GAIT offers the following services for youth (ages 4-21) in order to pair their emotional and behavioral goals with horsemanship skills.

$150  
Intake & Assessment (1.5 hours)  
(with licensed therapist)

$85  
Individual Sessions (1 hour)

$70  
Small Group Sessions (1 hour)  
(2-3 youth per group)

$65  
Large Group Sessions (1.5 hours)  
(4-6 youth per group)

*GAIT uses a sliding scale and scholarship opportunities based on need.

Program operates Tuesday-Saturday with evening sessions available.

For more information or to get started with the GAIT program, please contact us at:

**GAIT Office**
233 S. Quintana Dr.
Anaheim Hills, CA 92807
714.998.9823
GAIT@senecacenter.org
www.senecafoa.org/gait

**Sara Arpiarian**
LCSW, GAIT Director
714.944.1966
Sara_Arpiarian@senecacenter.org

www.senecafoa.org
Why Horses?
Horses are uniquely sensitive animals attuned to the way people feel and behave. Horses give immediate reactions to people which allows them to serve as a mirror to the youth's emotions and a bridge to achieving their goals. Because the horses can sense how humans are feeling, youth learn how to calm their bodies and minds in order to successfully ride and interact with the horses. Horses are especially helpful for children who may have difficulty in traditional talk-therapy settings, as they create a less intimidating environment which allows the child to build a trusting relationship with the animal while also working with the instructors towards their emotional and behavioral goals.

GAIT has grown my daughter’s self-confidence, assertiveness, patience, active listening skills, balance, and also her anxiety related to ASDand ADHD. I’m thankful to see that her growth and happiness is as much a priority to the GAIT staff as it is to me.

-mother of GAIT student

In just three weeks I saw a huge improvement in my daughter’s confidence and independence. I found it greatly reduced her anxiety.

-parent of GAIT student

As a part of Seneca, GAIT staff receive specialized mental health training to provide trauma-informed care allowing staff to support youth with a wide variety of goals including the following:

- Confidence & Self-Esteem
- Communication
- Decreased Isolation
- Self-Acceptance
- Appropriate Boundaries
- Trust & Improved Relationships
- Focus & Attention Span
- Depression & Anxiety
- Trauma & Loss
- Coping Skills
- Opposition & Defiance
- Social Skills
- Managing Emotions
- Impulse Control

GAIT is special because I get to ride and bond with the horses. They make me feel loved.

-GAIT student, age 14