



# Participant Application

## CONTACT INFORMATION

Date: \_\_\_\_\_  
Guardian/Parent Name: \_\_\_\_\_  
If not a parent, what is your relationship? \_\_\_\_\_  
Email: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
Best Cell number to reach you: \_\_\_\_\_  
Best Times/Days to reach you: \_\_\_\_\_  
Profession: \_\_\_\_\_  
CPR Certified: Yes \_\_\_ No \_\_\_  
First Aid: Yes: \_\_\_ No: \_\_\_\_\_

**Please include a picture of yourself/Child. If attaching picture online, please upload in jpeg format.**

## The Heart

The heart of our Session Program is to provide a place for children, horses and families to experience hope, healing and encouragement. In each session, through a myriad of methods in this Ranch environment, there is one main purpose—to Mentor the Child.

This is accomplished by inviting children to come just as they are. The leaders of Hearts Landing Ranch work hard to pair kids with activities that will encourage them forward toward hope and personal growth. All activities are chosen at the discretion of each individual leader. Some of these session activities include working with horses, gardening, crafts, games, chores, wood working and life skills. A secondary goal of our Session Program is to educate kids in equine safety and husbandry. All activities with the children are structured to accomplish our primary goal of creating a loving environment to mentor the child.

## Session Components

The overall aim of our session program is to love and encourage children toward hope. This process takes on as many unique forms as there are kids. However, there are some choice components that are generally included in each session.

- **Chores:** Almost every child and leader pair will complete a small chore at the beginning of the session. This time is designed to teach the importance of serving others by giving through the work of your own hands. Often this opportunity empowers children in knowing that their efforts can make a difference to those around them. It also enables leaders to better understand each child each day, and gain perspective for the best use of time to follow.
- **Working with horses:** The majority of children who come to Hearts Landing Ranch are drawn to the ranch because of the horses. While some of the sessions will include learning to correctly handle, groom, ride, round pen and even vet horses, sessions are geared toward developing the child as a person and helping them build a bridge of understanding through the pain or difficulty they are experiencing not to become an accomplished rider. If you would like more horse-specific training to develop those skills, talk to us and we can make a recommendation.

- **Crafts:** For those who do not wish to spend time riding horses, the ranch has assembled some wonderful craft options for a child and leader to use. One option is "horse painting." The ranch horses are large and gentle and make great canvases for those who do not wish to ride.
- **Woodwork:** Some of our leaders are skilled in carpentry and woodworking. Many kids enjoy time in the shop creating a birdhouse, a pirate ship or a gift for a parent or loved one.
- **Play:** Often, the most valuable time in a child's life is to allow and encourage kids to be kids by playing. Many children choose to spend their entire session wholly engaged in playing games.
- **Gardening:** Digging hands in the dirt and exploring the whole "Seed 2 Stomach" program might include compost development, planting, cultivating, collection and propagation.

• Are you new to the Hearts Landing Ranch Session Program?

Yes  No

How did you hear about HLR? \_\_\_\_\_

• If coinciding session are not available for my kids, I am willing to have sessions on different days.

Yes  No

• Waitlist Options

Yes, Automatically add me  No, I will try again next month

• Dates available

• How can your child(ren) benefit from our program? (be as specific as possible)

• How many children are you signing up?

• First Child's First and Last Name \_\_\_\_\_

• DOB? \_\_\_\_\_

• Harmful to self or others?    Y    N

• Second Child's First and Last Name \_\_\_\_\_

• DOB? \_\_\_\_\_

• Harmful to self or others?    Y    N

- Willing to take non-horse sessions?

Yes  No

- Gender    Male    Female
- Please concerns you have about your child(ren)

## Information for Parents/Guardians/Caretakers

**We require that a child's parent, guardian or approved caretaker be on the property at all times during their child's session.** Adults and siblings or friends who do not have a session have some options. We hope for this time to be relaxing and enjoyable for all who come. Here are some ideas for that time, as well as some general safety rules:

- **Read or relax in one of the many areas provided. Please ask a leader if further information is needed.**
- Seek out one of the many private benches on the ranch for quiet reflection and prayer.
- Get plugged in as a Local Volunteer. [www.heartslandingranch.com](http://www.heartslandingranch.com) for more information.
- Play or be involved with your kids who are not in sessions. Please keep these children with you at all times. You are welcome to use our craft and toy boxes during your stay.
- Watch your children during their session. We do ask that you watch from a distance and help us to maintain a one-on-one relationship with your child.
- Taking pictures of your own child is permitted and encouraged. Again, we ask parents to use discernment regarding giving space to their child and leader during the session.
- The horses love to welcome visitors. We invite you to meet them over the fence. Be aware there is a white electrical wire – looks like ribbon- around the entire arena. Please do not enter the paddocks or feed any treats without a HLR leader present.

We are coaches and mentors with many years of ranch, horse and coaching experience. We are not certified Marriage Family Therapists and because of that are able offer expansive resources for families and participants ...namely a community of various ages and experiences to help

## Cost

By God's grace, Hearts Landing can offer its programs at significantly reduced rate of \$65 per session. We've been deeply blessed by incredible families, scouts and local business and churches who have committed their volunteer time and funds to support what the Lord is doing through the ranch. Because of this rich provision and generosity, we can also offer scholarship based on need. We do ask each family to volunteer 2 hours for each participant child per month. Volunteer application will be made available to you and you can also find it online at [www.heartslandingranch.com](http://www.heartslandingranch.com)

We love donations! Donations are optional and of course and make it possible for the ranch to continue to operate now and for expand programs and resources for current and future children.

Consider also planned giving through Mandatory IRA disbursements, Owner Advised Funds, Stock and Estate Planning you or someone you know.

## Requirements for Participation

Our session program is open to all children, ages 10-18. On occasion, based on need, age exceptions are considered. The only other "requirement" is that the child wants to come. Hearts Landing understands that every child deals with his or her own set of unique challenges. Session leaders work hard to adapt programming to meet the individual needs of each child.

Hearts Landing is not a residential facility. Therefore, the majority of children in our program live in proximity to the ranch. A portion of those we serve do travel from out of state. At this time, we are unable to provide housing for out-of-town visitors.

If you do not live nearby and would like to participate, please inform us of your travel plans at least a month in advance. If space is available, out-of-town guests will be worked into our session program. If coming to Sacramento is not an option for your family, we encourage you to search by state in [Similar Ministries Finder](#). Many of these ministries are ready to receive new participants.

While we do not wish to turn any child away, there are a limited number of sessions available each month. Although we cannot guarantee a session for every child who wants one, Hearts Landing does its best to accommodate as many participants as possible.

## Clothing & Equipment Requirements & Recommendations

- Shoes/boots with closed toes and closed heels are required. Shoes/boots with little or no tread and a heel are recommended. (Often we have extras on hand, so let us know if you don't have this type of shoe/boot.)
- Long pants are recommended if the Mentor chooses riding.
- Nothing is permitted to be hanging down around the neck or tied around the waist while working around the horses
- Sacramento weather is HOT in the summer and winter is ever changing and layered clothing is always a good idea.
- To promote individual responsibility, we recommend that kids bring their own, hat, water bottle, snacksp and sunscreen.

I have read and understood the Participant documents

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Full Name

Signature

Date

**Please complete this application and submit to:**

**Heart's Landing Ranch  
8902 Quail Lane  
Granite Bay, CA 95746**

**or**

**mailto: [donnae@surewest.net](mailto:donnae@surewest.net)**

**Thank you for your heart to share at HLR!**