



## Healthy Living *through* Horses

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

	Age	Eligibility
<p><b>8★9★10: Ride to Win™</b></p> <p>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.
<p><b>Back in the Saddle™</b></p> <p>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.
<p><b>WHOA!</b></p> <p>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.
<p><b>Healing through Basic Horsemanship</b></p> <p>We use horses and basic horsemanship to empower children and teens, we work on verbal communication skills, build self esteem and self confidence, learn to trust and be trustworthy, to stay focused and on task.</p>	At-Risk Youth, Teens, And children with special needs	Foster Children Foster Teens Autistic Children/Teens Family Members
<p><b>Unfinished Business™</b></p> <p>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.
<p><b>Ride2Recover™</b></p> <p>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.
<p><b>C.O.N.N.E.C.T.</b></p> <p>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.
<p><b>HERD MANAGEMENT</b></p> <p>A parenting workshop with horses for moms, dads, grandparents and others who are raising children today!</p>	All Ages	Open to parents and families.

All of Healthy Living 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](mailto:info@horses4heroes.org). To raise funds to support these 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](http://www.horses4heroes.org).