Working with our horses can help you with:

- Anxiety
- Learning to be present and live in the moment
- Attain inner peace and calm
- Relationship skills
- Develop patience
- Build confidence
- Develop boundaries
- Move beyond fear
- Learn to trust
- Improve communication
- Increase energy and vitality
- Expand awareness
- Working through grief & loss and the soul wounds of war.

More information at HorsesforHeroes.org