

Trinity is proud to offer Equine-Assisted services to Active Duty + Veterans from every branch + their families at **NO COST** to them.

All of our staff are credentialed, including licensed therapists, PATH Intl. certified Equine Specialists, and our hand picked horses.

**ENCOURAGE. HEAL. EMPOWER.**



## TESTIMONIALS

*Trinity Veteran Wellness*

"Trinity's horse therapy has changed my life. I knew from the first moment I walked the pasture that things were going to change. Week after week my confidence grew while my demons shrunk. The process is an uncommon one. It connects to the very foundation of your soul and helps rebuild you from the inside out."

**UNITED STATES ARMY VETERAN**

"Trinity Equestrian [Center] and my horse partner have helped me understand and process so much. I feel more settled in life, and less like I'm drifting or useless because I am no longer active duty."

**UNITED STATES AIR FORCE**

"Working with Trinity and the horses has helped me regain my humanity, something I lost during my 29 years of service. It's helped me to learn how to think and do things differently. I had no choice but to keep coming and working with the horses because if I hadn't, I simply would not have made it."

**UNITED STATES ARMY VETERAN**

**RISE ABOVE. REACH OUT.**

**Phone**

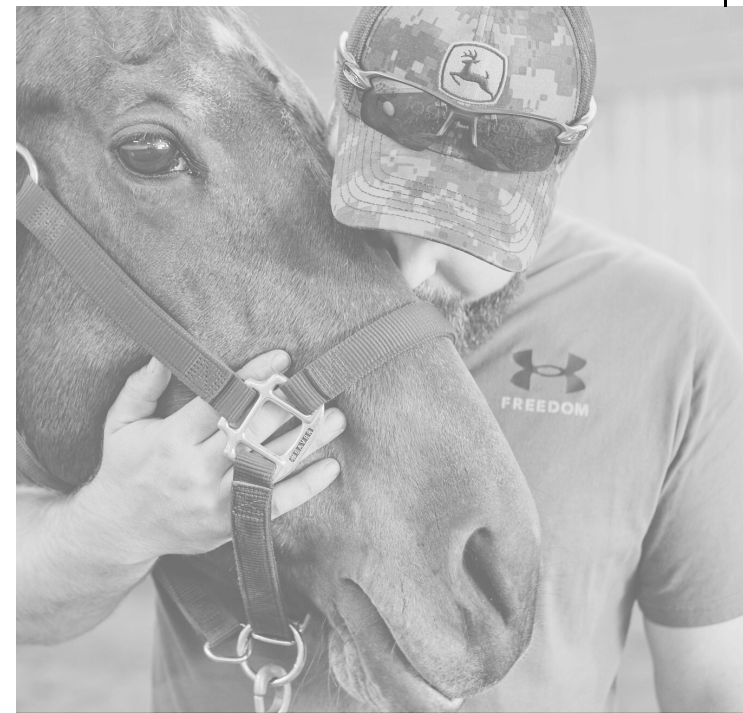
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**VETERANS  
WELLNESS  
PROGRAM**

[www.trinity-ec.com](http://www.trinity-ec.com)

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# OUR SERVICES

## ADAPTIVE RIDING

Adaptive Riding focuses on the relationship growth between horses and humans. This experience grows our ability to resolve problems, instead of becoming part of them. Often the horse leads the human, other times the human leads the horse. No matter, leader or follower, individual or group, on the ground or in the saddle, these relationships and these experiences develop new, and valuable skills that help reshape futures and change lives.

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## EQUINE ASSISTED THERAPY

Equine Assisted Therapy provides individuals with the support and guidance they need to find confidence, hope and healing. Healing isn't forgetting what happened. It is making sense of the past, so you can feel confident living in the present, and looking hopeful towards the future.

Most of our work in Equine Assisted Therapy is non-verbal, and relationship based. It's a journey of creating a connection, relationship and trust. Once that is established between the veteran and their horse, it spills over to other important relationships in their life. Week after week the relationship grows and deepens, giving the veteran new skills and confidence that things can and will get better.

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## A NOTE FROM TONI

Thank you for your interest in what we do for Veterans at Trinity. Over the past decade, we've supported hundreds of Vets and their families by providing thousands of free hours working with our horses and us. Teaming up with horses is a totally different approach to how we grow and learn. We know our Vets don't want to come weekly and talk about how they feel and what's bothering them. That's ok, in fact, we don't do much talking. Instead, we focus on the relationship that develops between the horse and Vet and what's learned in the process. I look at our team as professional coaches along your journey.

If you or someone you know is struggling with things like depression, nightmares, anger or grief, please allow us to help.

God Bless,

*Toni Mattson*

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# WHY HORSES

There are striking similarities between horses and humans. Both are social beings, with similar family (herd) dynamics. Horses don't speak but are excellent communicators. Working with horses and learning horse behavior teach us about ourselves and help us understand how we see ourselves, our world and the impact on us and others. Most importantly, horses mirror what human body language is telling them. It's this insight and connection that provides us with metaphors and lessons about ourselves and leads us to positive change and growth.

