



The Rescue at Spirit Ridge Farm offers a range of hands-on activities designed to support Veterans, First Responders, and At-Risk Children dealing with symptoms of PTSD.

Our innovative approach, known as Equine-Assisted Learning (EAL), uses interactions with horses to foster profound personal insights in order to facilitate personal development, promote emotional awareness/healing, reduce stress and build life skills.



Contact Us  
+1 706-224-9769



Visit Our Website  
<https://therescueatspiritridgefarm.com/>







## EQUINE WARRIOR PROJECT

Reflects the strength and resilience of all aged warriors and our horses.

## REINS OF LEADERSHIP

Designed to empower Veterans and First Responders to harness their leadership potential. Through hands-on experiences with horses, they learn communication skills, teamwork development and self awareness. (First Responders receive 8 hrs of Post Credit upon completion)

## PEER-TO-PEER SUPPORT

Facilitated by certified Critical Incident Peer Support and EAL team members, this program is designed to help Veterans and First Responders work through their crisis exposures and critical incident follow-up.

## P.R.I.D.E RETREATS FOR AGES 7 - 11 AND 12 - 17

A one-on-one or small group environment for children with PTSD symptoms or whose parents suffer from PTSD. Classes are built around a variety of skills...

- **Patience:** Learning to accept delay, trouble, or suffering without getting angry or upset
- **Respect:** Having regard for the feelings, wishes, and rights of others
- **Integrity:** Adherence to ethical values and standards
- **Determination:** Being firm in your purpose and achieving your goals, despite challenges
- **Empowerment:** Giving students the authority, power, and confidence to make decisions and take actions

**All our programs leverage the unique abilities of horses to create impactful and transformative experiences for participants**



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