



SPRING REINS  
of  
LIFE



## 1<sup>st</sup> Annual Fall Festival Fundraiser & Open House Demonstration of EAP (Equine Assisted Psychotherapy for Veterans, At Risk Youth & Child Bereavement)



**When:** Sunday, October 26<sup>th</sup>, from 11:00am to 3:00pm

**Where:** SPRING REINS of LIFE (501c3) *Horses, Humans & Healing* – at Foxx Creek Farm  
281 Longhill Road, Hillsborough, NJ 08844 (Somerset County)

**What:** **FIRST Annual Fall Festival Fundraiser & Free Demonstration of EAP services!**  
Find out how PTSD and other forms of Trauma can be helped with the assistance of Horses. Come out for a fun day of activities & opportunities to support programming costs at SROL! Family friendly with activities for children, bake sale, crafts, prizes, games and a costume parade including the horses.

### **Have you ever 'herd' about Equine Assisted Psychotherapy (EAP)?**

**Did you know that EAP is a powerful experiential approach to resolving issues caused by severe trauma?**

**Did you know that EAP is a successful adjunct/alternative to talk therapy, offering some immediate results?**

**Did you know that EAP is so effective that it is applied as a short-term treatment intervention?**

**Did you know that EAP is now available in your area?**

If you answered **NO** to any of the above and you are curious, we will show how horses provide powerful coping skills for trauma survivors, especially those who don't want to "talk about it". There will be four separate demos with horses to illustrate: Intro to EAP, Military PTSD, At Risk Youth, and Childhood Bereavement and related issues of depression, anxiety, trauma, loss/grief, emotional triggers and more.

**PLEASE JOIN US!**

**Why:** EAP is a fast growing field with marked results, yet because of its new-ness many people are unaware of how it works and why it is so effective. We offer demonstrations to show the horses in action and to allow interested parties the chance to experience this innovative approach to solving problems; creatively, effectively, and quickly. So if you are curious, save the date and join us. Did you ever think that the missing link to solving some of life's most complex problems just might be... a Horse!?

**Details:** Rain or shine – we have an indoor arena so we will begin at 11:00 am ET. Food truck on-site. Wear casual attire with closed toed shoes. Event is family friendly. **All EAP activities are ground based (un-mounted). NO horse experience needed to participate.** Come on out – there will be crafts, bake sale, used tack drive, games, prizes, a costume parade and more fun!

**More information:** Contact Us: 347-886-2798 / [info@springreinsoflife.org](mailto:info@springreinsoflife.org) and [www.SpringReinsofLife.org](http://www.SpringReinsofLife.org)