encourage self reflection.

The *curriculum* focuses on communication, problem solving, conflict resolution, leadership, how to adapt to find success, teamwork, and healthy relationship building to name just a few.

One of the many bonuses of working with horses vs a classroom setting is the component of interactivity because we all learn differently, but we can all take away lessons that we learn through our experiences. Each of our exercises is custom designed to maximize learning potential and focus on developing individual skills as they work through each fun interactive group challenge.

“IMAGINE WHAT THE FUTURE WOULD  
LOOK LIKE IF WE PREPARED YOUTH WITH  
SKILLS FOR LIFE. ”



## Safety

- Anyone under the age of 18 years old must wear a helmet; (provided)
- No tying to the round pen or the inside fence;
- **No** smoking, **No** lighters, **No** matches on premises;
- **No** running, **No** screaming, **No** jumping (especially while working around horses);



## Waivers

Due at first session.

## Dress Code:

Dress in clothing suitable and comfortable to work around horses in as well as easy to wash and repair if soiled or torn.

Proper attire for the current weather conditions, we have heat in the coverall, but we still need to dress warm.

Comfortable sleeve t-shirts are ideal, although too baggy and they might get caught or hang up on something, then you could get injured.

Comfortable jeans are good, wear pants appropriate to working around horses. Remember if they are too loose or baggy, they could get caught on something and easily torn. **Shoes, no open toed shoes.**





## Payments and Cancellations



We understand that things happen and, if you're unable to attend a program, DH Ranch will accommodate your change as best we can while considering the specific circumstances of your situation.

### Payments & Cancellations

- 50% Deposit is due prior to the first session, and full payment is due at the first session.
- E-transfer [dhbranch44@gmail.com](mailto:dhbranch44@gmail.com) (memo "name" starting the journey)
- Balance is due on the day of the event via cash, cheque, or E-transfer
- Make cheques payable to Sonya Dodginghorse

### Weather

- DH Ranch may move the program to HDMA Agriplex under these weather conditions: Hail, Sleet, Rain, Snow and -20 Degrees.
- DH Ranch cancel a program shall it reach -22 Degrees, and re-arrange a make up date.



# Contact Us

*Sonya Dodginghorse*

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