

VETERANS' PROGRAM



Veterans' programs at High Hopes promote a sense of community - with other veterans, with staff and volunteers, and of course with our herd of horses. Horses, like the military, recognize that the safety of one depends on the herd as a whole. By engaging with the horses, one another, and volunteers, veterans will find a "herd" in which they can thrive. High Hopes' 120-acres also provide a quiet place to relax in the natural and peaceful surroundings of our farm, trails, and pond.





High Hopes' Community Riding Program is a great way to get back into riding - photography courtesy of Michael Fanelli

P.O.C. Chelsea Bourn, 860.434.1974 x 116
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Due to the generosity of our partners and donors
this program is offered at no charge to Veterans
and active service personnel.



Is High Hopes' Veterans' Equine Learning Program (ELP) for me?

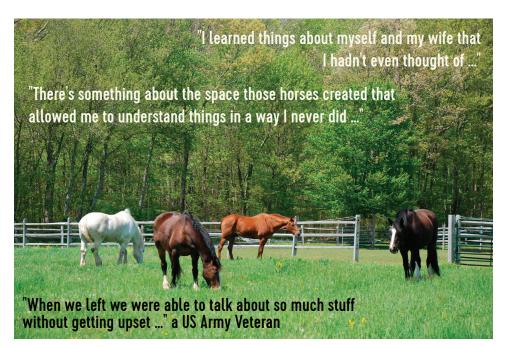
Our programs are for you - whoever you are

Our Veterans' ELP is based on extensive research into the horse-human bond. Through this program we help Veterans regain trust, respect, and the willingness to collaborate with those they live and work with.

Horses reveal their thoughts and feelings with their body language and behavior. They do not ask, demand, or expect anything from us. They want to feel safe, comfortable, and get along with others in their "herd."

Being with horses is known to have a calming effect and to boost self-esteem. High Hopes' very special herd of horses are specifically chosen for their good nature, patience, and willingness to interact with people of all ages.

- O No Fee thanks to our donors.
- Flexible scheduling with availability Monday to Saturday.
- No riding this is an unmounted program based on the principals of natural horsemanship.
- Accessible to those with special needs or abilities.
- O No experience with horses needed.
- Facilitated by trained instructors.





Watch Mark's Story online https://www.highhopestr.org/marksstory

How could the High Hopes' Veterans' Program help me, my family, and friends?

This is a peer-to-peer program that meets you wherever you are on your journey back to life at home, work and school.

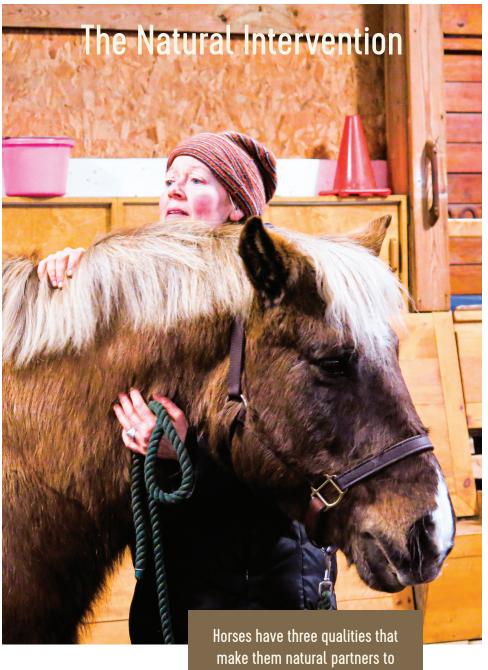
Our facilitators, horses, and a maximum of eight Veterans work as a team to rebuild healthy relationships with families No preparation needed! The Veterans' ELP is an unmounted program designed to address the issues and concerns facing you when you arrive at the farm.

Through the principals of natural horsemanship, we and our equine partners demonstrate the power of using finesse vs. force and cooperation vs. control.

- Sleep better
- Think more clearly
- Increase self-awareness
- Communicate more effectively
- Set healthy boundaries
- Find a sense of peace
- Improve family relationships
 - Build emotional resilience

Our professional staff has received extensive training on safety and the most effective teaching methods to reach all individuals.





help those who have served build more effective relationships and communicate better in civilian life:

Wisdom, Presence, and Trust

Learn the Wisdom of the Prey



Their existence for 55 million years has depended on the horse's ability to sense the heart rate, muscle tension, and breathing of others from 30 feet away, and it has served them pretty well.

Because horses have a small frontal lobe, they spend very little time worrying about the past or projecting into the future. Learning how they behave helps us develop a sense of calm, enhanced self-awareness, and teaches us coping skills.

There are No Hidden Agendas



How a horse feels is how a horse acts. Horses don't talk, so they can't lie about their feelings. They let us know exactly how they feel about the way we are interacting with them. However, they do so without judgment, malice, or repercussion. A horse is a big, organic, biofeedback machine! Horses don't care where you live or where you come from, they care about how you are with them right now. They teach presence, honesty, and cooperation.

Building Transparent Trust



Horses are very clear about trust. Their nature as prey animals is to question the intentions of everything around them. They're wired to find the 'wolf in sheep's clothing' that we, as both predators and prey, try so hard to conceal. By identifying and responding to emotions, we learn to be more congruent. There is nothing more heartwarming or empowering than to gain the trust of an animal who's both very selective, and totally honest about whom they choose to follow ... especially when they have a choice.



Veterans make great volunteers!

Volunteering is a great way to connect with a vibrant community and our amazing herd of therapy horses. Volunteers support all aspects of High Hopes including horse care, assisting participants, and event planning.

Our volunteers demonstrate a commitment to education, teamwork, serving the community, leadership, and innovation. It is for these reasons that we have found that Veterans make great Volunteers!

Our staff and volunteers work together forming a vital team that is essential to our participants' success. Individual reasons for volunteering may differ, but there is one thing that everyone has in common - the feeling that they are receiving back more than they give.

Our volunteer needs are many so whether your experience with horses is lifelong or minimal, your willingness to give your time is greatly appreciated.

P.O.C. Emily Belliveau 860.434.1974 x112 or highhopestr.org/prospective-volunteers/

Ask about our VetKids Programs too! Horse Camps specially designed for children of service families with shared experiences and challenges.