



2026 Equine Facilitated Wellness & Therapy

The Veteran Program is a collaborative effort between *Animals as Natural Therapy and NW Hearts United* and is financially supported by *PATH International & Wounded Warrior Project* with the goal to provide equine facilitated therapy to veterans. These sessions are conducted onsite at a peaceful, private farm, and are tailored to the needs of each participant.

Veterans will exit with an improved understanding of themselves, decreased feelings of stress and increased feelings of self-efficacy to handle work and life stressors. We are also committed to decreasing the shame and stigma around seeking help and services.

What: Individual Therapy for Veterans

- **Wounded Warrior Project will pay for 10 sessions of equine facilitated therapy for veterans who served post 9/11***

Where: Animals as Natural Therapy has partnered with NW Hearts United and Amy Schilder, LMHCA to offer these sessions. Located in Whatcom County, WA.

How: To get started, please contact lindsey@animalsasnaturaltherapy.org or call 360-671-3509.

(Please note that this email is not HIPPA secure, please do not send any private information.)

The process is:

- Register with WWP to utilize funds. For further information and help, contact ANT.
- Ask WWP for a referral to ANT's program.
- You will be connected with the therapist for program registration. Paperwork will be completed through an online portal.
- You will get scheduled for a weekly or biweekly session time and place that is convenient for you and the therapist.
- Sessions will consist of hour long facilitated horse interactions, psychoeducation, and psychotherapy.

* Are you a first responder or veteran who served pre 9/11, Contact us to find the status of other available funding for services.

