



*Healing  
Strides Equine*

## **What is Equine Assisted Therapy?**

**It has been called experiential, horse/human interaction, non-verbal communication. It also has many titles, Equine Assisted Learning, Equine Assisted Therapy, and many more.**

**Regardless of what it is called ,it is communication between a horse and human that brings about change in the human. That is why at Healing Strides Equine our motto is "Healing lives through the heart and strength of the horse."**

**We know horses have an amazing ability to reach deep inside a human and touch on parts of their life that need attention.**

**Equine Assisted Therapy can help with grief, PTSD, self confidence, anxiety, etc.**

**Healing Strides has created a special program to help those trying to cope with grief. It is a five week program that deals with the five stages of grief.**

- Denial**
- Anger**
- Bargaining**
- Depression**
- Acceptance**

**We are located at Lashmar Equestrian & Event Centre in beautiful Pitt Meadows, British Columbia.**

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