

## **Reins of Change Questions Frequently Asked by Clients**

Welcome to Cherokee Center for Change, Inc! We are excited to have you here and want to make your experience the best possible so here is some important information that you might find helpful:

### *What should I wear?*

Our clients often wear t-shirts, wind breakers, jeans, hats and tennis shoes. We recommend that you wear clothes that are weather appropriate and that you will be comfortable in. As we will be working with animals and nature you will feel more comfortable and be better able to participate if you wear clothes that you do not mind getting dirty.

Clothes toed shoes (ie tennis shoes, boots) are required for safety. Please do not wear steal-toed shoes, as this will actually endanger your feet.

### *When should I arrive?*

We ask that all participants arrive with their parent or legal guardian at least 15 minutes before their first session to complete all necessary paperwork for participation. All future sessions require that participants arrive and are ready to begin 5 minutes before scheduled time.

### *What if it rains?*

Our professionals will try their best to keep your appointment. We will most likely meet in light rain, wind, high and low temperatures. Please come dressed (rain jacket, rain boots, etc.) for whatever the Georgia weather may be throwing our way.

If the weather is not conducive for a productive outdoor session we will consider meeting inside and/or rescheduling.

### *Will I ride the horse?*

This decision is up to you. A large part of the counseling process occurs on the ground. Riding is another part of our therapeutic process that offers new challenges and opportunities to meet counseling goals, learn about relationships, our bodies and our brains. We do not provide riding lessons and the goal of our program is not horsemanship. The majority of our time will be spent on the ground, however, we believe there are unique benefits that can be achieved on horseback if the client is willing to participate.

Groups meeting for a limited period of time (ie 10 weeks) and cooperate retreats will be less likely to ride.

*What if I can't make it to my scheduled session?*

We require at least 24 hour notice or cancellations/rescheduled sessions. If you are unable to give 24 hour notice you will be required to pay for the missed session.

*Will I have total privacy in my sessions?*

Sessions are conducted in and around a working barn. Although we do our best to safeguard your confidentiality, possible interruptions may occur due to events such as: riding lessons, veterinary visits etc. We ask you to let us know if you feel any discomfort.

*Can I bring my pet?*

We love animals, however for the safety of our animals and everyone at our facility, we ask that you leave your furry friends at home.

*What if my kids or I hate being outside?*

We believe that stepping outside of our comfort zone provides all people with unique learning opportunities. Clients who are strongly opposed to outdoor activities stand to gain significant benefits from Reins of Change.

*My kids are aggressive and I'm afraid that they'll hurt the animals. Can you still work with us?*

We welcome your children to our program. At Reins of Change the safety of people and animals is of the utmost importance. Although the animals on our farm are our responsibility we understand that children who can act out towards people and animals are struggling with this experience everywhere.

*Since we are outside, can I smoke?*

We have a very strict NO SMOKING policy that extends to our entire property. This is for the safety of our animals and everyone at our facility. We thank you in advance for your cooperation.

*Find us online:*

<https://www.facebook.com/pages/Reins-of-Change/370562806338478>

<http://www.cherokeecenterforchange.com/30412.html>