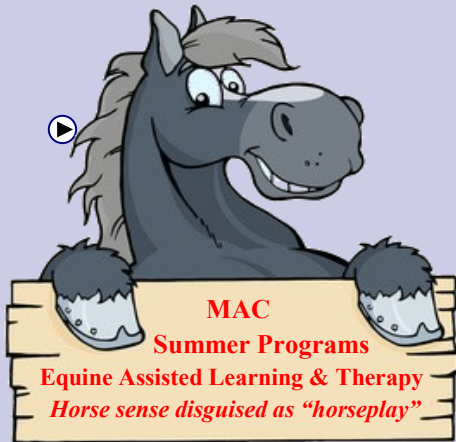




# Michigan Abilities Center Group & Individual Programs Facilitated by Horse Sense, Horsepower, & "Horse Feathers"



MAC's individual and group sessions are offered year-around in sensory-friendly and accessible facilities\*.

MAC is currently accepting applications for 2011 programs (inquire via phone or email). Program costs vary according to duration, frequency, service type and individual versus group sessions. MAC enrollment forms are available at: [www.MichiganAbilitiesCenter.org](http://www.MichiganAbilitiesCenter.org)

\*NOTE: Screening appointments are required for new clients to determine the most appropriate program options.

## MAC Summer Programs

for children, adolescents, & adults

- ◆ **Individual Programs:** Hippotherapy, therapeutic riding, equine facilitated learning, mental health, & recreational riding
- ◆ **"Make Abilities Count" Group Sessions** (minimum age: 5 years) Group sessions include therapeutic riding, equine facilitated learning, and equine facilitated mental health. One or two-hour sessions available with potential options for extended time. One-hour sessions will include mounted and groundwork activities. Two-hour sessions will further promote social interaction and communication skills through equine-focused games and crafts. Siblings are welcome to register for group sessions. Participants may sign up for multiple times per week to achieve more rapid progress and to select the weeks and times desired.
- ◆ **"Muck Boot" Camp: Life skills for adolescents & young adults** Campers will learn life skills to effectively deal with the "muck" in life (i.e. challenging situations) through activities such as groundwork, riding, games, crafts, and service work. Engaging equine-centered activities will emphasize effective social skills, communication, teamwork, leadership, empathy, & service to others. Facilitated interactions with MAC's therapeutic horses providing meaningful life lessons utilizing "herd dynamics." Half & full day options are available for one or multiple weeks with different themes and life lessons offered each week. Age groups: 10 to 14 years old & 15 years old to young adults
- ◆ **MAC's Special Evening & Weekend Events:** To be announced.

### MAC's Mission

*The Michigan Abilities Center (MAC) provides innovative, enjoyable, and rewarding state-of-the-art equine assisted therapy, learning, and wellness programs that focus on strengths and abilities, not disabilities. MAC's programs are customized to achieve meaningful goals, improve function, promote wellness, enhance self-esteem, and empower children, adolescents, and adults who have physical, mental, emotional, or learning challenges.*

**MAC promotes inclusive programming when appropriate and beneficial for participants.**

**MAC provides services year-round at a historic & peaceful 60-acre farm in Ann Arbor, 10 minutes from I-94 exits.**

## Michigan Abilities Center

*Innovative Therapy, Learning, and Wellness  
Facilitated by Horse Sense & Horsepower*

Location: 7286 W. Ellsworth Road, Ann Arbor, MI 48103

Phone: (734) 622-9500 Fax: (734) 622-9555

Email: [MACinfo@MichiganAbilitiesCenter.org](mailto:MACinfo@MichiganAbilitiesCenter.org)

Website: [www.MichiganAbilitiesCenter.org](http://www.MichiganAbilitiesCenter.org)

Facilities: Accessible indoor & outdoor arenas, scenic riding trails



MAC's Executive Director & Physical Therapist: Kathleen A. Hinderer, PhD, MPT, PT (NDT & SI Certified)  
MAC's Program Director & Instructor: Debora Blake, JD (Special Needs Advocate & Equine Specialist)