



SARATOGA WarHorse

HELPING VETERANS. HELPING HORSES.

Saratoga WarHorse is a national nonprofit organization dedicated to helping veterans who are struggling with post-traumatic stress related to their military service. These “invisible wounds” typically stem from combat experiences or other types of trauma suffered during their time in the military.

AN EQUINE-ASSISTED PROGRAM LIKE NO OTHER

retired Thoroughbred racehorse inside a round pen. With guidance from one of our coaches, the process advances until the horse feels safe enough to join the veteran at the center of the pen. At that moment, a transformative, emotional connection takes place. It's been compared to switching an emotional circuit breaker from *off* back to *on*... enabling the veteran to pursue a path of healing. [See some success stories on the back side >](#)

We call it **The Connection Process**... a series of carefully orchestrated interactions between the veteran and a

OPEN TO VETERANS & ACTIVE MILITARY

We accept veterans and active service members from all branches of the military, from anywhere in the U.S. and its territories—no matter when or for how long they served.

PARTICIPATION IS FREE

There is absolutely **no cost** to veterans. All expenses—including travel, meals and lodging—are paid for by contributions to Saratoga WarHorse Foundation.

THREE-DAY PROGRAM

We offer an action-based catalyst, not long-term talk therapy. Veterans spend three days at one of our locations to complete the program. Afterward, they receive a follow-up evaluation and video of their experience.

> GET HELP!

Saratoga WarHorse proudly serves veterans and active members of the military who are experiencing symptoms of post-traumatic stress—like depression, flashbacks or insomnia. Find out whether this program is right for you. Call or email us today.

518-886-8131 or info@saratogawarhorse.org

> SUPPORT Saratoga WarHorse!

The vital services we provide are funded solely by donations. Funds raised directly benefit veterans, active service members and retired racehorses. Please donate online or mail your gift.

Make checks payable to Saratoga WarHorse Foundation. Saratoga WarHorse Foundation is a 501(c)(3) nonprofit organization. Your donation is tax-deductible to the extent allowable by law.

www.SaratogaWarHorse.org/donate

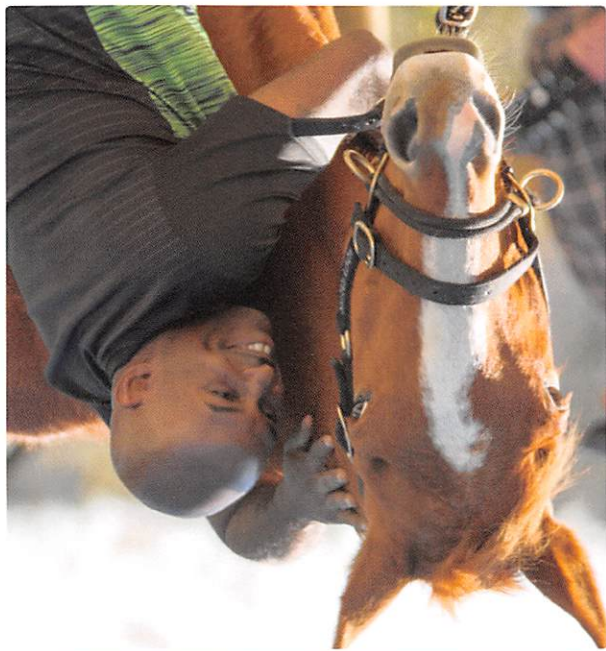
Learn about other ways to support Saratoga WarHorse.

SaratogaWarHorse.org | 518-886-8131 | P.O. Box 461, Saratoga Springs, NY 12866

Visit www.SaratogaWarHorse.org/donate

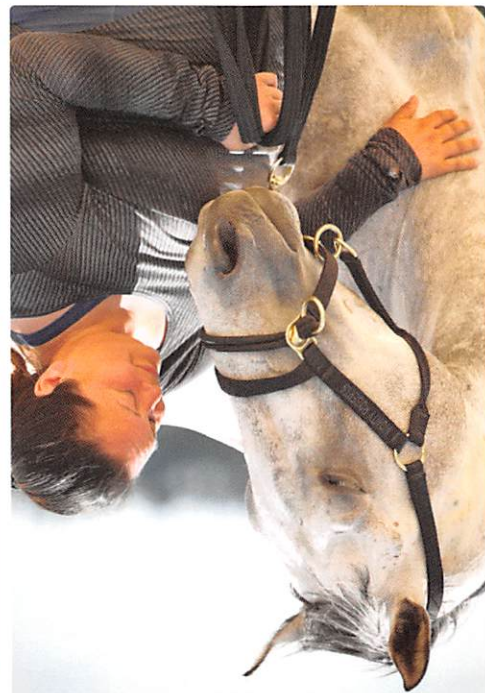
- \$5,000** provides transportation for a class of six to attend our program.
- \$3,000** enables one veteran to experience the program.
- \$1,000** pays for our coaches to guide a class through the program.
- \$500** covers meals for a class of veterans.
- \$250** covers accommodations for one veteran.
- \$100** provides a class with personalized video footage of their experience.

> HOW YOUR SUPPORT HELPS!



You saved my life. I am now full of peace and a calmness that I would never have thought possible after the pure hell of PTSD that I used to live with.

– Alison



The enclosed Purple Heart medal was presented to me for wounds sustained in combat...I am presenting it to you as my way of showing just how much you have helped me in my healing process.

– Arturo

LIFE-CHANGING RESULTS FOR HUNDREDS OF VETERANS

To date, nearly 1,000 veterans and active service members have graduated from the Saratoga WarHorse program. An overwhelming majority of them report lasting, positive impacts. And through the program, the veterans give retired racehorses new purpose.

I can't forgive myself or believe that anyone (even God) could forgive me for the evil I have done...I felt everyone judging and condemning me. The pain and depression were so overwhelming, I had the gun to my head...I looked that horse in the eye, he looked back at me, and I saw nothing but acceptance and gratitude. For the first time, I felt forgiveness.

– Chuck

