

Spring Reins of Life has moved.

Founded in 2012 and based in Hunterdon County (Central New Jersey) since, Spring Reins of Life, Inc. (SRoL) has provided equine assisted psychotherapy services to groups of trauma survivors including yet not limited to at-risk /high-risk adolescents, military veterans with PTSd/TBI, women / children victims of domestic violence/rape/violent crime, and more. For more than 15 years all our services have been provided for no cost or very low cost to participants thanks to public and private tax-deductible donations as well as grants and mental health partnerships. Proudly and with honor we have served more than 3,300 trauma survivors in New Jersey to find a guided pathway towards peace and healing with the assistance of some incredibly powerful horses from 2012 to 2025.

Our purpose at Spring Reins of Life is to provide solution-focused therapy for groups of trauma survivors and adverse life experiences where Horses lead the way toward personalized coping skills.

Spring Reins of Life has remained dedicated to promoting psychological healing, emotional well-being and personal growth using the skills of our equine specialists and licensed mental health professionals relying upon the intuitive and sentient guidance that horses can provide. The winter of 2020 presented milestones of accomplishment, putting the summer ahead as a bright and hopeful future for expansion. Instead, on March 16, 2020, everything changed. The organization has struggled since being shut down during the COVID19 pandemic. More recently this year, SRoL's partner organization lost funding when their federal government funding was suddenly frozen or rescinded by DOGE. That led to the cancellation of several sessions of programing for Spring and Summer 2025, further hindering the operation after four long years were spent challenging us to return to normal.

Then in May 2025 as things were looking rather bleak, a longtime donor and supporter of SRoL's Operation Horse (veterans programming) made an offer to provide a new home with a large amount of support and rebuilding of programming services located at an incredible equestrian center in Troy, Virginia (near Charlottesville). The move will provide more stability and expansion of services for SRoL in support of its mission. While Spring Reins of Life is settling into Virginia, the New Jersey programs will be put on hold. There are plans to return to the Garden State into the future offering specialized and specific trauma recovery programs out of a satellite NJ location. In the meantime we are eager to meet and help Virginians.

Co-founder, Christiana Capra will remain as program director and equine specialist. The horses, Syriana and Junior Mif, and three donkeys Edith, Gloria and GusArchie arrived safely in Virginia and are settling in. Miss Molly and Chubby are staying in New Jersey for the foreseeable future.

The website will be updated and remain as, www.springreinsoflife.org. The new mailing address is Rolling Hills Farm, 353 Union Mills Road, Troy Virginia, 22974.

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