

# The Equus Effect at High Hopes



a program just for veterans



"I learned things about myself and my wife that I hadn't even thought of. There's something about the space those horses created that allowed me to understand things in a way I never did. When we left, we were able to talk about so much stuff without getting upset." - a US Army Veteran

**"There is something about the outside of a horse, that is good for the inside of a man."**

Winston Churchill

## WHAT?

A peer-to-peer program which meets you wherever you are on your journey back to life at home, work and school.

Our facilitators, horses and a maximum of eight vets work as a team to rebuild healthy relationships with their families & communities.

This program is run by PATH Intl. Advanced and Equine Specialist in Mental Health Instructors and accredited by The Equus Effect.

Grounded in the principals of natural horsemanship, it also includes need-appropriate onsite clinical support. Our four to five-session curriculum is designed to introduce the principles of natural horsemanship as a way to help Vets regain the trust, respect and willingness to collaborate, with those that they live and work with.

We and our equine partners demonstrate the power of using finesse vs. force and cooperation vs. control.

## WHO?

Anyone who wants to learn to:

- ◆ Build emotional and mental resilience
- ◆ Sleep better
- ◆ Think more clearly
- ◆ Increase self-awareness
- ◆ Set healthy boundaries
- ◆ Communicate more effectively
- ◆ Experience the true power which comes with finesse not force
- ◆ Find a sense of peace
- ◆ Improve family relationships

## WHEN?

Sept 14 – Oct 12 (Women's Group)  
Oct 19 – Nov 16  
Nov 30 – Dec 21  
Jan 18 – Feb 15, 2019  
Mar 1 – Mar 29, 2019  
Apr 5 – May 10, 2019

See your counselor at the VetCenter or contact Megan Ellis 860-434-1974 or email [mellis@highhopestr.org](mailto:mellis@highhopestr.org)

