



## **OUR HORSES MAKE A DIFFERENCE!**

HOPE'S PROMISE BEGAN WITH ONE WOMAN'S HEALING FROM CHILDHOOD TRAUMA—MADE POSSIBLE THROUGH THE TRANSFORMATIVE POWER OF A HORSE. THAT SINGLE STORY OF RECOVERY BECAME A MISSION OF HOPE.

HOPE'S PROMISE EMPOWERS CHILDREN AND ADULTS WITH DISABILITIES ACROSS NORTHERN AND CENTRAL NEW JERSEY THROUGH TRANSFORMATIVE EQUINE-ASSISTED ACTIVITIES. OUR MISSION IS TO STRENGTHEN PHYSICAL, EMOTIONAL, AND MENTAL WELL-BEING WHILE BUILDING CONFIDENCE, INDEPENDENCE, AND NEW SKILLS IN A SAFE, INCLUSIVE, AND COMPASSIONATE ENVIRONMENT.





# HOPE'S PROMISE

EQUINE ASSISTED ACTIVITIES PROGRAMS

BRINGING THE HEALING  
POWER OF HORSES ...

IN 2025, THROUGH OUR PROGRAMS, OUR HORSES TOUCHED 2,976 LIVES !

HEALING REINS ... IS HOPE'S PROMISE FARM'S SIGNATURE EQUINE-ASSISTED THERAPY PROGRAM DESIGNED TO SUPPORT CHILDREN, YOUTH, AND ADULTS WITH DISABILITIES, TRAUMA HISTORIES, BEHAVIORAL CHALLENGES, AND EMOTIONAL HEALTH NEEDS ACROSS NORTHERN AND CENTRAL NEW JERSEY. ROOTED IN THE PRINCIPLES OF KINDNESS, HEALING, AND EDUCATION, THE PROGRAM HARNESSSES THE UNIQUE RELATIONAL POWER OF HORSES TO STRENGTHEN PHYSICAL, EMOTIONAL, AND MENTAL WELL-BEING. ACCREDITED BY P.A.T.H. INTERNATIONAL, HOPE'S PROMISE PROVIDES BOTH ON-FARM SESSIONS AND MOBILE OUTREACH SERVICES—BRINGING THERAPEUTIC MINIATURE HORSES, SKILL-BUILDING ACTIVITIES, AND EMPOWERMENT PROGRAMMING DIRECTLY INTO SCHOOLS, CARE FACILITIES, AND COMMUNITY SETTINGS.

IF YOU FEEL MOVED TO SUPPORT OUR STUDENTS, HORSES AND PROGRAMS SO THAT WE MAY CONTINUE OUR IMPORTANT WORK, YOUR DONATION CAN BE MADE HERE ...

DONATE





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BRINGING THE HEALING  
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BRINGING THE HEALING  
POWER OF HORSES ...

2025 ... WAS A YEAR LIKE NO OTHER ...

WE'VE NEVER GOTTEN A HORSE FROM AN AUCTION BEFORE.

IN FEBRUARY I SAW A POST OF A HORSE FOR SALE AND HE CALLED OUT TO ME. HE WAS RESCUED AT AN AUCTION. HE WAS THE LAST HORSE AND OTHER THAN 2 SISTERS, THE ONLY OTHER POTENTIAL BUYER WAS A MEAT BUYER. THE SISTERS, LARA & SELINA, SAVED BERNIE. HE WAS IN VERY POOR SHAPE ... SO THIN, HIS FEET WERE WORN DOWN TO THE SOLES, HE WAS COVERED IN FLY EGGS AND IT WAS OBVIOUS HE'D BEEN ABUSED. YET THROUGH WHATEVER HIS LIFE HAD BEEN, YOU COULD SEE THAT HE WAS THE SWEETEST SOUL.

BERNIE ARRIVED AT OUR FARM ON MARCH 1<sup>ST</sup> WHERE HE WAS IMMEDIATELY SHOWERED WITH SAFETY, LOVE, CARE ... AND FOOD!

AS HE LEARNED TO TRUST, HE BEGAN TO OPEN UP AND SHOW US HIS BEAUTIFUL PERSONALITY. HE'S BROUGHT HEALING, EMPOWERMENT AND JOY TO SO MANY WHILE HE HIMSELF HAS BEEN HEALING. WE ARE SO BLESSED TO HAVE HIM AS PART OF OUR HOPE'S PROMISE FAMILY! WE WOULD NOT HAVE BEEN ABLE TO PROVIDE THE CARE HE'S NEEDED, ALLOWING HIM TO SHINE AND THRIVE, WITHOUT YOUR SUPPORT!





# HOPE'S PROMISE

EQUINE ASSISTED ACTIVITIES PROGRAMS

## BRINGING THE HEALING POWER OF HORSES ...

THIS AUGUST WE UNEXPECTEDLY LOST OUR BELOVED JUSTICE. HE WAS 2 DAYS AWAY FROM HIS 21<sup>ST</sup> BIRTHDAY. IT WAS A HUGE LOSS FOR OUR ENTIRE HOPE'S PROMISE FAMILY ...

STUDENTS, VOLUNTEERS AND OUR HORSES.

JUSTICE TOUCHED SO MANY LIVES, TEACHING PEOPLE ABOUT COURAGE AND EMPOWERMENT. BERNIE AND JUSTICE CONNECTED ON SUCH A DEEP LEVEL VERY QUICKLY. BERNIE BROUGHT A CALM TO JUSTICE THAT WE'D NOT SEEN BEFORE. WE WILL FOREVER MISS HIS PRESENCE AND BIG PERSONALITY. RIP JUSTICE.



IN SEPTEMBER ON A SATURDAY NIGHT, I SAW A POST ABOUT A HORSE THAT WOULD BE ON HIS WAY TO A FEED LOT IN TEXAS ON MONDAY MORNING IF HE WASN'T "BAILED OUT". I REQUESTED THAT HE BE SAVED AND AFTER TIME IN QUARANTINE, HE CAME TO HOPE'S PROMISE IN OCTOBER. MY GRANDDAUGHTER NAMED HIM CHANCE. HE WAS IN VERY POOR SHAPE ... SO THIN THAT HE HAD NO FLESH LEFT UNDER HIS SKIN ON PARTS OF HIS BODY. HIS FEET WERE HORRIBLE ... HIS HEELS WERE CRUSHED, AND IT WAS SO PAINFUL FOR HIM TO EVEN WALK. HE HAS COME A LONG WAY SINCE OCTOBER AND IS SUCH A SPECIAL SOUL. YOU CAN FOLLOW CHANCE AND HIS JOURNEY HERE.





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EQUINE ASSISTED ACTIVITIES PROGRAMS



BRINGING THE HEALING  
POWER OF HORSES ...

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

## THE CALMING PRESENCE OF HORSES

CAN BENEFIT INDIVIDUALS LIVING WITH HEART DISEASE, CHRONIC ILLNESS, MENTAL HEALTH DISORDERS, & OTHER HEALTH CHALLENGES.

MENTAL HEALTH & WELLNESS VISITS WITH OUR MINIATURE HORSES HELP RELIEVE STRESS, EASE SYMPTOMS OF DEPRESSION, SPARK JOY & COMFORT, STIMULATE ENDORPHIN RELEASE, REDUCE FEELINGS OF LONELINESS & ISOLATION, STRENGTHEN COMMUNICATION & CONNECTION, REKINDLE POSITIVE MEMORIES INVOLVING ANIMALS, AND—MOST IMPORTANTLY—RESTORE 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—OR HORSES IN PARTICULAR—TOUCHED YOUR LIFE IN A MEANINGFUL WAY?**

**DO YOU KNOW SOMEONE WHOSE LIFE HAS BEEN CHANGED BY A HORSE?  
DO YOU FEEL CALLED TO MAKE A LASTING 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)

