



Healing Through Basic Horsemanship

OUR PROGRAMS INCLUDE:

- 8.9.10: Ride to Win (Youth empowerment, anti-bullying for students in grades 3-5)
- Ride2Recover (Teens and adults participating in inpatient or outpatient recovery programs)
- Back in the Saddle (Veterans and First Responders with PTSD)
- WHOA! (Helping victims of domestic abuse, violence and trafficking find their voice)
- Stable Leadership (Leadership training for corporations, organizations)
- Foster Farm (Programs especially for Foster Children, Teens, and Foster Parents)
- Herd Management (Created for parents who need to regain control over their herd)
- Unfinished Business (Opportunities to work through grief and obtain closure after a loss)

Benefits of Equine Assisted Learning (EAL):

- Reduce stress, anxiety, depression
- Learn how to trust and earn respect, setting boundaries
- Improve communication, interpersonal skills
- Mindfulness, focus on the present
- Overcoming fears, identifying and coping with feelings

Who We Serve

- **Anyone who needs a hand up, not a hand out!**



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Horses4Heroes Family Equestrian Center
Owned and operated by Las Vegas-based non-profit Horses4Heroes
Serving local heroes and their families since 2006!



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