



HORSES FOR HEROES

WILD HEARTS

Therapeutic Horsemanship for service and veteran members of the United States Military suffering from the invisible wounds of war.



Wild Hearts Horses for Heroes

Wild Hearts Therapeutic Equestrian Program

www.wildheartshorsesforheroes.org

P.O. Box 314 • West Bridgewater, MA 02379 • 508.857.1737

Wild Hearts is a registered non-profit, charitable 501(c)(3) organization

Healing through Horsemanship

Throughout your 10-week program you'll learn...

Horse Care Management

Through observation, discussion and hands-on activities, participants will learn how horses function in their natural living conditions including feeding habits, herd interaction, and flight instincts. We'll learn the basics of horse biomechanics and movement, and how humans can safely interact with horses through grooming and the use of basic tools such as a halter and lead rope.

Life Skills: By caring for a horse, participants have the opportunity to reflect on their own attitudes toward care for themselves and others and their sense of self-worth.

Safe Interactions

Participants will have the opportunity to expand on their knowledge gleaned from "Horse Care Management," for deeper understanding of how to safely interact with horses by respecting a horse's prey-animal instincts such as "flight" and hypervigilance. We'll learn how our actions are interpreted by the horse and affect their ability to feel safe.



Life Skills: By learning respect for a horse's instincts, participants will have the opportunity to reflect on their own congruence between their feelings and actions.

Demonstrate your horsemanship skills to friends & family with an optional 11th week of programming.



Body Language & Communication

Building on "General Horse Care Management" and "Safe Interactions," participants will learn more about how to effectively communicate with horses based on how horses communicate with each other. We'll learn how a horse's five senses differ from ours, how to read horse body language, and how our body language affects the horse.

Life Skills: By learning how to communicate with horses, participants will have the opportunity to reflect on their ability to communicate effectively and develop connections with those around them.

Leadership for Partnership

Expanding on skills learned in "Communication and Body Language," participants will learn to establish themselves as both a leader and a partner when working with horses by observing herd behaviors and hierarchy. We'll learn to be Clear, Concise, and Confident to facilitate successful communication with a horse.

Life Skills: By establishing a deeper understanding of how horses communicate within the herd, participants will have the opportunity to reflect on how they communicate and identify with their "own herd," (friends, family, etc...).

Trail & Obstacles

Pulling from the horsemanship skills acquired throughout the program, participants will learn more complex horse handling including in-hand, agility, and trail class challenges. We'll learn how to use clear communication to facilitate a successful partnership on the trail and help horses positively respond to obstacles and unfamiliarity.

Life Skills: Through the use of effective communication to help the horse respond positively to unfamiliarity, participants will have the opportunity to reflect on their attitudes toward goal setting, accomplishment, relationship building, and self-esteem.

Wild Hearts Horses for Heroes Healing through Horsemanship Team

Jen Goddard

Jen Goddard is a Natural Horsemanship Trainer who has been training horses for over 20 years. She is a CHA (Certified Horsemanship Assoc.) Certified Level II English/Jumping and Level III Western Group Riding Instructor and a Massachusetts Licensed Riding Instructor. Jen also earned a BS from Babson College in Entrepreneurial Studies and Finance. Jen owns and operates Levaland Farm LLC in Middleboro, MA, a 30 stall boarding and training facility. She writes many horse training articles published by www.QueryHorse.com and Local Equestrian Lifestyle Magazine. She also judges local shows and owns/operates Hunter Pace Consignment Shop.

Nicole Long, LICSW

Nicole received her Masters Degree in Social Work from Bridgewater State University, Bridgewater, MA. She has an undergraduates degree in Social Work and Criminal Justice from Messiah College, Grantham, Pennsylvania. Nicole has been riding horses for over 20 years and is inspired by their strength, beauty, and spirit. In the same way, Nicole believes in the innate resiliency that all individuals have and is passionate about empowering every person to reach their full potential. Nicole is grounded in strength based practice and is experienced in working with survivors of trauma, elders, individuals with disabilities, as well as caregivers.

Julie Lovely

Julie Lovely is the Founder and Executive Director of Wild Hearts Therapeutic Equestrian Program. She has been involved with Equine Assisted Activities & Therapy since she first volunteered for a program in Upstate NY over 20 years ago. Julie is a PATH Intl. (Professional Association of Therapeutic Horsemanship) certified instructor and a Massachusetts licensed horseback riding instructor. She currently serves as the Massachusetts PATH Intl. State Chair. Julie also earned a Bachelor of Fine Art in Graphic Design from The College of Saint Rose, and a MBA from Babson College.



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Now Enrolling for May 2nd – July 11th, 2014

Wild Hearts Horses for Heroes *Healing through Horsemanship* program is **FREE** to participants. We rely on individual donations, grants, and fundraising to provide our life-changing program.

Please help us with your charitable donation.

Donate online at

www.wildheartstherapeutic.org

Donations can be mailed to:

Wild Hearts Therapeutic Equestrian Program
P.O. Box 314, West Bridgewater, MA 02379

Email: info@wildheartstherapeutic.org

Telephone: 508.857.1737

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Sobering Facts...

- Over 30% of soldiers returning home from overseas are diagnosed with Post Traumatic Stress or Traumatic Brain Injuries.
- Male service members are twice as likely to commit suicide than the general public.
- Female veterans are three times more likely to commit suicide than nonveterans.
- The suicide rate among service members hit a record all time high in 2012 – about 22 every day.