

Hearts TRC's Horses for Heroes program is a free 8 week program for active duty military, veterans, and first responders. Each weekly session will be an hour and include mounted and unmounted activities. Participants will work on riding skills, horsemanship skills, and life skills.



Equine Assisted Activities are beneficial to participants of all abilities especially to those with PTSD, TBI, and physical or emotional challenges. Assertiveness.

Benefits of EAA are:

- Emotional awareness
- Empathy
- Stress tolerance
- Flexibility
- Impulse control
- Problem-solving skills
- Self-actualization
- Independence
- Self-regard
- Social responsibility
- Interpersonal relationships

Call (609) 703-9130 or email [info@heartstrc.org](mailto:info@heartstrc.org) to sign-up. New groups will be started as needed.

\*If a participant would like to continue with EAA after the initial 8 week program they can enroll in one of the other programs Hearts TRC offers. Scholarships may be available for these programs.

Heroes for Horses Program offers **veterans**, first responders, and retired first responders the opportunity to receive eight FREE riding lessons from a local horse farm, Hearts Inc. Therapeutic Riding Center (TRC), in Egg Harbor Twp. **TRC focuses on providing horseback therapy for those with disabilities. The assisted activities are especially beneficial to those with PTSD, TBI, and physical or emotional challenges.**

1. The program is at no cost to the veteran/first responder.
2. Lessons include horsemanship skills such as care for the horse, learning how to saddle, and getting to know the horse.
3. There are basic safety rules in riding – for example, wearing proper clothing, helmet, and footwear.
4. You must complete a liability waiver, a medical professional's verification that you can physically ride a horse, etc.
5. You agree to notify TRC of any physical or mental condition that would limit your ability to ride. They will work with you on any of these. That is their purpose!

**VETERANS ONLY:** Four slots are available for veterans beginning April 15. More slots may become available. Contact **Doug Satterfield at 570-449-4997** or **Harry Wolverton at 609-404-4649** to learn more.

Rider forms available at: <https://www.heartstrc.org/wp-content/uploads/2021/02/2020-2021-NEW-RIDER-FORMS.pdf>