



Yes! It is my job to keep the herd fed.
Can you help a girl out?

Local hay suppliers are out and we are having to go out of the area to find the quantity and quality we need. *We need your donation today – any amount is greatly appreciated!*



COMING UP Will we get our indoor arena this spring?

This photo sums up why animal assisted therapies work. It is an alternative environment to conventional talk therapy.



Animals naturally reach a deep emotional state in humans. They are completely non-judgmental, provide instant acceptance, instant loyalty, and put you in an authoritative position.

"Leading With Horses" is our innovative platform for mental health professionals to utilize while engaging with clients. Our big fund-raising project for 2019 is to cover the outdoor agility arena so that we have an indoor work space.

You might be surprised to know that there are many similarities between the horse's herd dynamics and a human's family and social structure. Enough that in observing and understanding horse behavior and body language helps people learn how others function and how certain behaviors impact others. Yet, it's different enough that people don't feel they are being judged, nor are they judging and criticizing the horse. It's a safe place.

Through collaborative efforts of trained equine handlers and licensed therapists we bring a fresh approach to addressing a multitude of issues effecting families and youth such as depression, trauma, PTSD, anti-bullying and suicide prevention. The goal of the program is to provide therapy to, and encourage emotional growth within, the entire family rather than just treating an individual.

As a result of prolonged drug use and isolation, many people with addictions and mental health issues are emotionally underdeveloped. They may have difficulty relating or getting close to other people, yet manage to establish close bonds with horses and other animals.

It is a well-known fact that domestic animals such as dogs, cats, birds, and horses, reduce stress, anxiety, and depression, ease loneliness, encourage exercise and playfulness. A simple act of petting an animal with "good intent" relaxes the animal and releases feel-good endorphins in you, reducing your heart rate and blood pressure.

According to a 1997 study at the University of Michigan School of Nursing, observing animals in nature can teach valuable characteristics like patience, and help restore mental energy. Taking care of an animal can also teach responsibility and stimulate feelings of trust, openness, and companionship.

For more information about our program, visit our website;
www.secondchanceranch.org

THANK YOU For your support
of the Second Chance Ranch Team and Herd.

Every dollar donated and every word you pass on
is what makes all of this possible.

Second Chance Ranch is a 501c3 nonprofit Corporation

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