

SFCASA has partnered with [Brady Therapeutic Riding](#) to offer low-key, safe and fun sessions learning about horses for all ages. Younger kids (4-11) can take therapeutic riding lessons at Brady Riding's lovely site located on the SF Zoo campus. Older youth (12-21) can come, hang out and decide what they want to do: volunteer-type activities (grooming, saddling horses, cleaning stalls) and/or get on the horse for a riding lesson, and/or a combination of the two! These sessions help youth learn about being present, letting go of stories, and being aware of their body via relationships with gentle rescue horses. There are no foster youth labels or jargon at "Hanging with the Horses", just a time and space to learn, grow and heal.

SFCASA covers the cost of sessions. Introductory sessions are on Sunday mornings, after which times can be scheduled on afternoons W-F, and Saturdays. Please contact Program Manager Sue Lockyer (sue@sfcasa.org) for more information or to get started with "Hanging with the Horses".