

What Is Camp Pegasus?

Camp Pegasus is a fun and educational 5 day camp held at the Cheff Therapeutic Riding Center for girls ages 10-12 who are struggling with poor peer relationships due to inadequate problem solving skills. This camp is designed to teach girls how to resolve everyday conflicts and get along better with others.

While at camp, girls will...

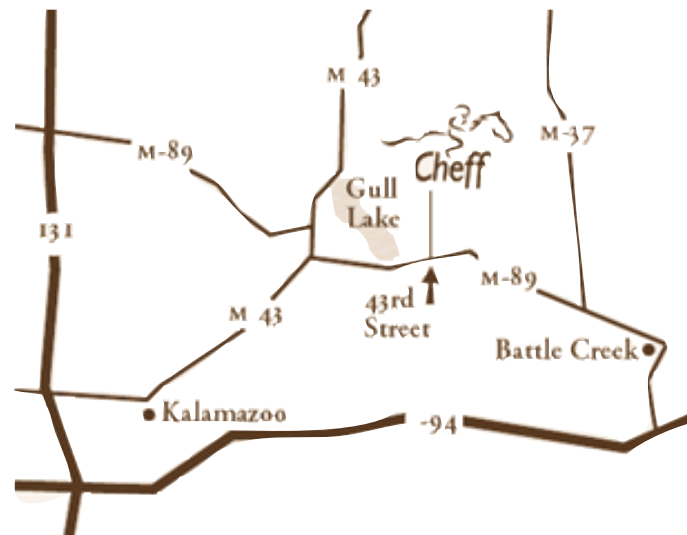
- * Have FUN!
- * Ride horses
- * Learn about horse care
- * Learn and explore the nationally recognized problem-solving model "I can problem solve" developed by Dr. Myrna Shore
- * Spend time with a licensed therapist
- * Choreograph and perform a team horseback riding routine to music
- * Participate in group problem solving activities
- * Gain social confidence



Cheff's Mission

to improve the emotional and physical well-being of individuals through the therapeutic use of horses, and to serve as an international training and education center for therapeutic riding programs.

Contact Information



Cheff Therapeutic Riding Center
8450 N. 43rd St.
Augusta, MI 49012
www.cheffcenter.org
P: 269-731-4471 F: 269-731-2990

Cheff Therapeutic Riding Center's

Camp Pegasus

"giving wings" to girls"



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Why Problem Solving?

Research shows that children who take control of their lives and do not just "let things happen" will learn to trust their own judgement and develop inner strength.



Thinking Children Will...



- * Wait for what they want
- * Cope with frustration when they cannot get what they want
- * Get along better with peers
- * Control their impulses and aggression
- * Resist peer pressure

Activities done at Camp Pegasus are specially designed to teach great problem solving skills in a fun and success oriented setting. Skills learned at camp can be applied to all areas of life.

Why Horses?

Animals, particularly horses, do not respond well to mixed signals, and require clear, concise communications. With their increased sensitivity to non-verbal cues, horses can help riders understand how their emotions may be affecting communication.



In addition to aiding in communication, use of the horse can also provide emotional support and teaching opportunities. The relationship between horses and humans can be magical. Horses can open doors into the human heart that other humans have not been able to reach. The staff at the Cheff Center believes in the potential of every individual, using horses to help develop that potential.



Camp Pegasus 2010

Camp 2010:

Monday July 12th - Friday July 16th
9:00 a.m. - 4:00 p.m.
Cost: \$350

If you feel your child or a child you know may benefit from this camp, Please contact Tam at the Cheff Center to find out what the next steps are. Contact information can be found on the back of this brochure.

Parents and caregivers of last year's participants are still raving about the 2009 camp. We're looking forward to another great year and we would love your child to be a part of it!

