

We are an organization dedicated to providing Equine Facilitated Psychotherapy (EFP) and Equine Facilitated Learning (EFL) to our nation's military, veterans, first responders and their families by strengthening resilience and improving coping skills. We blend our knowledge of mental health and horses to provide a quality effective therapeutic program for our clients.

*Did you know - Horses are on the very short list of known animals that understand our facial expressions*



### **Your donation makes a difference!**

Insurance only covers a small portion of the cost of the services provided by HEAL. Donations cover the remaining cost.

Please consider donating by visiting our website.

[www.heal.foundation](http://www.heal.foundation)



Dedicated to serving our nation's military, veterans, first responders and their families.

Open House - 5th Anniversary

# Activities

## Scheduled Activities

2:15 Welcome - yard/near musician

2:30 Join Up - outdoor round pen

3:00 and 3:30

Equine Assisted Learning Activity (10 or older)  
*Interactive group activity with the horses*

3:00 - 4:00

Mindfulness Observation - pasture  
*Spend quiet time with the herd*

Grooming - stables  
*Hands-on quality time with the horses*

## On-going Activities

Creation Station

- coloring
- pumpkin decorating

Bobbing for doughnuts

Meet the horses - stables

Snacks

Music by Hall Vote

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*Did you know - Horses have the  
largest eyes of any land mammal*

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The team at HEAL is always looking to improve and grow. If you have any thoughts on the event or how we can be more effective find a team member and let us know.

# Sponsors

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*Did you know*

- *Horses can sleep both lying down and standing up*
- *A horses teeth never stop growing*