



Mission Statement: Horses Healing Heroes of the Lehigh Valley is a charitable nonprofit organization committed to supporting the physical, mental, and emotional health of Veterans with Post-Traumatic Stress, and their families, by providing equine-assisted therapy programs at Boots and Saddle Riding Club in Allentown, PA.

Action Plan: Facilitators are trained to work with participants through the O.K. Corral Series of Nevada. EAGALA founder Greg Kersten is the foremost expert in Equine-assisted Psychotherapy and Equine-assisted Learning.

The Coming Home Again series (Camouflage) addresses the needs of returning Veterans and their families. Specific applications include reintegration, depression, addictions, and issues families experience when their loved ones have been deployed, as well as communication for those impacted by PTSD upon their return.



Equine-therapy for Veterans

Contact:

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Groups May Be:

- Coping with PTSD
- Specific to Veterans, or similar cultures, like First Responders
- Survivors of violence
- Survivors of cancer or similar trauma
- Workplace stress management
- Struggling parents and youth
- Others



Horses Healing Heroes

Goals: The program focuses on personal growth within the individual. When confronted with an overwhelming circumstance, do they take a step back - physical, mental or emotional, or all three? Can they make a change in their relationships by focusing on their communication skills?

Outcomes: Participants will improve their basic communication skills and demonstrate reduced feelings of stress and anxiety brought about by increased contact with the horses.

How Do Horses Help Humans?

The HHH environment teaches:

- How to create a safer place
- To be present in the moment
 - To put fear in perspective
 - How to listen more intently
 - About removing our masks
- How to present ourselves to others
- A new way of seeing our personal value in the whole of life
- Applying all these principles to human relationships is beneficial

Classes Offered:

Groups
Families
Individuals

Group & Family classes:

2 hours per week for 5 weeks
2- 3 day intensive classes

Individual classes:

1 hour per week for 6 weeks

Scholarships may be available for qualified participants.



LOCATION

Boots and Saddle Riding Club
2580 Fish Hatchery Rd.
Allentown, PA, 18103

