



# SUNDANCE FOR OUR SOLDIERS



HORSES HELPING HUMANS

*“There is something about the outside of a horse that is good for the inside of a man.”*

*-Winston Churchill*

Sundance For Our Soldiers is a local 501(c)3 Not-for-Profit Serving Henry County, IL and Surrounding Areas. Our organization is funded by Grants and Local donations.



**eagala**

The Global Standard for Equine Assisted Psychotherapy & Personal Development

For more information or to make a donation:



Experience self-discovery and life's purpose using horses to create healthy habits. Skills developed include, but are not limited to autonomy, trust, self-confidence, communication, leadership, resilience, and motivation. Lessons and activities teach personal and interpersonal habits that, in practice, strengthen the basic qualities of healthy living while developing a strong character ethic. Why horses? Horses are a large prey animal inherently sensitive and capable of mirroring a person's emotions and behaviors. They function in a herd community like humans. All activities are 100% land based. **NO HORSEBACK RIDING!**

### SPECIALTY MENTAL HEALTH SERVICES

**Equine-Assisted Psychotherapy (EAP)** – Same as counseling appt but in horse arena with mental health professional, equine specialist, and horse(s).

**Equine-Assisted Learning (EAL)** – Focus is on the personal goals, such as; self-confidence, trust, communication, finding purpose, professional development, stronger social emotional skills, and how to build healthier living habits.



# FREE PUBLIC DEMONSTRATION

## HORSES HELPING HUMANS

Mental health counseling and therapy is provided through interaction with the horses, NOT Horseback riding.

**FRIDAY  
MAY 10 AT 6PM**  
**ROCK ISLAND COUNTY FAIRGROUNDS**  
(SHOW CATTLE BARN)