



Herd Heroes



Are you a first responder or defence force member looking for a unique way to manage stress, build resilience and strengthen relationships?

Join us at Herd Heroes for an innovative Equine Assisted Skills Development (EASD) experience tailored specifically for you and the people you love.

REFLECT RESTORE ADVANCE

Develop strategies
for leaving work
at work

Embrace new
challenges

Allow the past to be
just part of your story

Become your new
best self

Program Details:

- 1 hour session per week for 1:1, couples or immediate family members.
- 1.5 hour session per week for small groups of 3-6 people from the same workplace or referring agency.
- Program held in 4 week blocks.

Free sessions are available for families with 1 or more children from 6-12 who live or go to school in the Northern Footprint (North of the North Esk River and East of the Tamar River plus Beaconsfield). Other funding opportunities are available so please don't hesitate to reach out.

Book your sessions today to enable a positive future.



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Horses Helping Humans Help Themselves