



MILITARY
AT RISE CANYON RANCH



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Are you a military service member or veteran and identify with any of the following mental health concerns?

DEPRESSION
FAMILY REUNIFICATION
ANGER MANAGEMENT
LIFE SKILLS
ANXIETY REDUCTION
GRIEF & LOSS
SHIFT TO CIVILIAN LIFE

DEPLOYMENT
EMOTION REGULATION
RETURNING HOME
PTSD
RELATIONSHIP BUILDING

Rise Canyon Ranch may be able to help.

Program Details

- 8-week, equine-assisted psychotherapy program
- Individual, couple and family psychotherapy formats offered
- No riding involved and no prior horse experience required
- **FREE** for active duty military, reservists and veterans
- Funded by the Eagala VA Adaptive Sports Grant
- Learn more at www.risecanyonranch.org/military or call **(714) 477-1630** to schedule an appointment



Rise Canyon Ranch is a California non-profit 501(c)(3) that provides **Equine-Assisted Psychotherapy (EAP)**, which utilizes the unique emotional connections of horses to engage children, teens and adults in healing, self-discovery and enrichment.

www.risecanyonranch.org/military