



Big Star Ranch and Little Owl Medicine present a collaboration focused on serving parents and caregivers who are trying to find their North Star in parenting.



Visit littleowlmedicine.com to find out more & book today!



Children who have behavioral and emotional challenges take a special super power. Using that skill 24 hours a day can drain you and cause you to become unfocused and unsure of who you are as a parent. Their needs take up your time and your energy. You feel overwhelmed. You know you had it at one point, but now you question the best next therapy. Which is the best parenting method? What is the best next step? You know you are the beacon, but what direction are you pointing?

Join us for an inspirational one day workshop to find your center as a parent and a person.

- Spend the morning working hands on with Equine Therapy horses learning about what the herd dynamics can teach us as parents as well as the innate wisdom of horses.
- Learn how to identify what element both you and your child are and how that can influence interactions, how to handle situations and how that can ground you.
- Discover how parent-child attachment supports regulation, connection, and self-compassion.
- Learn self massage techniques to ground and calm your own nervous system so you can handle the challenges that present themselves.

WHEN: Saturday, September 24th • 10:00am-4:00pm
Lunch, light snacks and refreshments will be provided

WHERE: Big Star Ranch • 17401 S. Callahan Rd., Molalla OR

COST: \$135/per person • \$195/per couple



MEREANN Reid

MereAnn Reid is a child therapist and parent coach. She's the founder of Raising Family Resilience, a parenting series focused on easing transitions, boosting cooperation, and the brain science behind BIG behaviors. She loves supporting smart, resourceful parents who want to feel more connected to their kids—without losing themselves! More about MereAnn's work: FamilyZest.com



MARISSA Emery

Marissa Emery is a Licensed Massage Therapist (LMT #16230) and mom of two. She believes in our power to understand and heal our overtaxed nervous systems, and she loves helping folks to learn these lifelong skills. Marissa is the owner & operator of Mama Needs Massage (mamaneedsmassage.com) and Certified Instructor with the international Massage In Schools Program. She has been practicing bodywork since 2009 and teaching calming strategies since 2014.



CARRIE Crimin

Carrie is a pediatric nurse and licensed acupuncturist who specializes in pediatrics and families. She is the owner of Little Owl Medicine, littleowlmedicine.com, a private practice, and serves families with a wide range of health needs. She loves integrating multiple modalities and blending Eastern and Western Medicine to provide the best outcomes for children and their families.



BARBARA Knudsen

Barbara Knudsen, Founder of Big Star Ranch, is a Certified Instructor with the Certified Horsemanship Association, member of the Quarterhorse Association and program administrator serving DHS foster children in the tri-county area. She uses natural horsemanship techniques to teach horses and their humans how to communicate respectfully and in a way the horse can understand. Barbara and her special herd of horses have spent the last 15 years helping individuals overcome grief, face their fears, build self-confidence, learn to trust, foster a sense of responsibility and develop problem solving skills. Her goal is to provide a peaceful atmosphere, teach people the language of horse, how to be a member of the herd that is respected and enjoyed, but not feared. Visit bigstarranch.org