



Statement of Objectives

At Dee & Me Cattle Therapy, our mission is to harness the therapeutic power of animal-assisted interactions to enhance the mental and emotional well-being of our community members.

Promote Mental Health and Well-being:

Provide accessible therapeutic cattle sessions that focus on alleviating stress, anxiety, and depression, offering a unique and calming experience for participants.

Support Diverse Community Needs

Deliver tailored programs for the elderly in retirement villages, children, and individuals with disabilities, ensuring that our services are inclusive and meet the specific needs of each group.

Enhance Relaxation and Emotional Regulation

Utilise the calming presence of cattle to foster relaxation and help participants develop better emotional regulation and coping strategies.

Facilitate Personal Growth and Development

Encourage personal growth by creating opportunities for participants to build confidence, improve social skills, and develop a deeper connection with nature.

Promote Awareness and Education

Increase awareness about the benefits of Animal-Assisted Therapy (ATT) within the community and provide educational resources to support mental health and well-being.

Collaborate with Community Partners

Work alongside healthcare providers, educational institutions, and community organisations to expand our reach and enhance the impact of our programs.

Ensure Accessibility and Inclusivity

Strive to make our services accessible to all community members, regardless of their background or financial situation, by offering programs at an affordable rate, with all profits being returned to better the facilities.

By achieving these objectives, Dee & Me Cattle Therapy aims to create a supportive and nurturing environment where individuals can experience the healing benefits of Animal-Assisted Therapy, leading to improved mental health and a stronger, more connected community – Dee.
