



WHAT TO EXPECT

A Recovery Walk experience - approximately 90-120 minutes

No two walks are exactly the same. The outline below is a guide, not a rigid schedule. Timing may shift based on the dogs, participants, weather, shelter operations, conversation, and what the group needs that day. The goal is a safe, meaningful experience - not staying on the clock.

01

WELCOME, CHECK-IN & PAIRING

ABOUT 10 MINUTES

Participants arrive, check in, review expectations and safety, and are paired with shelter dogs according to shelter staff guidance. This is also a chance to settle in, ask questions, and get comfortable before heading out.

02

THE WALK

ABOUT 20-30 MINUTES

The group walks together at a comfortable pace. The experience gives dogs time outside their usual shelter routine while participants practice presence, awareness, and connection. Pace and distance are adjusted to the dog and the group.

03

ENRICHMENT & LEASH SKILLS

ABOUT 30 MINUTES

Participants take part in shelter-approved enrichment activities and simple leash skills. The emphasis is positive interaction - practicing patience, communication, consistency, and responsiveness while giving dogs meaningful engagement.

04

REFLECTION & CONNECTION

ABOUT 20-30 MINUTES

Guided conversation connects the day's experience to recovery themes such as trust, responsibility, patience, gratitude, resilience, awareness, and purpose. Dogs remain part of the experience when appropriate. Participants are invited to reflect; no one is required to share.

05

CLOSING

ABOUT 10-15 MINUTES

The group regathers, recognizes the day's experience, and returns dogs according to shelter procedures. The closing creates a clear transition from service and reflection back into the rest of the day.

THE EXPERIENCE IS INTENTIONALLY FLUID

A dog may need more time to settle. A conversation may deserve a few extra minutes. Weather or shelter needs may change the plan. Facilitators can shorten, extend, reorder, or adapt portions of the experience while protecting safety, animal welfare, and the purpose of the walk.

What success looks like: Success is not measured by covering a certain distance, completing every activity, or keeping an exact timetable. It is showing up, serving, connecting, and practicing recovery principles alongside shelter dogs - one experience at a time.

WHAT DO WE DO TOGETHER? WE **WALK** TOGETHER. WE **RECOVER** TOGETHER. WE **CREATE SECOND CHANCES** TOGETHER.