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EQUINE THERAPY **RETREATS**

GRIEF & LOSS THERAPY RETREAT
SEPTEMBER 12-14, 2025

Welcome Message



Welcome to the Equine-Assisted Grief & Loss Therapy Retreat, an exclusive offering by the Horse Therapy Centre of Canada. Designed for individuals seeking to navigate grief, find healing, and foster emotional well-being, this retreat combines therapeutic practices with equine-assisted activities in a serene, natural setting.

“In the quiet presence of horses, we find the strength to heal and remember.” - Jessica Echeverri

Our retreat provides participants with the opportunity to immerse themselves in peaceful surroundings while exploring tools to process loss, regain emotional balance, and nurture resilience. The combination of guided therapeutic sessions and equine activities creates a transformative experience that fosters healing, self-compassion, and emotional growth.

At the Horse Therapy Centre of Canada, we take pride in creating

retreats that support individuals on their journey through grief toward renewal and peace. Our dedicated team of professionals ensures a supportive environment where participants can reflect, release, and rejuvenate.

We invite you to discover how this retreat can benefit you by offering a chance to heal, find comfort, and develop lasting skills for a balanced and fulfilling life.

Retreat Overview



Grief & Loss Healing

The Equine-Assisted Grief & Loss Therapy Retreat is designed to help participants process their loss, build resilience, and enhance emotional well-being. This retreat integrates equine-assisted therapy with reflective and therapeutic activities in a natural, peaceful environment.

Focus

Participants will engage in activities that promote emotional release, self-awareness, and resilience, all while connecting with nature and horses.

Outcomes

Expected outcomes for participants include improved emotional balance and clarity, greater self-compassion, enhanced resilience, and a renewed connection with their emotions and the natural environment through meaningful experiences.

Unique Approach

This retreat combines therapy, art activities, and adventure-based fun. Our beautiful and professional equine-assisted therapy farm ensures high-quality care in a peaceful setting. Also enjoy fun activities like goat yoga, ziplining, and guided hikes, promoting both relaxation and personal growth.

About Us

Who We Are

Horse Therapy Centre of Canada is a specialized equine therapycentre that brings innovative, special therapeutic services toclients. We provide equine-assisted therapy, camps, retreats, andmuch more. All of our therapeutic staff are registered in Ontario.

Our Stouffville, Ontario Farm

You will find yourself on our beautiful 75-acres farm. Ourparticipants love the peace the environment brings, whileenjoying the animals and fun activities provided. We are a well-established and renowned equine-assisted therapy and trainingcenter in Stouffville, Ontario, which provides a serene andsupportive environment for healing and growth.

Mission Statement

Our mission is to create spaces where individuals can find healing, growth, and connection through innovative therapy programs that integrate equine-assisted therapy, mindfulness, and environmental therapy.



Retreat Schedule



Daily Itinerary Example:

Day 1: Friday

4:00 PM - 6:00 PM: Check-in, Tent Set-Up

6:00 PM - 7:00 PM: Farm Tour

7:00 PM - 9:00 PM: Campfire, Snacks, and Welcome Session

9:30 PM: Bedtime

Day 2: Saturday

8:00 AM - 9:00 AM: Breakfast

9:00 AM - 9:30 AM: Mindful Breathing

9:30 AM - 11:30 AM: Group Therapy with Horses

11:30 AM - 12:45 PM: Lunch

12:45 PM - 1:45 PM: Reflective/Relaxation Free Time

2:00 PM - 4:00 PM: Group Therapy with Horses

4:00 PM - 5:00 PM: Reflective/Relaxation Free Time

5:00 PM - 6:00 PM: Fun Animal Activity

6:00 PM - 7:00 PM: Dinner

7:30 PM - 9:00 PM: Campfire and S'mores

9:30 PM: Bedtime

Day 3: Sunday

8:00 AM - 9:00 AM: Breakfast

9:00 AM - 11:00 AM: Group Therapy with Horses

11:00 AM - 12:00 PM: Lunch

12:00 PM - 1:00 PM: Reflective/Relaxation Free Time

1:00 PM - 2:00 PM: Closing of Therapy Circle

2:00 PM - 3:00 PM: Final Fun Activity

3:00 PM - 4:30 PM: Pack Up, Check Out and Departure

Special Activities & Highlights

Equine-Assisted Therapy: Sessions are tailored to support grief processing and emotional healing, helping participants develop a deeper connection with their emotions and inner strength through interaction with horses.

Evening Campfires: Each evening will conclude with a campfire, providing time for reflection, sharing, and connection with fellow participants.

Inflatable Water Park: Enjoy a fun-filled experience at our inflatable water park, featuring 5 slides designed to delight participants of all ages.

Goat Yoga: Engage in a unique and playful yoga session with friendly goats, blending relaxation with light-hearted fun.

Zipline and Adventure Activities: Experience the thrill of ziplining and other adventure activities that challenge and exhilarate.

Hikes in Fields and Forest: Explore the beautiful surroundings with guided hikes through fields and forests, offering a chance to connect with nature and unwind.

Art Activities and Gardening: Tap into your creative side with art activities or find tranquility in our gardening sessions, both designed to foster relaxation and self-expression.

These special activities and highlights are designed to enhance your retreat experience, providing a perfect balance of relaxation, adventure, and personal growth.



Accommodations



Lodging

Participants are required to bring their own tents and sleeping accessories. Tent rentals are available (2-person, 3-person, 6-person, and 10-person family tents), if required.

Amenities

Outdoor showers, portable toilets, a mini kitchen for snacks and refreshments, an inflatable water park, gardens, and quiet spaces. Our Stouffville partner has many exciting amenities for your pleasure.



Meals and Dining

All meals are cooked onsite or catered. An open mini kitchen will provide fruit, snacks, water, and coffee/tea.

Sample Menu:

Breakfast: Scrambled eggs, sausage, toast, fresh fruit, coffee, tea.

Lunch: Grilled chicken/veggie wraps, salad, fresh fruit.

Dinner: BBQ meat/veggie skewers, baked potatoes, mixed vegetables.

Snacks: Fresh fruit, granola bars, yogurt, nuts.



Therapeutic Activities

Equine-Assisted Therapy

Mindful grooming, leading exercises, and therapeutic interactions with horses. These activities promote emotional release, foster resilience, and support healing. Evidence-based practices will be led by our registered therapists.

Healing and Reflection Activities

Practices Included: Guided journaling, mindfulness exercises, walking meditation with horses, and group remembrance sessions. These practices are designed to help participants process grief, find peace, and embrace emotional growth.

Facilitation: All sessions will be guided by our trained therapists and mindfulness experts.

Group Therapy Sessions

Topics Covered: Topics will focus on empowerment, emotional healing, and building resilience to navigate life's challenges.

Facilitation: Led by experienced therapists, these sessions will foster group connection and grief specialists.

Individual Therapy Options

One-on-one sessions are not included in this retreat but can be scheduled separately by contacting the office.

Preparation & Packing

What to Bring

Essentials: Tent, sleeping bag, pillow, flashlight, personal hygiene items, towels.

Clothing: Comfortable outdoor clothing, waterproof jacket, sturdy shoes, swimwear, hat, sunglasses.

Miscellaneous: Refillable water bottle, sunscreen, insect repellent, notebook/journal, and any necessary medications.

Health and Safety

Participants must complete medical forms and waivers prior to the retreat.

First aid and trained staff will be available on-site.

Safety protocols include maintaining hygiene in shared facilities, monitoring weather conditions, and ensuring safe interactions with horses.

Transportation and Logistics

Getting to the Retreat

- Participants must arrange their own transportation. Detailed driving directions will be provided upon registration.

Arrival and Check-In

- Participants should arrive between 4:00 PM and 6:00 PM on Friday. Upon arrival, participants will check in at the office, set up their tents, and join the farm tour.

Departure Information

- The retreat concludes at 4:00 PM on Sunday.



Pricing and Registration

Cost of the Retreat

\$659 per person, eligible for reimbursement from extended healthcare benefits.

Payment Options

\$150 non-refundable deposit required at registration. The remainder can be paid through a personalized payment plan, with all fees due 7 days before the retreat date.

Registration Process

Participants can register online or by contacting the office directly. The registration deadline is 30 days prior to the retreat date.

Cancellation Policy

Cancellations made 60 days prior to the retreat will receive a refund minus the \$150 deposit. No refunds are available after this date.





How To Register

Please visit our website at

HorseTherapyCanada.com

Register online at

horsetherapycanada.com/therapeutic-retreats-ontario

Call our Office

647-390-5397

Email our Program Administrators at

office@horsetherapycanada.com

