

We provide equine assisted services at a variety of host facilities in North Carolina and New Hampshire. Our no cost programs are offered in several formats including 1,2, and 3 day retreats. We include both mounted and unmounted activities.

Join us For...

Herd Observation
Equine Handling and Behavior
Equine Assisted Mindfulness
Equine Trail Walks
Carriage Driving
Equine Obstacle Play
Equine Inspired Art Therapy
Yoga and Reiki
Grounding and Earthing
Wilderness Survival Training
Equine Body Work and Massage
Bonfires



Equine Based Self Discovery and Healing

Research shows that there are positive emotional, cognitive, and physical healing effects for veterans, older adults, youth, and other populations at risk, as a result of participating in equine assisted therapy and learning programs. The experience is often life changing and aids those who are struggling to make the mind-body connection.

That experience was an epiphany for our founder and the genesis of *At Liberty CONNECTIONS*. Her passion is to bring similar experiences to her fellow veterans.

Please visit our website for more information regarding our organization, our scheduled events, and application process.

At Liberty CONNECTIONS is fully funded by our generous donors. We are extremely grateful for their support.



<https://atlibertyconnections.org>



Our participants told us...

"Their [horses] beauty and energy have such a calming effect. Just the sight of them brings instant relief and calm".

"I came away with new coping skills for my anxiety".

"...the retreat helped lower my stress. It also helped me in my relationship with my spouse".

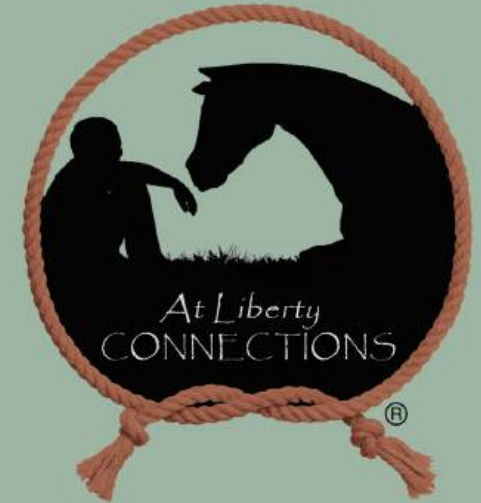
"Absolutely amazing".





Why Participate?

- Reduce your anxiety, stress, and blood pressure levels through guided interactions with horses
- Understand how horses can help you regulate emotions
- Learn what horses have to teach you about leadership without force
- Watch herd dynamics and see how horses communicate through body language, vocal sounds, and facial expressions
- Discover fun through horse play



At Liberty CONNECTIONS
A 501 (c)(3) Nonprofit Foundation in
North Carolina and New Hampshire

Our facilitators and equine specialists hold certifications from professional organizations such as the Professional Association of Therapeutic Horsemanship, International® (PATH), the HERD Institute®, and the Equine Assisted Growth and Learning Association (EAGALA). Every equine assisted event is also supported by an onsite, licensed mental health therapist.



*We believe in the profound
healing power of the
human-horse connection.*

CONTACT US

Online: <https://atlibertyconnections.org>

Email: info@atlibertyconnections.org

Phone: 703-615-9069

