



Discover

TRINITY'S LIFE CHANGING PROGRAMS



MISSION

Trinity changes lives through connection; transforming struggles into strengths for youth and survivors of trauma.

CONNECT



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YOUTH DEVELOPEMENT

YOUTH COUNSELING

Participants typically range in age from 5 to 25 years old and have long-term mental health diagnoses and/or disabilities. They receive one-on-one skill development training in a community-based setting. This training helps build self-confidence, social skills, peer relationships, community involvement and safety, independent living skills, and more. Services typically last up to 18 months and include individual skill development, education, and support in the community, at Trinity, and in team meetings.

TRADITIONAL WORKSHOPS

Traditional Workshops provide one-on-one direct service with transportation within a group setting. These Workshops focus on positive peer interactions, enhancing communication skills, emotional regulation, and more. They are designed for participants aged 5 to 18 with long-term mental health concerns and/or disabilities. After School Workshops are once weekly for 4 weeks (Mondays-Thursdays) from 4-7:30pm. Summer Workshops are Monday-Thursday from 10 am to 3 pm.

EQUINE WORKSHOPS

Participants work on individual goals through equine activities, including groundwork and riding, led by certified Equine Specialists. Enhances peer interactions and communication skills. Available weekly during the school year and in four-day sessions during summer.

FOR REFERRAL INFO EMAIL

Youthcounseling@trinity-ec.com for Youth Counseling

Workshops@trinity-ec.com for Workshops

Equineservices@trinity-ec.com for Equine Services

EQUINE SERVICES

ADAPTIVE RIDING

Participants of varying abilities collaborate with an experienced Equine Specialist and a horse to develop personalized goal plans tailored to their individual needs. The Equine Specialist crafts unique skill-building opportunities using the horse to help participants achieve their goals. Depending on what best serves the client, this service can be provided in both individual and group settings. Sessions may include groundwork and riding activities, all designed to support the participants progress and development.

EQUINE ASSISTED PSYCHOTHERAPY

E.A.P. harnesses the unique connection between humans and horses, offering a therapeutic approach that goes beyond traditional methods to help individuals struggling with issues like PTSD, anxiety, and depression discover new strengths and healing through direct interaction and communication with horses and a licensed therapist.

REMINISCING ON THE RANCH

Reminiscing on the Ranch is designed for adults with dementia and their care partners. Participants engage in horse caretaking, brushing, and nature-based activities at the ranch. These equine assisted activities enhance emotional well-being, improve communication and cognitive abilities, and foster shared experiences.

VETERAN WELLNESS PROGRAM

Veteran Wellness serves active duty military and veterans from all branches, eras, and ranks, offering a unique blend of talk therapy and equine assisted learning to ensure they know they are not alone. Trinity's skilled team approach addresses the physical, mental, and emotional challenges that veterans commonly face, providing comprehensive support for their healing journey.