

youthDEVELOPMENT

Real connection. Real tools. Real change.

Our Youth Development programs give kids and teens the tools, support, and experiences they need to build confidence, grow life skills, and thrive at home, at school, and in the community.

Youth Counseling pairs kids, teens and young adults (ages 5–25) with a consistent Youth Counselor for one-on-one sessions at the ranch and out in the community. Each session is hands-on, engaging, and tailored to the individual's personal goals—helping them grow in confidence, connection, and independence.

Workshops give kids and teens (ages 5–18) a safe, engaging space to build skills and confidence alongside peers, with the support of a dedicated Youth Counselor. Families can choose After-School (Sept. - May) or Summer (June - Aug.) Workshops, each available in both Traditional and Equine options—blending fun activities, peer interaction, and hands-on experiences that turn personal goals into real growth.

Community Connections gives teens and young adults (ages 13–18+) the chance to practice real-world skills alongside peers, with the support of a Youth Counselor. Weekly community outings focus on goals like budgeting, applications, bus riding, and healthy living—building independence step by step.

Transportation is provided, and progress is tracked after every session so growth can be seen over time.



A NOTE TO FAMILIES

Every person's story matters, and it's an honor when families invite Trinity to be part of that journey. We see the courage it takes to ask for help, and the hope that grows when connection begins to spark change. To get started, simply ask your caseworker about enrolling in a Trinity program. Thank you for letting us be part of your story.

– YOUR FRIENDS AT TRINITY

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TRINITY EQUESTRIAN CENTER

Youth Development | Equine Services



growth starts here.

TRINITY
changes lives



EQUINESERVICES

For youth and adults, a place for healing and growth.

Adaptive Riding combines horseback riding and groundwork for children and adults ages 5+ with varying abilities. Guided by certified instructors, sessions—offered individually or in groups—help participants build core strength, balance, communication skills, and a teamwork mindset, with ramp and lift assistance available.

Equine-Assisted Psychotherapy is a ground-based therapy where youth and adults work with a licensed therapist, an equine specialist, and horses to meet personal mental health goals. Horses mirror emotions in the moment, creating unique metaphors and opportunities to build trust, develop coping skills, and experience healing in a safe environment.

Psychotherapy provides traditional talk therapy with licensed therapist in the calm, welcoming environment of the ranch. Sessions can take place indoors or outdoors in peaceful spaces like the Grace Garden and walking trails, offering a safe place to process challenges and grow.

For all Equine Services programs, progress is tracked after each session so growth can be seen over time; however transportation is not provided.

OUR MISSION

Trinity changes lives through connection; transforming struggles into strengths for youth and survivors of trauma.

NOT EVERY PROGRAM USES HORSES

Connection comes in many forms. Some of our programs use the unique presence of horses, while others focus on one-on-one support or real-world skill-building in the community. Whether at the ranch or beyond, every program is designed to help individuals grow, meet their goals, and experience lasting change.

