

## A few words from local veterans & service members...

*Hi Darcy & team,*

*Thank you so much for accepting us into the Warrior Herd program. We feel so honored to have been selected.*

*I wanted to say thank you to you and your team, especially our therapist. The experience was enlightening and helped our family think through some of our strengths and areas for development. Having B be a part of our journey was such a special experience. We appreciate being a part of your community. Being a family with challenges and getting to work with a horse who has also had to endure unstable pasts made it easy for us to feel connected.*

*Thank you so much. We hope to see you again soon.*

*Love,*

*The H's  
(John, Aelisa and Brennan)*

**What we learned most from our Warrior Herd experience:**  
I learned to be aware of the boundaries that I create for me and my family. Being physically able to express our families journey was very eye opening.

“Magical things happen  
at Project Horse.”

*Andrew K.*





*Hello,*

*We just wanted to thank you again for selecting our family to participate in the Warrior Herd program. We had an amazing experience.*

*Thank you so much,*

*Rob & Ellie G.*

**What we liked most about our Warrior Herd experience:**  
Working together with our family and the horse.

The only frustrating (that word may be too strong) thing was not being able to get the horse to move at first. Once he did walk with us, it was that much more rewarding.

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## Warrior Herd™: Preliminary Program Outcomes

**What did you like the most about the Warrior Herd workshop experience, and what did you like least about the Warrior Herd experience?**

“I liked that the therapists did not overcrowd us or try to dictate how we interacted with the horses”

“I loved everything about this Warrior Herd experience. When we arrived we felt immediately welcomed, the fact that it's outside gives you a sense of freedom and made us feel less anxious. B was really the best part of this experience. Horses have this wonderful sense of being able to read people. We moved through the exercise getting to know each other and finding safety in communicating the challenges we face as a family. It was such a rare and treasured experience.”

“It was a wonderful experience for our family. There was nothing to dislike.”

**On a scale from 1 to 10, with 1 being not anxious and 10 being extremely anxious, what is your level of anxiety on a typical day?**

Average reported “typical” level of daily anxiety = 7

**On a scale from 1 to 10, with 1 being not anxious and 10 being extremely anxious, what was your level of anxiety when you were working with the horses?**

Average reported level of anxiety when with the horses = 3

**During Warrior Herd, I gained tools or skills that I could apply to daily life.**

Average reported response: Agree/Strongly Agree

**I am likely to participate in another equine experience at Project Horse in the future.**

Average reported response: Strongly Agree (100%)