Just Ask Yourself to Care

Curriculum

I promise to Live with integrity, to have compassion for all Living things, to be aware of my surroundings and to just ask myself to care.

www.theJAYCfoundation.org

Alexis Braswell has been showing American Saddlebred horses for 21 years, winning numerous state, regional, national, and world titles. She is Level 4 certified in the Horse Boy Riding Method, is a Special Olympics equestrian coach, and is the leader of the Red Barn’s horse team. The Red Barn is a PATH Intl. Premier Accredited Center.

info@theredbarn.org

Travel and Accommodations:
The Red Barn is located in Leeds, Alabama, approximately 30 minutes from the Birmingham International Airport (BHM). Transportation arrangements to and from the facility will need to be made by participants.

Hampton Inn
10 Rex Lake Road, Leeds, AL 35094
(205) 702-4141

Comfort Inn and Suites
1951 Village Drive, Leeds, AL 35094
(844) 277-8638

Kristen McGraw is a PATH Intl. Equine Specialist in Mental Health and Learning, Certified Therapeutic Riding and Driving instructor who has been involved at UpReach Therapeutic Equestrian Center, Inc., a PATH Intl. Premier Accredited Center, since 1996. She currently serves as the Program Director. Kristen@upreachtrc.org

Travel and Accommodations:
UpReach is located approx. 30 minutes from Manchester-Boston Regional Airport, Manchester, NH (MHT) and 60 minutes from Logan International Airport, Boston MA (BOS). Transportation arrangements to and from the facility will need to be made by participants.

Holiday Inn
2280 Brown Ave, Manchester, NH 03103
800-315-2621

TownePlace Suites Manchester
686 Huse Road, Manchester, NH 03103
(603) 641-2288

The Red Barn
2722 Bailey Road
Leeds, AL 35094
(205) 223-1362 – www.theredbarn.org

UpReach Therapeutic Equestrian Center, Inc.
153 Paige Hill Road
Goffstown, NH 03045
(603) 497-2343 – www.upreachtrc.org

www.theJAYCfoundation.org
The “Just Ask Yourself to Care” (JAYC) group curriculum is intended for youth of diverse cultural and economic backgrounds to build a greater level of awareness, compassion, and empathy. The curriculum is psycho-educational with a therapeutic component, which is strength-based and resiliency focused with the intent of creating lasting bonds that transcend diverse economic and culture backgrounds, as well as various learning disabilities that inadvertently keep youth distant and separated.

The 8-week curriculum, is designed for youth with a broad range of characteristics; leadership skills, emphatic abilities, social skills, and development placement and are incorporated through modeling, verbal processing, and experiential activities. Programming is facilitated by a mental health professional, equine professional, and volunteers through a combination of didactic in-class presentations and activities.

For more information on the Just Ask Yourself to Care curriculum or the JAYC Foundation, please visit www.theJAYCfoundation.org

In order to receive a copy of the JAYC Curriculum, a mental health professional (MHP) and horse professional (HP) must attend the training as a team. Attendees who successfully complete the two day course will receive a hard copy of the JAYC curriculum. Attendees will be working directly with horses and should be wearing appropriate clothing and footwear. Contact training sites for dates offered.

Indicate training location, dates, and any special restrictions on the registration form. Course fee includes lunch.

Cancellation Policy

The host facility reserve the right to adjust training dates, times and faculty to accommodate unforeseen circumstances including cancellation of the course up to 2 weeks prior to the scheduled start date. The host facility is not responsible for any expenses incurred by registrants due to such adjustments.

Participant cancellation requests must be made in writing no less than 2 weeks prior to the course start date to receive a refund, minus a $50 administrative fee. No refunds will be given for cancellations received within 2 weeks prior to the start of the course.

Registration Information

Name of Attendee 1: ________________________
Organization: ______________________________
Address: __________________________________
_________________________________________
Phone: ___________________________________
Email: ____________________________________
__ Horse Professional __ Mental Health Professional
Please indicate special diet, mobility restrictions, etc.:

Name of Attendee 2: ________________________
Organization: ______________________________
Address: __________________________________
_________________________________________
Phone: ___________________________________
Email: ____________________________________
__ Horse Professional __ Mental Health Professional
Please indicate special diet, mobility restrictions, etc.:

Location: __ The Red Barn (AL) ___ UpReach (NH)
Date(s) attending:
_________________________________________
_________________________________________

Cost of course: $500.00
Payment:
_____ Check (payable to The Red Barn or UpReach)
_____ Credit Card (Amex, MC, Visa, Discover)
Cardholder Name: __________________________
Card Number: _____________________________
_________________________________________
Exp date: ___________ Security Code: __________
Signature: _________________________________