



NEWS FOR IMMEDIATE RELEASE

UNBRIDLED CHANGE PARTNERING WITH BOTH ROANOKE AND FRANKLIN COUNTY PARKS AND RECREATION TO PROVIDE EQUINE ASSISTED THERAPIES IN THE AREA!

Boones Mill, Virginia –September 10, 2009 – Unbridled Change, a non-profit equine assisted therapy center, providing interactive mental health therapy for individuals dealing with a variety of social and psychological issues, is excited to announce that we have partnered with both Roanoke and Franklin County Parks and Recreation to provide some of our equine assisted therapy services at a discounted rate. Fall 2009 classes start mid September and run for 6 weeks.

The founder, Michelle Holling-Brooks has been working closely with both Roanoke and Franklin County's Parks and Recreations departments to develop courses that will appeal to both children and adults. "Partnering with Parks and Rec has allowed us to reach even more children and adults in the area who might be struggling to address social skills, emotional, and behavioral issues they might have. The new groups we are offering in the fall not only will provide families in the area with an alternative to traditional therapy and learning solutions but will also allow access to our services at an affordable reduced rate" says Michelle Holling-Brooks, executive director for Unbridled Change.

Unbridled Change will be offering 3 of its group programs: Wranglers – Learning to Corral your Anger – an anger management group; Blazing the Trail – life and social skills for future leaders; and Who's the Leader of your Herd – adult programming designed to help with relationship, communication, boundary setting skills, and assertiveness verses aggression. The groups will run for 6 weeks, meeting once a week for 90 minutes. "Our groups will run on Tues and Thursday evenings and Saturday mornings. They are broken into age groups ranging from 6 years old to adults." For those interested in learning more about the programs you can visit Unbridled Change's website, www.UnbridledChange.org or contact your local Parks and Rec Dept. The equine assisted therapy/learning groups are listed in their Fall 2009 catalogs.

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Photos are available: http://UnbridledChange.org/Media_Releases.php

Pictures from our summer Blazing the Trail and Wranglers groups – clients are working on communication, team skills, problem solving and relationship skills.



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