

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**. 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. Therapeutic Horseback Riding is offered at Equine Rehab Central Texas in Cedar Park.

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 and your relationships.



***Veterans/Veterans and families attend 10 week or 5 week program. Transportation provided for qualified individuals.**

Register now for your introductory 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.

Therapeutic Horseback Riding is offered by appointment at 17000 Trails End Cove, off 1431 just 3 miles from downtown Cedar Park. Equine Assisted Therapy 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