



# THE GOOD NEWS UPDATE

## HEALING THROUGH HORSES

Using grant funding from the Children's Auction, our Child & Family team is partnering with UpReach, a well-respected equine therapy center in New Hampshire known for its therapeutic work with children and adults.

During February school vacation week, selected children will attend a one day, two-hour equine therapy experience focused on groundwork with horses. This unique approach allows children to build confidence, increase emotional awareness and practice trust.

This partnership reflects Child & Family's commitment to exploring innovative, evidence-informed treatment approaches beyond traditional therapy models. Growing research shows that equine-assisted therapy can help children access insights and emotional growth that may not always emerge through conventional therapeutic settings.

Horses are highly intuitive and sensitive to human emotions, often mirroring what they observe. Child & Family looks forward to exploring additional equine therapy opportunities in the future to extend this impactful experience to even more children.



The UpReach mission is dedicated to inspiring hope, fostering independence, and improving the physical, emotional, and psychological well-being of individuals with and without disabilities by connecting people with horses in a safe, supportive and inclusive environment.