



SHADY HILLS

EQUINE FACILITATED PSYCHOTHERAPY

Hold Your Horses. Heal Your Heart

SERVICES

Professional Team &
Wellness Day

Individual Psychotherapy

Family Therapy

Youth Mental Health Group



Melissa Maltar, MSW, RSW
Social Worker, Psychotherapist



Lenka Radomil, MSc, BSc Animal Sciences
Equine Expert

SPECIALIZING IN

Childhood Trauma
Burnout & Vicarious Trauma
First Responders
Mental Health Professionals

MORE INFORMATION



melissamaltar@gmail.com



www.theclinicalcollective.ca



LENKA RADOMIL

MSc, BSc, Animal Sciences

Equine Expert

Lenka has over 30 years of experience with horses and has dedicated every waking moment to working with, loving, and raising them. Her journey began as a devoted young rider who spent all her spare time at the barn, often taking on the horses no one else wanted to ride, and since age 11, she has continued to earn top honours in competitive horse circuits. Her lifelong commitment evolved into a focus on training, education, and equine welfare. Lenka holds a B.Sc. and M.Sc. in Agriculture from the University of Guelph, with graduate research on omega-3s and animal reproduction—blending her passions for nutrition and breeding. She brings this knowledge into her care, ensuring horses thrive at every stage of life. Deeply attuned to equine behaviour, Lenka is also a skilled, knowledgeable, and compassionate coach to riders of all ages. She is committed to developing responsible, empathetic, and enthusiastic riders, grounded in strong horsemanship and respect for the animal.



MELISSA MALTAR MSW, RSW

Social Worker, Psychotherapist

Melissa is a social worker and psychotherapist with over 22 years of experience specializing in trauma, including childhood abuse, complex family systems, and the effects of burnout and vicarious trauma—particularly among first responders and helping professionals. Her work combines strong clinical expertise with a deep commitment to healing across the lifespan. Central to her approach is holding hope for families during their most painful and complex moments. Over the past decade, she has witnessed the regulating and transformative presence of horses. Her equine-facilitated work focuses on self-awareness and relational repair. Through honest feedback, horses foster emotional insight and reconnection to self, often guiding clients toward a more secure way of being. In addition to psychotherapy, she provides clinical consultation, training, and supervision across Canada and internationally. She holds a BSW from Toronto Metropolitan University and an MSW from the University of Toronto, with advanced training in a range of trauma-informed approaches.



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PREPARATION FOR THE SESSION



Closed toe shoes
(e.g. Blundstone, rainboot,
hiking shoe)



Pants/Jean
recommended



Dress for weather (i.e., layers,
sun or wet protection)



Porta-Potty
warning!



Be prepared for farm &
poop smells



You're gonna
get alittle dirty



Helmet on when
interacting with horses



Bring water



Roaming pig "Pumba"



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GETTING THERE

ADDRESS

750 8th Concession Rd W,
Puslinch, ON, N0B 2J0



Look for “Shady Hills Farm, Home of Lenka Equestrian Centre” sign. It will seem like you are driving onto a residential driveway but keep going straight up the driveway. The driveway to the farm is almost 1 km long, keep driving until you hit the parking lot.

