



“This program is a spiritual journey. It’s not only with the horses but also ourselves.”

– “Danny,” 13, who started our Pathways pilot program withdrawn, disengaged and unable to make eye contact, but finished feeling confident, communicating effectively and showing compassion.



**Because of you ...** Regardless of their financial means, participants like “Danny” have been

given the opportunity to experience the unique, life-changing therapeutic services our horses, staff and volunteers provide.

**Your support means we’re able to explore new ways to reach more children and adults in our community struggling with physical, developmental and emotional challenges.**

For our new Pathways™ program, we collaborated with Naugatuck and Waterbury Youth Services and their Juvenile Review Boards (or JRBs) to design a program specifically for youth being diverted from the juvenile justice system. **Hidden Acres is the only equine activities center in Connecticut offering this exclusive program!**

Each six-week session is built around a variety of equine-assisted activities that foster confidence, positive decision-making and valuable life skills the participants not only practice at the farm, but also apply to their daily lives.

**The results have been remarkable.** In their self-evaluations, each participant demonstrated significant improvements in awareness, communication, trust, leadership, responsibility and relationships. It was a powerful experience for everyone involved.

But we think our participants say it best:

*“It is completely life changing and makes you realize that you are capable of so much more than we all think.”*

– “James,” 15, who began the program lacking confidence.

*“It seems scary and nerve-racking at first, but at the end it’s all worth it to get to be around the horses.”*

– “Sarah,” 16, who initially said she “hated” horses.

We’re always striving to serve others, like the adults who benefitted from our other new equine-assisted workshops focused on reducing anxiety and improving self-awareness. **Thank you for making these outcomes and many more possible through your generous support.**

★ Your Impact ★

**ON OUR HERD**

In appreciation of the special gifts our therapy horses provide, we give them **the best possible care** with the help of veterinarians, equine dentists, saddle fitters, hoof specialists and others.

Members of our herd receive regular massages, chiropractic care, wellness visits and plenty of supplements in addition to a balanced diet. This kind of quality care requires a great deal of resources, so every level of support helps.



**ON OUR PARTICIPANTS**

This year we doubled the number of participants in our Horse Spirit program – an integrated summer camp style session that brings together youth with and without special needs for team building, horsemanship and activities promoting self-expression, empathy and accepting others.

**With your help, Hidden Acres subsidized 82% of the cost of our Horse Spirit sessions.**

**ON OUR CENTER**

We’ve achieved **Premier Accredited Center status through Path Intl.** (the Professional Association of Therapeutic Horsemanship International)! We successfully met the required standards of quality and safety for all aspects of the organization. A big team accomplishment!

