



FOR IMMEDIATE RELEASE
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Contact: mbond@thehacc.org
(312) 542-4691

**HOUSING AUTHORITY OF COOK COUNTY & BRAVEHEARTS THERAPEUTIC
RIDING & EDUCATIONAL CENTER PROVIDE EQUINE THERAPY EXPERIENCE TO
VETERANS**

Veterans Bond with Therapy Horses to Promote Emotional Growth



Harvard, IL – The Housing Authority of Cook County (HACC) is incorporating a unique pilot program under its Human Services program to expose veterans to Equine Therapy. Equine Therapy is the discipline of using horses to provide metaphoric experiences to promote emotional growth.

All veterans from senior/disabled housing site in HACC's North region were invited to participate in the first therapeutic retreat and others will be selected based on their individual interest for upcoming retreats. Veterans will learn how to spiritually interact with horses and to connect with their inner emotions. Equine Therapy has shown to be beneficial and effective with individuals who manifest depression, stress, dysfunction, anxiety, and many other related physical and emotional disorders.

Veteran Michael Thompson from one of HACC's Evanston sites was truly overwhelmed with the experience. "I had a great time and it was a beautiful place. It was wonderful to see how horses lift the human spirit," Thompson said. Thompson was selected to participate in the program and was grateful that he was able to express himself in a positive setting.

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Add One/
Equine Therapy

For a period of a few hours, Mr. Thompson was able to relax in a beautiful farm setting and experience inner personal reflection and growth as he and other participants interacted with the horses. Transportation to BraveHearts was provided by the HACC.

The Equine Therapy pilot program at BraveHearts will be available to the HACC during the summer months and is expected to help dozens of veterans living throughout HACC communities.

BraveHearts is a professional Association of therapeutic Horsemanship (PATH Intl), Premier Accredited Center. The BraveHearts veterans program operates under the auspices of PATH Intl. Equine Services for heroes.

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