



EASTER AND SUMMER

THERAPEUTIC HOLIDAY GROUP

Easter:
30th March - 2nd April
Summer:
3rd - 6th August
2026

Targeted Skills

Rooted in Nature

- Immerse yourself in the beautiful Sussex countryside
- Step away from screens and reconnect with nature
- Experience freedom, movement and fresh air
- Slow down and feel grounded in open, natural spaces
- Explore the countryside through your senses



Mind and Body Regulation

- Learn what calms and regulates the animals
- Reflect on what regulates you
- Explore a variety of regulation tools
- Experience mindfulness and grounding strategies

Self-Awareness

- Learn how your actions and body language impacts the animals and others
- Develop the skills and confidence to advocate for yourself
- Learn about what challenges you and what helps you

Self-Belief

- Step out of your comfort zone
- Learn new skills
- Build confidence and develop a positive sense of self
- Conquer new challenges with the animals
- Reflect on your strengths and positive qualities
- Learn to trust in your skills and ability

Positive Social Connections

- Work as a team with the animals and within the group
- Learn how to gain an animal's trust
- Meet a group of peers with similar life experiences
- Find a sense of belonging within a nurturing, supportive community