

Heart of Horse Sense takes hands on approach in community

Citizen-Times, August 21, 2015

MARSHALL – Experiential learning is offered through a variety of methods but using the physical presence of a horse has become the therapeutic tool propelling local change. Heart of Horse Sense is a nonprofit that supports free, equine-assisted psychotherapy programs for veterans, their families and at-risk youth.

Heart of Horse Sense collaborates with several organizations to bring EAP into local communities. One such organization, Asheville Buncombe Community Christian Ministry, hosts small, weekly on-site group sessions for Veteran's Restoration Quarters and Steadfast House. ABCCM is a church cooperative that provides shelter, medical support, and ministry to local residents. Its VRQ program is a residential program for homeless veterans, while its Steadfast House provides shelter and support for homeless women and their children.

The free, small group sessions supported through Heart of Horse Sense allow individuals and children the opportunity to get hands-on time with a horse. Heart of Horse Sense advocates therapeutic wellness through equine therapy. Anyone interested in learning and experiencing the healing nature of the horse is welcome.

For more information, contact Shannon Knapp at heartofhorsesense@gmail.com or call 828-649-7064.