



JUNE 15-19, 2026

HEARTS & HOOVES

A grief Support Summer Camp for Youth





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Hearts & Hooves is a compassionate, therapeutic summer day camp designed to support children and youth who are navigating grief and loss. Set within the calming, natural environment of Chastain Horse Park, and led by a clinical MSW and PATH Intl. Equine Specialist in Equine Mental Health and learning, this program offers a safe and nurturing space where participants are met exactly where they are in their grief journey.

Through equine-assisted experiences, guided group activities, and age-appropriate reflection, campers are supported as they build emotional awareness, confidence, and connection—without pressure to “fix” or rush the grieving process.

Who This Camp Is For

Hearts & Hooves is designed for youth ages 7 and up who have experienced the death of a significant person or another major life loss and would benefit from a supportive, relational, nature-based therapeutic program.

Program Goals Include:

Building Emotional Regulation Skills: Campers learn to recognize, name, and manage big emotions—such as sadness, anger, anxiety, and confusion—through mindfulness-based interactions with horses and gentle coping tools they can take home.

Strengthening Healthy Attachments: Horses provide honest, non-judgmental feedback, creating opportunities to practice trust, boundaries, communication, and connection in a way that feels safe and grounding.

Increasing Confidence & Self-Efficacy: Ground-based horse activities foster problem-solving, mastery, and a sense of capability—helping youth rediscover confidence during a time when grief can feel overwhelming.

Processing Grief in a Supportive Environment: Facilitated group reflections and equine-assisted activities offer developmentally appropriate, non-threatening ways for children to explore their feelings surrounding loss.

Fostering Peer Support & Community: Campers connect with peers who have experienced similar losses, helping reduce isolation and reminding them they are not alone.

At Hearts & Hooves, grief is honored, emotions are welcomed, and healing is supported—one step, one connection, and one horse at a time.

Important Details:

- Meet your instructor: Lindsay Delgado-Harris, MSW, ESMHL
- Camp Fee: \$650
- Sign-Up Deadline: Payment Due in full at the time of registration, non-refundable

What to Bring Daily: A snack, lunch, water bottle, and closed-toe shoes are a must!

Ready to register: Complete registration form and return to
therapeutic.lessons@chastainhorsepark.org.





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HEARTS & HOOVES REGISTRATION SUMMER 2026

STUDENT NAME: _____

DATE OF BIRTH _____ GENDER: _____

ADDRESS: _____ CITY/STATE: _____

ZIP: _____

PARENT(S) AND/OR GUARDIAN(S): _____

PHONE 1: _____ PHONE 2: _____

PHONE 3: _____

E-MAIL ADDRESS(ES): _____

PARTICIPANT'S SCHOOL: _____

RISING GRADE, FALL 2026: _____

HAS THE STUDENT HAD PRIOR EXPERIENCE WITH HORSES, UNMOUNTED OR MOUNTED? YES / NO IF SO, WHEN AND WHERE? _____

IN CASE OF EMERGENCY PLEASE CONTACT:

CONTACT NAME: _____ RELATION: _____

PHONE: _____

CONTACT NAME: _____ RELATION: _____

PHONE: _____

PLEASE INDICATE ANY ALLERGIES: _____

PAYMENT INFORMATION:

CREDIT CARD INFO—INFORMATION BELOW MUST BE COMPLETED IN FULL BY CARDHOLDER:

MASTERCARD VISA AMERICAN EXPRESS

CARD NO.: _____ EXPIRATION DATE: _____

CVC CODE: _____

NAME ON CARD: _____

BILLING ADDRESS: _____

I AUTHORIZE CHASTAIN HORSE PARK TO WITHDRAW HEARTS & HOOVES REGISTRATION DUE FROM MY ABOVE ACCOUNT.

SIGNATURE: _____ DATE: _____

*IF PAYING VIA CREDIT CARD, A 3% CONVENIENCE FEE WILL BE APPLIED. IF YOU PREFER TO AVOID CONVENIENCE FEES, PLEASE PAY VIA ACH BY RECEIVING THE FORM FROM OUR BILLING DEPARTMENT AT BILLING@CHASTAINHORSEPARK.ORG