

Greetings from Healing Strides of VA,

First, I want you all to know that we are here for the long run. Our community and the people and horses that we serve continue to be our priority.

As we all are learning to navigate our personal challenges Healing Strides is working hard to keep in touch with our community and have implemented telehealth for those clients it would be appropriate for. This is a time that each of us needs to dig deep and see where and when we can help each other.

Other than the telehealth clients, we have suspended our riding participation. We are offering Mental Wellness for those in need, knowing that our Veterans and others with personal challenges will need a time to re-center and re-ground themselves in our new environment. Healing Strides is here to help to you. We will be open to see people in the field with the horses for times such as this. We can offer outdoor, open air, and proper social distancing to each of our clients.

This is a program we have offered for many years, it is needed now more than ever. To get out in nature, hug a horse, cry, laugh whatever your "personal challenge" is. It gives us the social distancing and allows us to hold space for each of you. Horses have carried us throughout every war we have every fought, they always are there for us. They are still here, horses inspiring hope.

If you are in need of help or are interested in coming out for some time with the horses, please email info@healingstridesofva.org or call 540-334-5825. We will begin seeing folks on property in mid-April. Please contact the above info for prices and schedule availability. We temporarily reduced our costs to meet the current need of our community. This service is by appointment only.

If you are a Veteran or in the Military or know a Veteran or someone in the Military, we have grants to support you participating here. There will be no charge to the Veteran or Military person. Individuals, marriage, family and groups of 6 to 8.

Healing Strides is also hoping that our community will continue to support our efforts as a non profit. As typically 50% of our budget is from donors, grants and fundraisers. If you are so inclined please make a donation on our website www.healingstridesofva.org or mail a check to Healing Strides, PO Box 455, Boones Mill, VA 24065

Thank you very much for your continued support.

Sincerely,

Carol Young, CEO