

We thank you for your service to our nation and we look forward to being of service to you and your family.

“The Shea Center’s equine program helped me find my strength and resilience. I am no longer afraid to face my emotions, and I am grateful for the opportunity to heal.”



– Sean, Marine Corps veteran

THE J.F. SHEA THERAPEUTIC RIDING CENTER IS DEDICATED TO IMPROVING THE LIVES OF PEOPLE WITH DISABILITIES THROUGH THERAPEUTIC HORSE-RELATED PROGRAMS.



the **SheaCenter**
for Therapeutic Riding



The J.F. Shea Therapeutic Riding Center
26284 Oso Road
San Juan Capistrano, CA 92675
(949) 240-8441
info@sheacenter.org
SheaCenter.org

    @SheaCenter

03/24

The Shea Center's Military Programs

Serving those who have served.



The Shea Center is honored to support and serve our nation's active-duty personnel, veterans, and their families with uniquely designed therapeutic and recreational equine assisted programs.

The Shea Center's Military Programs provide customized services for veterans and active-duty members of the Armed Forces and serve a variety of needs to produce life-changing results.

Our professional staff members partner to develop equine activities that align with current goals and needs of the participants. The individuals we serve include active-duty members and veterans with disabilities, including post-traumatic stress disorder (PTSD), traumatic brain injuries (TBI), and other mental health disorders. The unique partnership with the horse, combined with a dynamic outdoor environment, expert staff, and dedicated volunteers, offers an environment of learning, achievement, healing, and fun to our military community.

Participants may learn horsemanship skills on the ground and/or mounted. Ground work may include the basic concepts of join up, learning to groom, tack and lead their horses, and stall safety. Mounted work may include basic riding concepts learned through drill teams, obstacles courses, and pair work. Equine assisted activities support growth in emotional awareness, self-regulation, confidence, trust, communication, and finding purpose and identity.

Equine Assisted Psychotherapy (EAP):

- Evidence-based treatment facilitated by a licensed mental health professional
- Treatment plan and goals are based on client needs
- Addresses various mental health challenges, ranging from anxiety and depression to self-regulation and communication

Equine Assisted Learning (EAL):

- Takes a wellness approach and is focused on self-growth for individuals
- Individuals set realistic personal goals which could focus on communication, self-awareness, and building confidence
- Equine is the catalyst for motivation, change, and practicing relationship skills in a personal and meaningful way

Adaptive Riding (AR):

- Physical benefits of increasing strength, balance, motor planning and coordination
- Participants improve planning, judgment, memory, orientation, and attention
- Provides additional health, educational, sport, and recreational benefits



Additional Military offerings made possible through partnerships with:

- South Orange County Vet Center
- Long Beach VA
- Exceptional Family Member Program (EFMP)
- Gary Sinise Foundation