

SAINT FRANCIS MINISTRIES

Equine Assisted Therapy



Healing Through Horses

Many children who come to our Salina West campus have experienced severe trauma.

Our Equestrian Therapy program helps children develop coping skills and heal from trauma by feeding, grooming, and riding horses.

Children learn patience, empathy, and anger management by caring for another living being. They also learn how to safely handle and communicate with a horse through supervised experiential therapeutic riding sessions several times a week.

Horses help kids heal.

Horses are uniquely adept at “mirroring” human emotions, which makes them ideally suited for working with traumatized children. That’s why they can have such a strong effect on children struggling with life’s challenges. Children in the program get great joy from spending time with the horses.

Our Equestrian Therapy Program:

- Develops character traits including self-awareness and control, patience, empathy, and discipline.
- Stimulates positive emotions, as well as increases confidence and self-esteem.
- Teaches young people how to manage fear and regain and maintain emotional balance.
- Develops horsemanship skills, thereby teaching problem-solving and improving mental focus, and giving youth a sense of accomplishment.
- Helps young people develop communication skills and a positive awareness of boundaries, as well as how to set and maintain them.
- Teaches team building by working with other riders and horses.

You can help children heal through the equestrian program by contributing to our wish list:

- \$75 will buy a safety helmet
- \$125 will buy riding boots
- \$700 will feed a horse for a year
- \$1,500 will buy a riding saddle
- \$3,500 will buy a therapy horse



Saint Francis
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Learn more by calling 800.898.4896

To give online, please visit
[SaintFrancisMinistries.org/Foundation](https://www.SaintFrancisMinistries.org/Foundation)

