

EQUINE RESILIENCE PROGRAM FOR FIRST RESPONDERS



- **FREE for first responders**
- **Private & confidential**
- **Individual, group & family sessions**
- **Ground-based program**
- **No horse experience required**

WHY HORSES?

Equine-assisted services have proven benefits for overall mental health and well-being. Horses are highly intuitive, masterful teachers who provide honest and non-judgemental feedback. In this safe and supportive environment, horses help build resiliency and self-esteem while lowering blood pressure and feelings of stress, tension, and anxiety. Therapy and non-therapy services available.

By appointment only



**Haku
Baldwin
Center**

**444 Makawao Ave, Makawao, H
chrissy@hakubaldwincenter.org
808-224-6241**

hakubaldwincenter.org/first-responders

EQUINE RESILIENCE PROGRAM FOR FIRST RESPONDERS

MEET OUR TEAM



Chrissy Stout

- Program Director
- PATH Intl. Certified Professional, CTRI®
- Mindfulness for Children Practitioner
- HeartMath® Certified Coach & Mentor



Tricia Silva, LHMC

- Licensed Mental Health Counselor
- EAGALA Certified Therapist specializing in animal-assisted and equine-assisted psychotherapy

MEET OUR HORSES



Gabe



Grizz



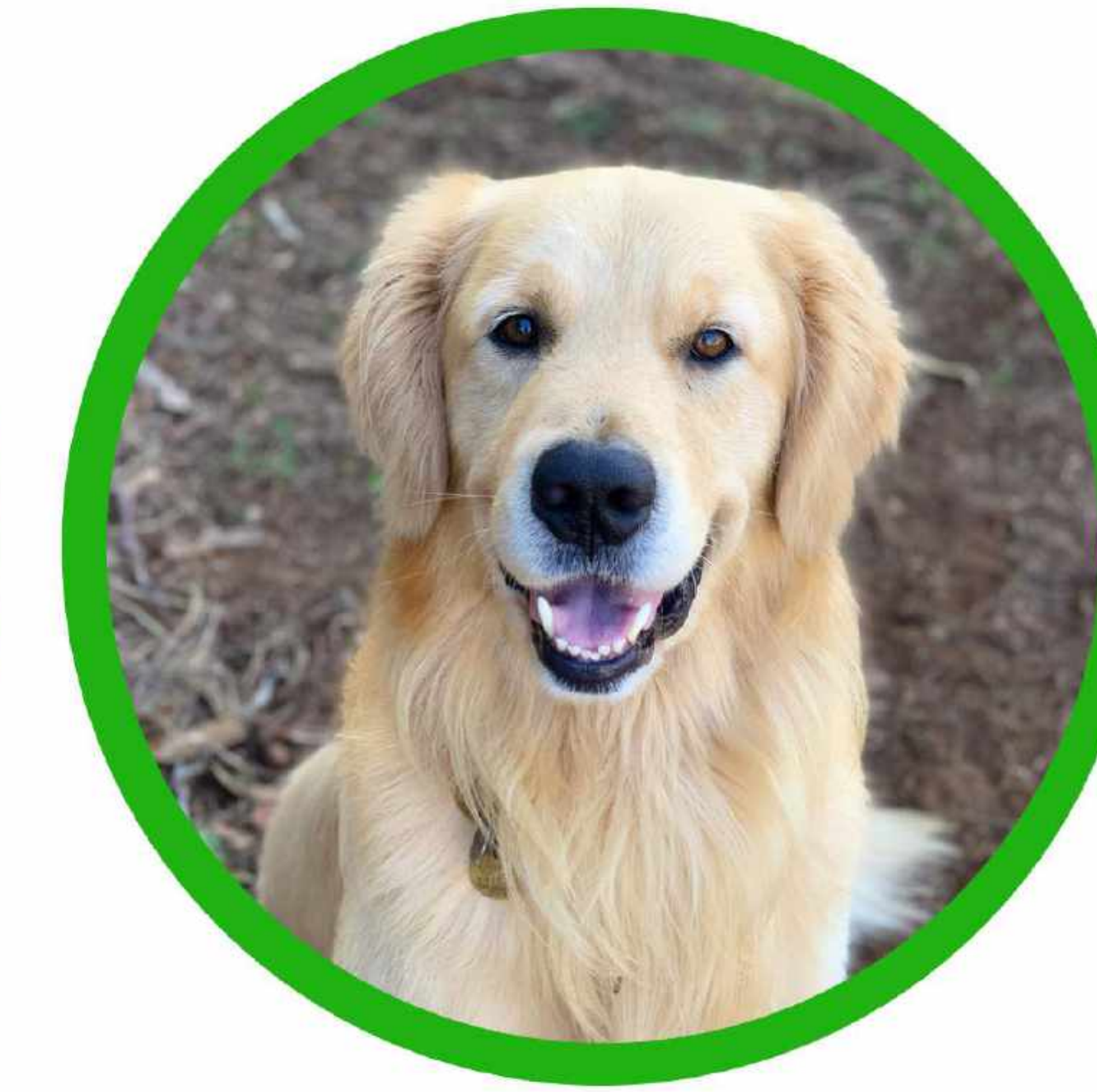
Jet



Scout



Teddy



... and Blue
Service Dog & Certified Therapy Dog



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**YOU CAN HELP
FIRST RESPONDERS
ON MAUI TODAY:
BECOME A SPONSOR**



**Your gift will help us reach our goal
of providing services at no charge to
our first responder community**

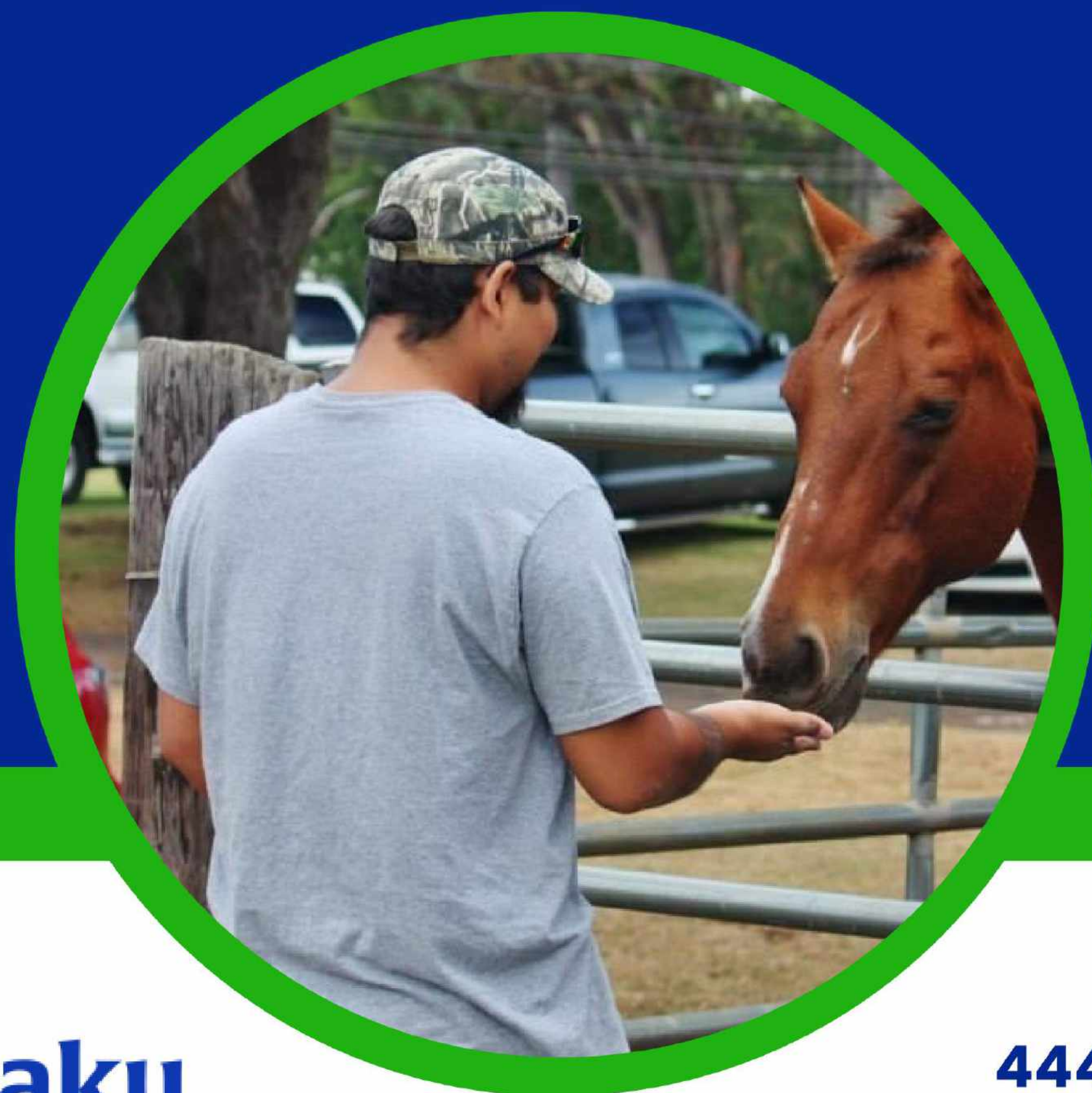


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