



Compassionate, Supportive & Trauma-Informed Experiential and Therapeutic Equine-Assisted Learning for Serious Life Skills Development and Enhancement



Our Primary Program Offerings

- HEART (Autism & Horses)
- Path to Freedom (Recovery & Horses)
- Heartstone Horse Encounters
- Discipleship with Horses
- Mentoring & Horsemanship



We combine the transformational benefits of experiential and therapeutic equine-assisted learning with immersive experiences to enhance important *life skills: the abilities and positive behaviors that enable individuals to deal effectively with the demands and challenges of everyday life.* These include trust, assertiveness, patience, empathy, communication, self-worth, self-confidence, self-regulation, problem solving, healthy relationships, and more! Also, while activities with horses are fun, sharing authentic connections and relationships with horses is awesome!

Why Horses?

Horses have thoughts, feelings, emotions, and personality. They are sociable, very sensitive to our energy, highly attuned and responsive to our behavior, and capable of unique connections and authentic relationships. Partnering with horses brings tangible experiential and therapeutic benefits while being more fun, more exciting, more engaging, more powerful, more intense, and more effective than other experiential approaches!



Horses Empowering Autistic Resilience Together

A Ministry of Mentoring with Horses LLC

Equine Assisted Learning can be a therapeutic and valuable tool for individuals with autism,

particularly in the areas of sensory processing, emotional regulation, and social skills. The unique bond between humans and horses can foster trust, empathy, and non-judgmental interactions, leading to improvements in emotional well-being and social communication.

In our **Autism & Horses** program, we provide basic instruction and guidance that promote safe and authentic connections and partnerships between the human and horse participants. We also design & facilitate experiential activities and interactions that encourage the development and/or enhancement of serious life skills that are foundational to such observable and measurable behaviors as: 1) interacting with others, 2) overcoming difficulties and solving problems, 3) taking initiative, 4) managing conflict, and 5) understanding and following instructions.

Our desire is to enable **ASD Level 1 / Asperger's / High Functioning autistic kids and youths** to make healthier transitions into adulthood, and to help **ASD1/AS/HF autistic adults** be more successful in navigating daily life. In addition, we approach our sessions with compassionate, supportive, and trauma-informed care, while the safety and welfare of the human and horse participants also take priority, physically and emotionally!



PATH TO FREEDOM

Christ-Centered Recovery with Horse Encounters

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Our **Path to Freedom** (PTF) program is a faithful implementation of Peter and Cher Gatto's R-HUB

equine-assisted recovery resources, practical skills, and spiritual foundation that augment and enhance biblical, Christ-centered 12-step and comparable approaches to healing from trauma, addiction, and emotional struggles. This is accomplished through the addition of particular and intentional Christian devotionals and horse-assisted encounters that are able to significantly enhance the recovery transformation process.

Through the powerful connection between humans and horses, we create a safe and transformative space where teens and adults can give voice to their struggles, find a sense of belonging, and experientially discover their God-given identity—allowing them to step into healing, hope, and a renewed sense of purpose.

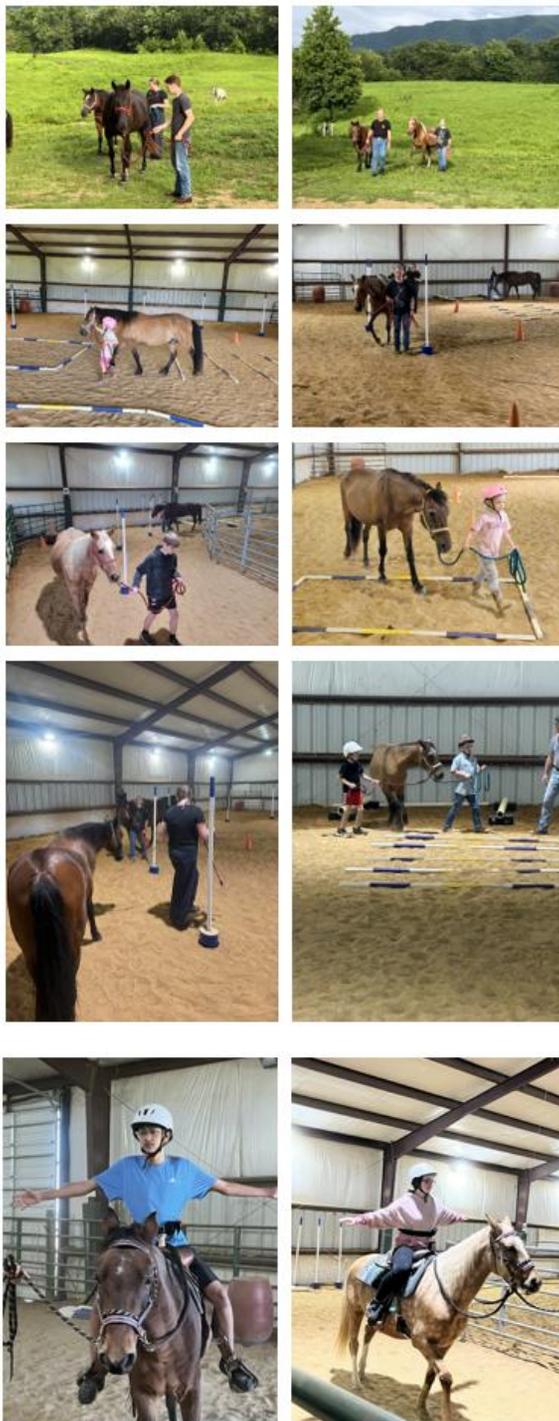


Heartstone Horse Encounters

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Come experience quality time with our horses, connecting, interacting, and partnering with them while discovering the beauty of their grace, intelligence, emotions, personalities, and authentic, non-judgmental cooperation, all while enhancing many basic life skills, including trust, confidence, leadership, better communication, respect for boundaries, healthy relationships, and more! Included in each 90-minute session:

- Opening Prayer, Introduction & Safety Discussion
- Horse Handling Basics & Meet and Greet the Herd
- Basic Grooming (for Relationship and Connection)
- Leading in Hand (Navigate an Obstacle Course)
- Faith-Trust Ride (where Belief meets Action)
- Wrap-Up, including reflection and Q&A



Our Ministry Partners



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