

Women's Fund El Dorado Site-Visit Committee Report

Windows To My Soul

Cindy Skelton-Hodge, Founder and President

This center provides Equine Assisted Psychotherapy and Equine Assisted Personal Development. Their staff of trained volunteers serves women and families, veterans, individuals with developmental disabilities and individuals living with addiction. Their program involves working with clients and horses using the Equine Assisted Growth and Learning Association and Natural Lifemanship models. Sessions involve the client working with a team including a Certified Equine Specialist, licensed Mental Health Professional and the horses.

The Impact Grant of \$5,000 is used to help cover the cost per session. Donations from therapists, equine specialists, horse and facility owners have reduced the cost per session to approximately \$100 from \$190. The grant has financed 45 therapy sessions with \$500 used for community outreach.

The committee members felt this was a valuable use of the grant funds. It was fulfilling to be able to assist an organization that helps so many of our community members with their emotional and relationship needs.