Pathways to Mental Health

**Information for Equine Therapy Sessions**

Please wear covered shoes to protect your feet and bring any medications you might need (asthma pumps etc). A hat, sunscreen and insect repellent are also recommended. Just a reminder there is no riding and the therapy sessions are not about teaching horsemanship but are about helping facilitated positive change, relaxation and stress reduction. We hope the sessions will enhance many aspects of our participants lives.

The address of the property is 58 Cameron Road, Mcleans Ridges. When you approach number 59 you will go through some white gates PLEASE BE SURE TO SHUT THE GATE BEHIND YOU. **If you arrive early please be mindful of others still finishing their session and wait in your car parking until we come out to greet you. If you are very early please wait up the top of the drive so as not to impact on other people’s sessions. Be aware that others might be leaving as you arrive.**

We try to keep appointment times the same day and time each week to keep things as simple as we can. Your session is up to an hour. We require 24 hours’ notice of cancellation otherwise the session will still be charged in full / count as a missed session. Please text Sally on 0422410889 if you need to cancel. More notice is very helpful in planning our week.

All our intake forms are on the site to down load and we will need to have these all back to us prior to starting your sessions.

Your first session provides an opportunity to meet us and discover more about your expectations and to meet the horses.

Please feel free to contact us if you require any further information