



## **Family Equine Retreat**

You are invited to spend the day with horses on a special day-long retreat for adopted youth and their families. The retreat will take place on a 160 acre ranch in Choctaw, OK on Saturday, April 5, 2025.

There is a need for ongoing support for post-adoptive families. These families encounter unique issues such as dealing with trauma and loss, building connection and establishing trust, as well as navigating day to day life stressors.

The day's activities will include guided therapeutic interactions with horses (all groundwork - no riding), yoga (no experience required and appropriate for all levels), meditation and therapeutic hiking. We will have education and group discussions on topics including connection with self and others, building trust, managing trauma symptoms, stress and anxiety management, and learning to set boundaries. We will pay special attention to education about regulating the nervous system through mindfulness, body connection and awareness, and body regulation. All activities are optional and we will provide alternatives based on levels of comfort.

The facilitators for the retreat are Sheila Sisemore, LPC and Leslie Bell, LCSW. Together we have over 40 years of experience as therapists in private practice.

A catered lunch will be provided as well as snacks and drinks throughout the day. This event will start at 9am and end at 4:30pm, and is limited to 4 family pairs (one child and one parent). If you would like more information or have any questions, please contact us at the numbers below.

Sheila Sisemore, LPC (405) 990-9373  
Leslie Bell, LCSW (405) 833-2417