

Anyone who has served in the military with an eligible physical or mental health diagnosis may qualify for the program.

There are many common diagnosis targeted through the horsemanship curriculum. A few examples are :

- PTSD
- ADHD
- TBI
- Anxiety disorders
- Depressive disorders
- Adjustment disorders
- Relationship and communication issues



Equine Services for Heroes



Professional Association of Therapeutic
Horsemanship International

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The purpose of our *Equine Services for Heroes* program is to provide veterans with the opportunity to learn and practice horsemanship skills in individual lessons in one of our sessions offered in the fall, spring, and summer. We may also offer group lessons as well.

Current research indicates the multiple benefits of equine assisted activities. More importantly, our participants report that learning to partner and work with horses has benefits that extend far beyond the barn and into their everyday lives. We invite you to discover for yourself!

After a session of ground school, a participant may be eligible for therapeutic riding. In addition, some veterans have become volunteers within the program and/or horse buddies.



One veteran participant said, “Learning to work with my horse helped me with the depression and anxiety. Being with the horses and building the relationship with my horse helped me relearn the world. It expanded and broadened my world and allowed me to get my life back!”

Learning horsemanship skills is the foundation of our program. No prior horse experience is required though even experienced riders can learn something in ground school. The focus on developing partnerships with our horses allows a wide range of eligible individuals to participate.



Our Mission Statement:
to provide equine assisted activities and therapy to children and adults with physical, cognitive, and/or psychological disabilities in eastern North Carolina.

