



# HOPE'S PROMISE

EQUINE ASSISTED ACTIVITIES PROGRAMS

BRINGING THE HEALING  
POWER OF HORSES ...



TRUST



CONNECTION



EMPOWERMENT



CONFIDENCE

**OUR HORSES MAKE A DIFFERENCE!**

HOPE'S PROMISE EVOLVED BECAUSE OF ONE WOMAN'S HEALING OF CHILDHOOD TRAUMA BY A HORSE.

SINCE 2012, HPF HAS TOUCHED OVER 40,000 LIVES WITH THEIR EQUINE THERAPY VISITS, EDUCATIONAL PROGRAMS, HORSEMANSHIP & RIDING PROGRAMS, AND EQUINE ASSISTED EMPOWERMENT PROGRAMS.





# HOPE'S PROMISE

EQUINE ASSISTED ACTIVITIES PROGRAMS

BRINGING THE HEALING  
POWER OF HORSES ...



SINCE 2018 WE HAVE BEEN BRINGING OUR EQUINE ASSISTED EMPOWERMENT PROGRAM TO SCHOOLS, TEACHING AT-RISK VULNERABLE YOUTH HOW TO CARE FOR AND WORK WITH OUR MINIATURE HORSES,



HELPING THEM TO CHOOSE AND ARRANGE A PAY-IT-FORWARD EQUINE THERAPY VISIT, AND PROVIDING THEM WITH A TRIP TO OUR FARM, WHERE THEY GET TO TRANSFER THE SKILLS THEY LEARNED WITH THE MINIS ONTO OUR 1000+ POUND FULL SIZED HORSES! EMPOWERING!!!



IMPROVEMENTS IN TRUST, RESPECT, BOUNDARIES, FOLLOWING DIRECTIONS, TEAMWORK, EMPATHY, SELF-ESTEEM, SELF-CONFIDENCE, SELF-CONTROL, HANDLING FRUSTRATION, CONNECTION, COMMUNICATION & EMPOWERMENT



"I CAN'T THANK YOU ENOUGH FOR THE AMAZING OPPORTUNITY YOU HAVE BROUGHT TO MY STUDENTS. WORKING WITH YOU AND THE HORSES IS SOMETHING WE WILL NEVER FORGET. YOU ARE A BIG PART IN MY GOAL OF GUIDING MY STUDENTS IN POSITIVE DIRECTIONS. I LOVE WATCHING THEM BOND WITH THE HORSES, AND THE SMILES ON THEIR FACES ARE PRICELESS. EACH STUDENT HAS COME SO FAR AND I CAN SEE A DIFFERENCE AND THE IMPACT OF YOUR PROGRAM. THANK YOU AGAIN FOR THE TIME AND COMMITMENT TO US."

MS. I, PS #17 JERSEY CITY





**DID YOU KNOW? ....**

**HORSES HAVE A CALMING EFFECT** THAT CAN BENEFIT PEOPLE WITH HEART DISEASES, CHRONIC ILLNESS, MENTAL HEALTH DISORDERS & OTHER AILMENTS? MENTAL HEALTH & WELLNESS VISITS WITH OUR MINIATURE HORSES CAN RELIEVE STRESS; EASE DEPRESSION; BRING JOY & COMFORT; RELEASE ENDORPHINS; RELIEVE FEELINGS OF LONELINESS & ISOLATION; HELP WITH COMMUNICATION & CONNECTION; BRING BACK HAPPY MEMORIES INVOLVING ANIMALS; OFFER HOPE

**THE MULTIDIMENSIONAL MOVEMENT OF THE HORSE**

HELPS A RIDER'S POSTURE, COORDINATION, MUSCLE TONE, FLEXIBILITY, STRENGTH & BALANCE, RELAXATION, & PROVIDES COUNTLESS OTHER BENEFITS, INCLUDING INDEPENDENCE. RIDING HAS A POSITIVE IMPACT ON SENSORY INTEGRATION, FINE MOTOR SKILLS, DECISION MAKING SKILLS, COMMUNICATION SKILLS, RESPONSIBILITY & COOPERATION, & REDUCES ANXIETY.



**OUR PROGRAMS ARE GROWING!  
SEE HOW YOU CAN MAKE A DIFFERENCE!**

**HAVE ANIMALS/HORSES TOUCHED YOUR LIFE IN SOME WAY?  
DO YOU KNOW SOMEONE WHOSE LIFE HAS BEEN CHANGED BY A HORSE?  
DO YOU HAVE A DESIRE TO MAKE A DIFFERENCE IN A CHILD'S LIFE?**



1. VOLUNTEER YOUR TIME AND EXPERTISE AS A BOARD MEMBER. [MCoultas@HopesPromiseFarm.com](mailto:MCoultas@HopesPromiseFarm.com)
2. SHARE YOUR STORY AS TO HOW HOPE'S PROMISE HAS IMPACTED YOU OR A FAMILY MEMBER OR FRIEND.
3. MAKE A TAX-DEDUCTIBLE DONATION THAT WILL HELP CHANGE LIVES TODAY AND IN THE FUTURE!



4. FOLLOW US ON SOCIAL MEDIA (@HOPESPROMISEFARM)

