

Flying Horse Stable

Equine Facilitated Mental Health Programs



Equine Facilitated programs are designed to pair individuals with a horse as partners. This partnership teaches communication, trust, positive assertiveness and wellness while it builds social skills, self-confidence and self-esteem.

Programs are based on skill building activities that apply to life situations. Areas of focus include recovery, interpersonal, life coping, education, setting healthy boundaries, and community needs.

The horse support team includes professional horse instructors, mental health providers, trained volunteers and sensitive horses.



A new program has been added.
Carriage driving will provide further opportunities
in the horse/human partnership.

Session Structure

Each session is an hour long
Each session has one or two therapists and highly trained
volunteers. The therapists have specific horse training and
mental health certifications.



We have 8 week thematic sessions or long term mental health
There are specific outcome based goals & objectives for each individual

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