



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.

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; and
- Discover fun through horse play.



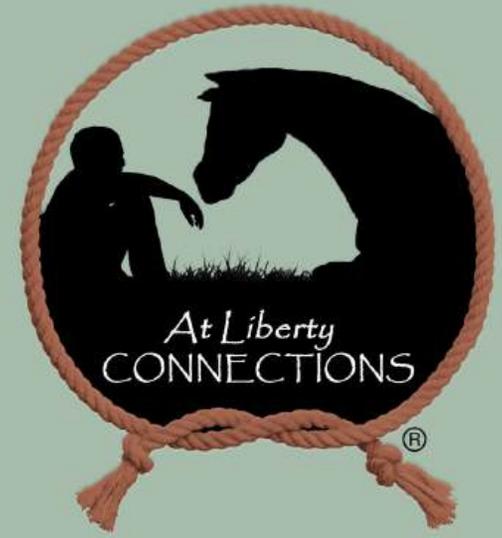
We believe in the profound healing power of the human-horse connection.

CONTACT US

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

...providing equine-assisted services to military veterans, first responders, medical personnel, and others who are living with anxiety, depression, complex PTSD, and other cognitive or behavioral mental wellness challenges.



We provide equine-assisted services at a variety of host facilities in North Carolina and New Hampshire. Our veteran programs are offered in several formats including 1, 2, and 3 day retreats as well as half-day sessions. Our programs include both mounted and unmounted activities.

Join us For...

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



Equine-Based Self Discovery and Healing

Empirical research continues to validate positive emotional, cognitive, and physical healing effects of therapeutic equine-assisted activities. Veterans, older adults, youth, and other populations at risk, improve the quality of their lives by 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...

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

"The retreat helped me with my anger issues and how to self-regulate".

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

"Absolutely amazing".

