

# Contact Information

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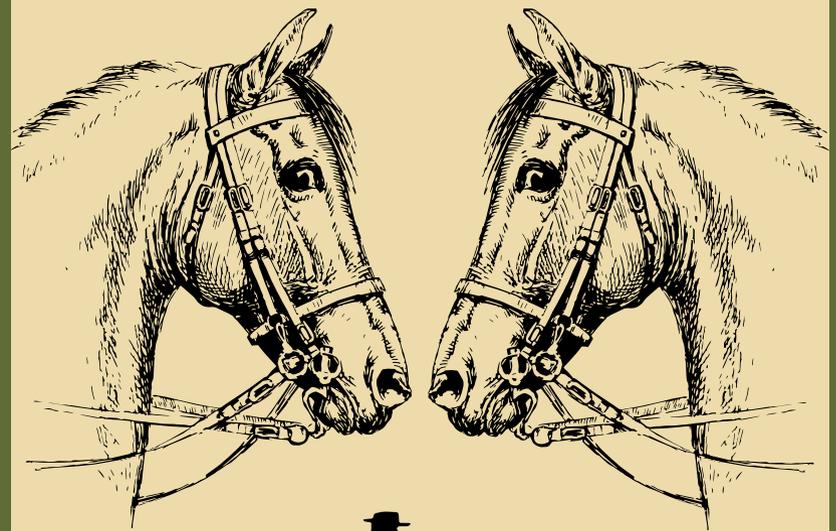
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*Equine Therapeutic Riding  
Services for Veterans*



## Benefits of Equine Therapeutic Riding Services for **Children and Adults**

### **Emotional Regulation/Healing:**

Improves emotional control and provides a safe space to process and express emotions.

### **Stress Relief:**

Reduces anxiety and promotes relaxation.

### **Self-Esteem/Awareness:**

Boosts confidence and fosters personal insight.

### **Social Skills:**

Enhances communication, increases empathy, and reduces isolation.

### **Physical Health:**

Improves coordination, boosts fitness, and provides exercise.

### **Trust:**

Builds rapport and strengthens relationships.

### **Impulse Control:**

Reduces irritability, agitation, and impulsivity. Increases cooperation, capacity for delay, and behavioral control.

### **Mental Health Support:**

Supports managing anxiety and depression.

## Benefits of Equine Therapeutic Riding Services for **Veterans**

### **PTSD and Stress Relief:**

Helps reduce PTSD symptoms and stress through present-moment focus and bonding with horses.

### **Relationships:**

Enhances family relationships and improves other connections.

### **Physical Health:**

Improves coordination, boosts balance, and provides exercise.

### **Self-Esteem and Trust:**

Boosts confidence through successful interaction with horses, which leads to trust.

### **Reflection:**

Offers a peaceful environment for introspection.

### **Social Skills:**

Boosts communication and reduces isolation.

### **Emotional Regulation/Healing:**

Improves emotional control and provides a safe space to process and express emotions.

### **Community and Purpose:**

Fosters connections with other veterans and gives you a sense of purpose.