

The J.F. Shea Therapeutic Riding Center is dedicated to improving the lives of people with disabilities through therapeutic horse-related programs.



You are welcome at The Shea Center. We thank you for your service to our nation and we look forward to being of service to you and your family.

“The Outside of a Horse Is Good for the Inside of a Person”

~ Winston Churchill



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## Stars and Stripes Program

Serving Our Military Community at The Shea Center



The Shea Center is honored to celebrate our nation's active duty personnel, veterans, and their families with uniquely designed therapeutic and recreational equestrian programs.



## Reintegration...

Pre- and post- deployment, US military service members face a unique set of challenges. They must develop new skill sets to address the changes in their cultural, vocational, and relational aspects of life. Service members' psychological, emotional, and physical lives may look different as well.

Guided by professional staff and capable volunteers, The Stars and Stripes Program offers an environment of healing and fun to our military community through equine assisted learning activities. The human/horse connection creates a bond that is peaceful, enjoyable and transformative.

Expert staff at The Shea Center design activities focused on building groundwork and riding skills, self-awareness, strategic planning, and communication competence. Horsemanship increases strength, balance, and motor planning.

Cognitively, these equestrian experiences enhance spatial orientation, focused attention, memory, and language abilities. They also improve self-regulation, confidence, social skills and independence.

## The Stars and Stripes Program serves a variety of needs and produces life-changing results.

- **Family reunification** focuses on helping families reintegrate after a loved one has deployed.
- **Military family members with special needs** are offered ongoing therapeutic services. Robust financial aid is available.
- **Heroes on Horses** is a 10-week session done in partnership with mental health professionals that blends mental health group therapy with horsemanship activities. The Heroes on Horses initiative currently serves the following groups:
  - Vietnam Veterans Group
  - OEF/OIF Veterans Group
  - Female Veterans Group



For more information, contact [info@sheacenter.org](mailto:info@sheacenter.org)