



SARATOGA WarHorse

HELPING VETERANS. HELPING HORSES.

Saratoga WarHorse is a national nonprofit organization dedicated to helping Veterans (and now also Service Members) who are struggling with Post-Traumatic Stress often related to their military service. These “invisible wounds” typically stem from combat experiences or other types of trauma suffered during their time in the military.

We call it **The Connection Process...** a series of carefully orchestrated interactions between the Veteran/Service Member and a retired

AN EQUINE-ASSISTED PROGRAM LIKE NO OTHER

Thoroughbred racehorse inside a round pen. With guidance from one of our coaches, the process advances until the horse feels safe enough to join the Veteran/Service Member at the center of the pen. At that moment, a transformative, emotional connection takes place. It's been compared to switching an emotional circuit breaker from *off* back to *on*... enabling the Veteran/Service Member to pursue a path of healing. [See some success stories on the back side >](#)

OPEN TO VETERANS & SERVICE MEMBERS

We accept Veterans and Service Members from all branches of the military, from anywhere in the U.S. and its territories—no matter when or for how long they served.

PARTICIPATION IS FREE

There is absolutely **no cost** to participants. All expenses—including travel, meals and lodging are paid for by contributions to Saratoga WarHorse.

THREE-DAY PROGRAM

We offer an action-based catalyst, not long-term talk therapy. Veterans/Service Members spend three days at one of our locations to complete the program. Afterward, they receive a follow-up evaluation and video of their experience.

> GET HELP!

Saratoga WarHorse proudly serves Veterans and Service Members who are experiencing symptoms of Post-Traumatic Stress—like depression, flashbacks or insomnia. Find out whether this program is right for you. Call or email us today.

518-886-8131 or info@saratogawarhorse.org

> SUPPORT Saratoga WarHorse!

The vital services we provide are funded solely by donations. Funds raised directly benefit Veterans, Service Members and retired racehorses. Please donate online or mail your gift.

Make checks payable to Saratoga WarHorse Foundation. Saratoga WarHorse Foundation is a 501(c)(3) nonprofit organization. Your donation is tax-deductible to the extent allowable by law.

www.SaratogaWarHorse.org/donate

Learn about other ways to support Saratoga WarHorse.