

WHAT TO EXPECT IN A SESSION

Our sensory sessions are 45-minute, guided, on-the-ground experiences designed to support emotional, sensory, and behavioral goals through animal-assisted interaction.

- Each session is tailored to the client's needs, with structured yet flexible activities that support focus, regulation, and connection.
- Sessions may include:
 - Grooming and walking horses
 - Completing simple farm chores
 - Time with cows, goats, sheep, chickens, bunnies, ducks, and our friendly farm dog
- Mindful movement, sensory grounding, and body awareness exercises
- Activities are intentionally chosen to support goals like task completion, managing transitions, increasing attention span, and building emotional awareness.


HOW TO BOOK

Ready to begin? Contact us today to schedule your first sensory session!

Sessions can be booked by calling or texting 732-823-9655.

GROUND & GROW ON THE FARM

RESERVE AT:

 www.DrSussStables.com

OUR CONTACT:

732-823-9655

DrSussStables@gmail.com



SENSORY SESSION

Grounded Growth Through Animals
Supporting emotional regulation, focus, and self-confidence — one animal connection at a time.



SENSORY SESSIONS FOR ALL AGES AND ABILITIES



At Dr Suss Stables, we welcome clients ages 2 and up for sensory sessions. Whether your child is working on transitions, managing big emotions, or building focus, we provide a safe, non-judgmental space where progress is supported and celebrated.

WHY ANIMALS

Sensory sessions offer a unique and fulfilling way for clients to regulate, reset, and reconnect. Animals are natural co-regulators — they provide calm, presence, and nonverbal feedback that helps clients feel grounded and safe.

Each session is:

- Individualized to the client's age, ability, and goals
- Semi-structured to balance predictability with flexibility
- Designed to build confidence, independence, and inner calm through purposeful animal interaction

HOW WE SUPPORT

We meet each client exactly where they are.

Our sessions are led by compassionate, experienced facilitators who understand the power of animal connection. Every sensory session is built around the client's strengths and needs, with meaningful moments that foster growth, self-regulation, and joy.

Our staff have years of hands-on experience working directly under Yossi Lowenstein, the head of our farm-based programs.

