

Transitions >>> Horses & Heroes Program



Our horses have stories, too!

Equine Rehabilitation Central Texas is a non-profit 501c3 organization in the Cedar Park area that rehabilitates rescued horses and provides therapeutic horseback riding and equine-assisted mental health services. We are ready to provide Veterans and their families the first opportunity to experience the healing power of horses!

Sign up for a program now. Our mental health services are provided through Texas Veterans Commission Funds for Veterans' Assistance Mental Health grant award at **NO COST to Veterans and their families**. Services begin in July. Get on board now to assure your spot! *Program details below.



Therapeutic Horseback Riding (THR):

Only a few of the physical and emotional benefits of horseback riding include an increase in self-esteem, confidence, problem solving abilities, attention span, decreased anxiety. The movements of the horse helps you live in the moment and break free of fight or flight mode. **Veterans attend four weekly one hour sessions.**

Equine Assisted Psychotherapy (EAP):

Interactions with horses benefit those dealing with post traumatic stress, life changes, depression, anxiety, and relationship issues, to name a few. Licensed therapist trained in EMDR to ease trauma is also highly experienced in equine assisted therapy. Experience how horses can improve your life.



***Veterans/Veterans and families attend for six weekly sessions. First session is 1.5 hours, and remaining sessions are 1 hour sessions. Transportation provided for qualified individuals.**

Register now for the next session. Contact Becky Strassner, Project Coordinator/Equine Specialist 512 -576-7199 becky@naturalhorseway.com or Lisa Rivers, ERCT Founder and Executive Director at lisarivers302@gmail.com 512-484-8480.

Horse facility is located at 17000 Trails End Cove, off 1431 just 3 miles from downtown Cedar Park. Alternate facility is located at 142 Powell Lane, Elgin, Tx, just off FM 1704.

Equine Rehabilitation Central Texas (ERCT) is a 501c3 nonprofit organization.

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lisarivers302@gmail.com * a 501C3 charitable organizations