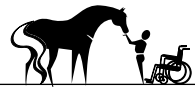




To learn more about this program, please reach out to our Client Program Coordinator:
info@EquestCenter.org



Mission Statement: We improve quality of life through equine-based therapy to physically, mentally and socially/emotionally challenged individuals. Our unique program integrates academic, social and physical skills using the horse as a catalyst.



**EQUEST CENTER
FOR THERAPEUTIC RIDING**

3777 Rector NE, Rockford, MI 49341
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FED ID# 38-2938949



Equest is a member of the Professional Association of Therapeutic Horsemanship International (PATH) <http://www.pathintl.org>


**EQUEST CENTER
FOR THERAPEUTIC RIDING**

HORSES AS HEALERS



"Horses don't need you to tell your story. They feel it. They sense your energy, your hesitation, your walls. And somehow, without speaking, they teach you to breathe again, to trust again, to let go of the weight you've been carrying."

Cancer

Cancer not only assaults the body but also lays siege to the heart and mind. Issues we all deal with in life that are brought to heightened awareness when one is battling cancer. Working with the horses helps students gain insight as it relates to emotions, communication, relationships, personal healing and inner strength. In many cases, groups that participate also engage in related artwork, group discussions and activities during weekend sessions.



When a diagnosis of cancer hits a family, it hits on so many levels—physical, emotional, psychological and spiritual. To anyone who has been smitten by the calm I've-seen-it-all gaze of a horse, or who has stood beside a horse and believed the horse was literally seeing into her soul, the concept of horse-as-healer is not a great stretch. To clients and families that come to participate in



the **Horses As Healers** program at Equest Center, it's a stretch that can help enable them to reach for the future with renewed optimism.

The program leads students through all aspects of horse care, from basic grooming, safety, to leading horses, to riding—if the students choose to ride. It is customized for all students, based on their comfort level around horses, and their physical situations.

Grief and Trauma

For those that have experienced grief and trauma in their lives, coming out to the soothing farm environment and opening up their hearts to their equine friends can have such a large impact on their healing process. By providing a kind and welcoming environment, we hope to support every individual that walks through our doors, no matter what hardships they may face.



Participants in the Horses as Healers program will:

- Build a bond with the horses.
- Develop friendships with others.
- Feel a sense of responsibility and feel needed.
- Learn new skills and sense of accomplishment.
- Improve their physical, mental, social and emotional well-being.
- Have a fun time away from the hospital setting.

Experience psychological healing

- Learning to live in the moment
- Increased motivation
- Improved self-esteem and confidence
- Goal setting
- Self-awareness
- Empowerment
- Sense of control

Experience social healing

- Create new friendships.
- Experience challenges as a team.
- The opportunity to be a caregiver.

Experience physical healing

- Balance and coordination
- Rhythm and timing
- Increased muscle strength
- Endurance and fitness
- Respiratory control

Experience spiritual healing

- Connection with animals, nature, and people
- Awareness of the world around us