

LETS Program Equine-Assisted Workshop Series for Veterans



TACKLING TRAUMA

- ◆ *What to expect:*
- ◆ Outdoor equine-assisted growth & learning group session addressing trauma and healing. Unmounted work, no riding.
- ◆ We'll look at trauma response, coping mechanisms, and reducing anxiety.
- ◆ *Free* for military personnel, veterans, & spouse/significant other.
- ◆ *Enrollment* is limited — to register, email leila@lifelinehorsescue.org or call 301-318-1686.

Sunday, July 28, 2024

10:00 am—11:30 pm

Greystoke Farm
22600 Robin Ct, Gaithersburg, MD

L.E.T.S



www.lifelinehorsescue.org

301.318.1686

