



Healthy Living through Horses

MHB

Method of Healing through Basic Horsemanship

**Empowering Series of Equestrian Programs and Activities for All Ages and All Stages
Transitional * Bullying * Recovery * Reunification**

	Age	Eligibility	Cost
<p>8★9★10: Ride to Win™ Our version of an "anti-bullying" program, this four-week series teaches elementary school students about Respect, Communication, Empathy and passive Conflict Resolution. Our goal? To create empowered students who are not easy targets for playground or classroom bullies!</p>	8, 9 and 10 year olds with 13 to 16 year olds as peer mentors.	Must come through a school, church, agency, non-profit, youth center, YMCA, etc.	FREE Estimated cost is \$100 per person for four-weeks, donations accepted
<p>Back in the Saddle™ This program focuses on transitional issues for Veterans with PTS/MST/TBI and family members.</p>	18 and up	Individuals come on their own, from a therapist or as part of a group.	FREE Estimated cost is \$50 per person per session; we recommend at least once a week for four weeks
<p>WHOA! This is a powerful program for victims of domestic abuse and violence. Teaching abused women and children to find their voice and say WHOA with confidence, while learning how to assert themselves without negative consequences is a game changer!</p>	Adults 18 and older Children 4 and older	Individuals come on their own, from a therapist or as part of a group.	FREE Estimated cost is \$50 per person per session; we recommend at least once a week for four weeks
<p>Operation Free★Ride™ National initiative to introduce horses and horseback riding to military heroes and their families from coast to coast. Visit www.operationfreeride.com to register.</p>	All ages	Open to active duty service members, National Guard, Reserve, veterans and their families	FREE Estimated cost is \$50 per family for one Free Ride session
<p>Unfinished Business™ Who among us does NOT have unfinished business? Something we want to say or didn't get the chance to say, a final hug, a chance to say "good bye, " or "I'm sorry" or "I love you." This four-week workshop provides the closure we seek and need to heal and move on!</p>	All ages	Anyone can participate. We target hospice centers for family member and employees and other who work in grief counseling.	FREE Estimated cost is \$25 per person per session; we recommend at least four weeks
<p>Ride2Recover™ Many in recovery programs have trust issues, so do horses. They also have control issues. Equine therapy in a treatment program allows patients to connect with their emotions and feelings. In working with horses, feelings of fear, anger, resentment, loneliness, joy and peace are brought to the surface.</p>	All ages and all stages of recovery treatment. 12 to adult.	Anyone can participate. Best when working with an existing treatment program.	FREE to the patient. Costs may be borne by the treatment center or sponsoring agency. Scholarships available.
<p>C.O.N.N.E.C.T. This program is about helping individuals and families reconnect after long periods of absence due to deployment, illness or injury. We also can work with families before deployment to successfully pass the baton from one family member to another!</p>	All ages 2 to adult	Open to Service Members, Reserve, National Guard, First Responders and immediate family members.	FREE Estimated cost to provide this service is \$50 per family per session. 

All of MHB programs are offered at our Las Vegas Headquarters, the Horses4Heroes Family Equestrian Center, located at 4975 North Miller Lane, Las Vegas, 89149. Our programs use proven methods that are research based and all sessions are facilitated by a certified EAP/EAL (Equine Assisted Psychotherapy/Equine Assisted Learning) instructor. For more information, call 702.645.8446 or email info@horses4heroes.org. To raise funds to support these FREE programs, we offer low-cost lessons, camps, "mommy and me" and other fun, family friendly activities with horses for ages 2 to adult, including monthly Veterans Open House, Family Farm Friday (First Friday), Little Barn, and Open Barn for Members Only. To join, visit www.horses4heroes.org.