



573-303-5772

info@givingsong.org

www.GivingSong.org

MUSIC FOR ALL

Serving birth to end-of-life!

Why Music?

Because music is.....

- non-threatening
- motivating
- engaging
- multi-sensory
- accessible and adaptable

- Individual & Group Therapy
- Family & Sibling Therapy
- Prenatal & Childbirth Services
- Postpartum Services
- Early Childhood Service
- Summer Camps
- Music Ensembles
- Veterans Band
- Social Skills Groups
- Adaptive Music Lessons
-and more!



Universal class

Free Online Classes

Visit www.dbrl.org/universalclass to get started.

Universal Class offers over 500 online continuing education courses taught by real instructors with remote, 24/7 access so you can study on your schedule. You can enroll in up to five courses at a time and have six months to finish each course. Universal Class is free to all Daniel Boone Regional Library patrons.

First-time users will need to complete a quick, one-time registration. Log in with your DBRL library card number, then you'll be taken to the Universal Class registration page where you will select a username and password that you will use to access Universal Class on return visits.



Daniel Boone Regional Library
www.dbrl.org

Free Online Training With LinkedIn Learning



LEARNING
WITH **Lynda.com**® CONTENT

Visit www.dbrl.org/linkedin-learning to get started.

LinkedIn Learning, formerly Lynda.com, offers free online courses and video tutorials on technical skills, creative techniques, business strategies and more for beginners through advanced learners. Classes are taught by top experts and are set up so you can learn at your own pace. You can look up a quick how-to or take your time working through a series of lessons.

The library's subscription allows many people to use LinkedIn Learning at the same time. Anyone living in Boone and Callaway Counties with an active Daniel Boone Regional Library card can use it. Once you've signed up, you can learn more by taking the introductory course "How to use LinkedIn Learning."



Daniel Boone Regional Library

www.dbrl.org



Volunteer Boaters Needed Volunteer boaters share a wonderful day of camaraderie on a beautiful lake with one of America's real life heroes in an attempt to show these warriors how much we appreciate the sacrifices they make that allow us to enjoy the freedoms of the greatest country in the world. Any boat, 15 feet or longer, powered by a motor of 50 horsepower or more with a kill switch, live wells and liability insurance are acceptable. All boats must meet B.I.A. and Coast Guard requirements.

American Warriors We would like to invite you out for a weekend of camaraderie and outdoor recreation. Fishing for Freedom is a celebration of the freedoms we love with those who provide them for us. It is an opportunity for you to spend a day on the lake with some of the best bass anglers in the country. Fishing for Freedom pairs warriors with volunteer boaters for a day of tournament bass fishing in a relaxed fun filled celebration of the outdoors.



Wounded Warriors and Global War on Terrorism Veterans This event is open to all wounded warriors (GWOT veterans who are recovering from injuries or transitioned to civilian life), active duty, reserve, and national guard service members who have served overseas fighting the GWOT. All angling skill levels are welcomed from those who have never touched a rod and reel to accomplished bass fishermen. All warrior participants will receive a tackle pack donated by our sponsors and top finishers will receive trophies for their accomplishments. Dinner Saturday night, Breakfast Sunday morning, and a BBQ lunch after the weigh-in will be provided to all warrior and volunteer participants. Lodging will be provided for all warriors. Volunteer boaters will be responsible for their own lodging requirements.

What to Bring Although the warriors are welcomed and encouraged to bring their own fishing tackle, volunteer boaters will have rods, reels, lures, and life vests for the warriors use during the tournament. All the warrior needs to bring is a valid Missouri fishing license that you can obtain at <https://mdc.mo.gov/permits/fishing-permits> or any tackle shop throughout Missouri, a snack or sandwich for while you are on the lake, sunscreen, and appropriate clothing in case of inclement weather. The one day fishing license will work and costs only \$9. If you are a recovering wounded warrior, please contact the Missouri Department of Conservation by calling (573) 522-0107 for a special free permit application that they offer for rehabilitating service members.

Registration, Rules and Additional Information at www.FishingForFreedom.us

You Are Invited To Participate

- GWOT Veterans and Wounded Warriors who would like to fish.
- Bass, Catfish and Crappie Anglers with boats to assist in taking these American heroes fishing are needed.
- Boaters will provide additional life vests for their backseater and should have tackle available to share.

Contact Greg Davison at gregory.davison15@gmail.com or 816-365-9635

Fishing for Freedom 2025

October 10 (Optional)

Location: Anglers Port Marine
13979 Hwy 7, Warsaw MO 65355

- 6 - 8 pm Social & Truman Lake Fishing Seminar

October 11 (Optional)

Location: Long Shoal Marina Pavilion
12878 Steamboat Rd, Warsaw MO 65355

- 9 am - noon Fishing 101 Workshop

October 11

Location: Leesville Elementary School
823 SE Hwy 7, Clinton MO 64735

- 4 - 6 pm Pre-tournament Meeting & Check-In
- 6 pm Dinner
- 7:30 pm Tournament Pairings

October 12

Location: Long Shoal Marina
12878 Steamboat Rd, Warsaw MO 65355

- 5 am Breakfast
- 7 am Launch
- 2 pm Weigh-in followed by Lunch & Awards Ceremony

Tournament Format

Fishing for Freedom is a no entry fee buddy fishing tournament that pairs volunteer boaters with America's warriors to celebrate the freedoms we love with those who provide them. Volunteer boaters share a wonderful day of camaraderie on a beautiful lake with America's real life heroes in an attempt to show these warriors our appreciation for the sacrifices they make that allow us to enjoy the freedoms of the greatest country in the world.

Presenting Sponsors: Lockton; Bass Pro Shops; International Brotherhood of Boilermakers, Iron Ship Builders, Blacksmiths, Forgers, and Helpers; International Brotherhood of Operating Engineers Local 101; International Association of Bridge, Structural, Ornamental and Reinforcing Iron Workers Local 10; Pure Fishing; International Brotherhood of Electrical Workers Local 124; Long Shoal Marina & Restaurant; NECA/IBEW Power Partners; Sheet Metal, Air, Rail and Transportation Workers Local 2; Operative Plasterers' and Cement Masons' International Association; United Union of Roofers, Waterproofers & Allied Workers; Greater Kansas City Building & Construction Trades Council; LiUNA! Local 1290 Veterans Council; International Brotherhood of Electrical Workers Local 53; Delta Innovative Services



2025 Fishing For Freedom Sponsors

Cash Sponsors

AFL-CIO Tri County Labor Council of Eastern Kansas
Bricklayers & Allied Craftworkers Local 15
Columbia & Jefferson City Building & Construction Trades Council
Greater Kansas City AFL-CIO
Heat & Frost Insulators Local 27
Heavy Construction Laborers' Local 663
International Brotherhood of Electrical Workers Local 124 (Retiree Club)
International Union of Painters and Allied Trades District Council 3
Missouri and Kansas Laborers' District Council
Missouri State Building & Construction Trades Council
OPCMIA Local 518
Pipefitters Local 533
Plumbers & Gasfitters Local 8
Sedalia Building and Construction Trades Council
SMART Local 36-B
Smithville Bassmasters
Springfield Building & Construction Trades Council

Cash Sponsors (continued)

Sprinkler Fitters Local 314
Teamsters Local 541
United Labor Credit Union
United Union of Roofers, Waterproofers and Allied Workers Local 2
United Union of Roofers, Waterproofers and Allied Workers Local 20

Product Sponsors

Angler's Port Marine
Leesville R-IX School District
DM Plumbing
Smithville Marine
Window World of St. Louis
GMO Custom Rods
Drenon Jewelry
Lawn & Leisure of Lee's Summit

Fishing for Freedom 2025



Honoring America's Wounded Warriors and Global War on Terrorism Veterans

10-12 October 2025

Truman Lake
Long Shoal Marina

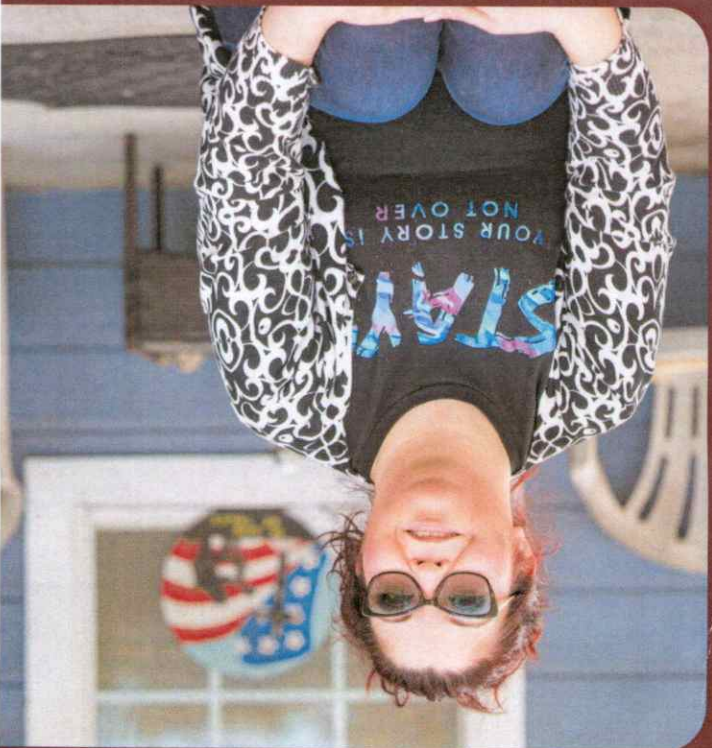
VETERAN'S PACK DISTRIBUTION

- TUESDAY, DECEMBER 9 1-3 PM
- TUESDAY, JANUARY 6 1-3PM
- TUESDAY, FEBRUARY 10 1-3PM
- TUESDAY, MARCH 10 1-3PM



705 BUSINESS LOOP 70 W
COLUMBIA, MO 65203

CONVENING RESOURCES AND DISTRIBUTING SUPPLEMENTAL
FOOD & HYGIENE PACKS MONTHLY TO VETS IN BOONE COUNTY





You may have heard about donated car programs before. However the Cars 4 Columbia (C4C) Donated Car Program differs from most because we don't just sell donated cars at auctions to raise funds.

Instead, The C4C program is a vital community service that places refurbished, donated cars into the hands of qualified low-income Columbia residents and families.

No two communities are alike and Cars 4 Columbia initiatives are designed to meet the specific needs of the transportation challenged residents in Columbia and Boone County.



Cars 4 Columbia promotes and supports the ownership of a personal vehicle that is the only real solution for those that are striving to maintain independence and become self-reliant.



Recipient



Veteran Recipient



Recipient and child

CONTACT US:

ANTHONY E. CONWAY

Phone: (660) 238-0725

email: tconway61555@gmail.com

website: www.cars4missouri.com



DON'T HESITATE TO DONATE!

CARS 4 COLUMBIA DONATED CAR PROGRAM



Recipient and C4C Director CCU and Love Columbia staff celebrate

The mission of the Cars 4 Columbia Donated Car Program (C4C) is to help increase access to personal vehicles and vital repair services that are designed to assist low-income residents and families living in Columbia and Boone County that are facing transportation challenges and are striving to become self-sufficient.



Recipients and child

CARS 4 COLUMBIA DONATED CAR PROGRAM

IS A VITAL COMMUNITY SERVICE ASSET

THAT INCREASES ACCESS TO REAL SOLUTIONS



Director and Recipient



Recipient's child

Transportation is vital to a person's quality of life. The lack of transportation disrupts the daily functions of doctors, hospitals, health-care services and human service organizations when people can't get to appointments or treatments.

Government agencies acknowledge that transportation issues are a severe handicap in their quest to assist disadvantaged residents. Corrections agencies acknowledge that transportation is critical to successful re-entry and hampers the ability of ex-offenders to meet mandatory obligations or maintain employment.

Employers have rejected qualified applicants due to their lack of transportation. Employees that lack reliable transportation have quit or been fired due to their inability to get to work or for consistently being late.

Cars 4 Columbia increases access to services that expand the service capacity of referral organizations by enhancing their ability to resolve the wide array of the mobility issues that their clients face.

For parents the lack of personal transportation is taxing. Getting children to and from day care and school events, doctor's appointments and meeting basic family needs without transportation can be extremely difficult.

Human and social service organizations and health-care providers and government agencies confirm that their many of their clients have an obvious need for reliable transportation.



C4C Serves Targeted Populations

- Low income residents & families.
- Single parent families.
- Veterans of war.
- Victims of natural disasters.
- Non-violent ex-offenders.
- Victims of domestic abuse.
- Individuals transitioning from welfare or homelessness to work.
- Disadvantage youth furthering their education or entering the work force.

C4C Initiatives and Services

- Vehicle Donation Initiative
- Vehicle Repair Initiative
- Vehicle Buyers Initiative

Referral organizations in Columbia and Boone County qualify and refer clients to the program to access initiatives and services.



What is a Registered Dietitian Nutritionist?

Registered Dietitian Nutritionists (RDNs) are food and nutrition experts on your PACT team. They have special training to promote healthy lifestyle choices. Your PACT dietitian can help create a personal nutrition plan for individuals of all ages. They are able to separate facts from fads and give you information you can use.

Top Five Reasons to Visit an RDN for Medical Nutrition Therapy

1. Help manage chronic diseases and tailor nutrition to your individual needs.
2. Pre- and post-bariatric surgery to promote weight loss and ensure good nutrition.
3. Learn how to make healthy lifestyle changes to meals and still include food you enjoy.
4. Weight loss or weight gain, learn small changes that can lead to big results.
5. Diarrhea, dysphagia, tube feeding, constipation, ostomy: Let us help you!

Direct Scheduling for Outpatient Patient Appointments

Schedule an appointment with your outpatient dietitian today. No consult or referral needed.

Just stop by your Primary Care clinic front desk or call your outpatient dietitian to schedule an appointment.



800 Hospital Drive
Columbia, Missouri 65201

(573) 814-6000

columbiamo.va.gov



NOTES

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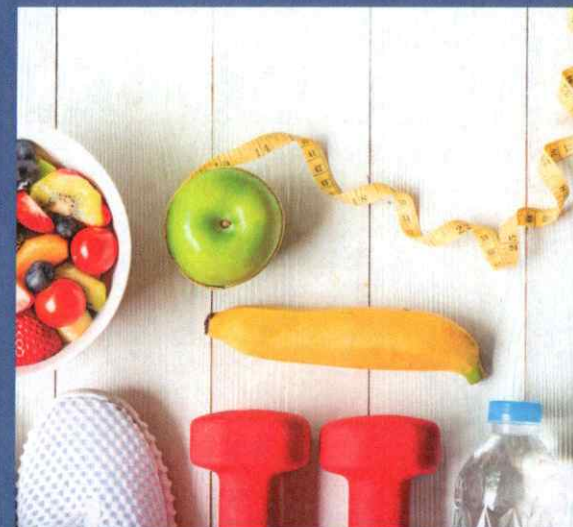
VA



U.S. Department of Veterans Affairs

Veterans Health Administration
Harry S. Truman Memorial Veterans' Hospital

Nutrition Service



800 Hospital Drive
Columbia, Missouri 65201

Outpatient Nutrition Service Class Offerings at Truman VA

Healthy Teaching Kitchen – Hands on and watch-and-learn cooking classes, to take your nutrition recommendations to recipe preparation. Scan the code to visit our website and see our recipes and how-to videos. Contact Lindsey Koelling at (573) 814-6000, extension 53989.



MOVE! Weight Management Program – A 16-week program aimed at making lifestyle changes through nutrition, exercise, and whole health to promote weight loss. Contact Tanya Lee at (573) 814-6472.

Diabetes Education – Two classes that review how nutrition, medication and exercise can all affect your diabetes management. Contact Jennifer Anderson at (573) 814-6000, extension 53362.

Meet our Outpatient team!



**Kelsie Knerr,
RD, CSOWM, LD**

(573) 814-6000 ext. 53944

- Red Clinic
- MOVE!
- Mexico CBOC



Tina Giltrap, RD, LD

(573) 814-6000 ext. 54012

- White Clinic
- Osage Beach CBOC
- Sedalia CBOC
- Waynesville CBOC



Renee Shelby, RD, LD

(573) 814-6000 ext. 53977

- Blue Clinic
- Kirksville CBOC
- Marshfield CBOC
- Jefferson City CBOC



**Jennifer Anderson, RD,
LD, CDCES**

(573) 814-6000 ext. 53362

- St. James CBOC
- Certified Diabetes Educator



Lindsey Koelling, RD, LD

(573) 814-6000 ext. 53989

- Healthy Teaching Kitchen
- Performance Program Intensive



**Megon Thurman,
RD, CSSD, LD**

(573) 324-7518

- Home-Based Primary Care West
- Camdenton CBOC



Kate Yanos, RD, LD

(573) 200-5739

- Home-Based Primary Care Central and South



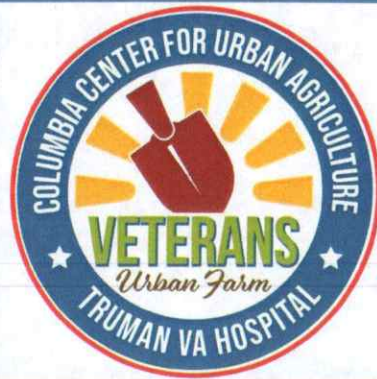
Why HTK?

Making healthy food choices is an important step to self-care.

95% of Healthy Teaching Kitchen (HTK) participants report learning new recipes that will help them on their journey to healthy living.

"This class is very helpful. I am changing the way I eat and plan my meals."

— Cincinnati VA HTK Participant



Proudly pairing with our local Veterans Urban Farm!

Visit the farm located at:

1207 Smith St, Columbia, MO, 65201

Email: Veterans@ColumbiaUrbanAg.Org

Phone: 816-579-1897

Harry S. Truman VA Memorial Veterans' Hospital

800 Hospital Dr.
Columbia, MO 65201

Healthy Teaching Kitchen (HTK) Point of Contact:
Lindsey Koelling, RD, LD
Phone: 573-814-6000 extension 53989

For recipes and other materials, please visit



VA

U.S. Department
of Veterans Affairs



VA

U.S. Department
of Veterans Affairs

Healthy Teaching
Kitchen (HTK)
Program



Come Cook With Us!

The Healthy Teaching Kitchen (HTK) program provides Veterans with nutrition knowledge, cooking skills, and guided practice to build confidence in cooking at home with healthy, minimally processed foods.

HTK classes are fun and delicious! They give you a chance to learn about nutrition and food preparation first-hand under the guidance of a VA Registered Dietitian Nutritionist.

How Do I Sign-up?

Healthy Teaching Kitchen (HTK) Point of Contact:

Lindsey Koelling, RD, LD
Phone: 573-814-6000 extension 53989

Classes Available

HTK 101—Hands-On

Brief Description: This hands-on class is a pre-requisite to the monthly hands on classes and must be completed before enrolling in the monthly hands on classes.

Frequency/Dates: 1st Wednesday of each month

Class length: 1 hour

Monthly Hands-On HTK

Brief Description: Take a deeper dive each month into cooking skills and ingredients in this hands-on class.

Frequency/Dates: 4th Wednesday of each month

Start-End time: 12-1p.m.

or

Frequency/Dates: 3rd Thursday of each month

Start-End time: 9:00-10:00 a.m.

Monthly Watch and Learn HTK

Brief Description: Join for this watch and learn class for new recipes and cooking tips each month.

Frequency/Dates: 2nd Wednesday of each month

Class length: 1 hour

Start-End time: 12-1p.m.

Women Veteran HTK

Brief Description: This class is designed for women veterans only. Join for a fun and interactive class.

Frequency/Dates: 4th Thursday of each month

Class length: 1 hour

Start-End time: 9-10 a.m.

Who Can Attend?

Classes are open to VA-enrolled Veterans and caregivers.

Contact your local HTK Dietitian, Lindsey Koelling, RD, LD at 573-814-6000, extension 53989 for more information or if you have questions!

Is There a Cost?

Currently there are no costs for Healthy Teaching Kitchen classes provided by Harry S. Truman VA Medical Center.



What We Do

Under the supervision of experienced attorneys, law students at the Mizzou Law Veterans Clinic help veterans – free of charge – with discharge upgrades and Department of Veterans Affairs disability compensation claims. In addition to directly representing veterans with their disability claims, the Clinic also participates in high level amicus brief writing, training and education for practicing attorneys, rural veteran outreach through Tigers for Troops, and more.

Tigers for Troops

Tigers for Troops, the Veterans Clinic's rural outreach program, was created to remedy unmet legal needs of veterans who live in rural Missouri. Under the program, the Clinic partners with Mizzou Extension to travel to rural parts of Missouri to reach veterans without access to veterans' services. Law students and supervising attorneys meet with veterans to discuss their VA disability compensation claims and discharge upgrades.

For a list of upcoming Tiger for Troops events, visit:

veteransclinic.missouri.edu



CONTACT/DONATE

Veterans Clinic
School of Law
University of Missouri
120 Hulston Hall
Columbia, MO 65211

veteransclinic.missouri.edu

***To inquire about assistance,
please contact:***

Phone: 573-882-7630

Email: mulawvetclinic@missouri.edu

To donate, please scan the code:



MIZZOU LAW **VETERANS** **CLINIC**



School of Law
University of Missouri

Veterans Clinic Classroom

Students working in the Clinic are supervised by an experienced attorney at each step and have the opportunity to work in a law firm atmosphere within the law school serving real client needs. Law students interested in personal injury, civil litigation or administrative law will benefit from the skills taught in this clinic.

The Veterans Clinic is designed to teach a host of practical skills, including time management, client interviewing and counseling, problem-solving, legal theory development, data collection, witness statements, medical records analysis, and appellate brief writing. Importantly, the Clinic highlights the significance of *pro bono* work in a lawyer's professional life while serving the needs of our veterans on behalf of a grateful nation.



Advocacy

In addition to advocating for veterans with their VA disability compensation claims and discharge upgrades, the Veterans Clinic also participates in other forms of advocacy, including amicus briefs and scholarly articles.

Amicus briefs are “friend of the court” briefs that allow a third party to file briefs in court to advocate legal and policy positions. The Veterans Clinic has been involved in major amicus brief efforts that have changed the landscape of veterans’ benefits law, including a citation by the U.S. Supreme Court in 2022.

Show-Me Home

Veterans who are homeless or at risk for homelessness often face legal issues that make it difficult to obtain or maintain housing. The Clinic was awarded a VA grant to help remove those legal barriers in an attempt to create housing stability.

The Show-Me Home program is committed to improving the lives of these deserving men and women by providing *pro bono* legal services in the areas of Discharge Upgrades and VA disability claims. The Clinic is dedicated to ensuring that every veteran has a place to call home and access to the support they deserve.



Our Clients

Testimonials from clients we have helped here at the Veterans Clinic:

“This Clinic has done so much for my family and me and we are truly grateful. They have worked countless hours on my case and have done it with extreme professionalism.”

— Joseph Reagan

“From helping with claims to simply listening when things get rough, the staff has truly been wonderful. I cannot stress how helpful, patient and understanding these people have been.”

— Letrishia Langford

CBHH

Join Us

**FIRE & FLOW
YOGA FOR VETERANS**

COMMUNITY. RECOVERY. STRENGTH.

1.24.2026

10:00AM
- 12:00 PM

FREE

RSVP
TODAY!

- Format: Relaxed, restorative yoga focused on mobility and stress relief
- Instructor: Sarah Sandkuhl, E-RYT 500, YACEP, ACE GFI
- Post-session refreshments
- Made possible by: Veterans United Foundation and Stephens College



Stamper Commons, Columbia MO

Mid-Missouri Vets Disc Golf Club

Community • Fitness • Connection

Our Mission: Helping veterans reconnect through disc golf — promoting wellness, camaraderie, and outdoor recreation for all skill levels. Whether you're new to the sport or an experienced player, come throw with us and find your community!

Join Us:

Weekly meet-up in Columbia

Equipment available for new players

Focus on friendship, fun, and fitness

Connect With Us:

Email: vetsdiscgolfclubmidmissouri@gmail.com

Facebook Group: Vets Disc Golf Club – Mid Missouri

“It's not just a game — it's therapy in flight.”

CBHH



cbhhorg@gmail.com



www.cbhh.org



@combatboots.highheels



Who we are?

501(c)(3) all-volunteer nonprofit serving Service Members, Veterans, and Families, with dedicated outreach to female Veterans.



Mission

CBHH honors Service Members, Veterans, and their Families by delivering transformative support, advocacy, and resources that promote wellness, opportunity, and lasting connection.



Vision

Our vision is to uplift and unite Service Members, Veterans, and their families through care, connection and purpose.

Community

Welcoming, empowering and advocating for those we serve.

Connection

Fostering peer support and inclusive spaces.

Partnerships

Strengthening relationships with key stakeholders.

Growth

Expanding responsive, holistic programs and targeted initiatives.

Donate today!





VR Helps Individuals With Disabilities Reach Their Employment Potential

If you have a disability that keeps you from looking for a job, staying in your job, or moving up in your job, Missouri Vocational Rehabilitation (VR) might be able to assist you.

VR provides services that maximize your skills and talents — services like career assessment and planning, college training, skills training, and on-the-job training. Do you need workplace accommodations or rehabilitation technology? If so, we might be able to help you with these services along with many others.

We listen to what you want and work with you to make it a reality. We want to help get the right job for you...a career you can grow with. We'll find what works best for you.

For more information, call **877-222-8963**, visit **mvr.mo.gov**, or **scan the QR code below**.

We can't wait to hear from you!



Missouri Vocational Rehabilitation
3024 Dupont Circle
Jefferson City, MO 65109-6188
info@vr.dese.mo.gov



The Department of Elementary and Secondary Education does not discriminate on the basis of race, color, religion, gender, gender identity, sexual orientation, national origin, age, veteran status, mental or physical disability, or any other basis prohibited by statute in its programs and activities. Inquiries related to department programs and to the location of services, activities, and facilities that are accessible by persons with disabilities may be directed to the Jefferson State Office Building, Director of Civil Rights Compliance and MOA Coordinator (Title VI/Title VII/Title IX/504/ADA/ADAAA/Age Act/GINA/USDA Title VI), 5th Floor, 205 Jefferson Street, P.O. Box 480, Jefferson City, MO 65102-0480; telephone number 573-526-4757 or TTY 800-735-2966; email civilrights@dese.mo.gov.

The Vocational Rehabilitation (VR) program receives 78.7 percent of its funding through a grant from the U.S. Department of Education. For Federal Fiscal Year 2024, the total amount of grant funds awarded was \$70,447,118. The remaining 21.3 percent of the costs (\$19,066,374) was funded by state matching funds.

Your pathway to employment with Missouri Vocational Rehabilitation:

1

REFERRAL

Anyone can refer you to VR. You can also refer yourself by contacting your local VR office or by visiting mvr.mo.gov and clicking on *Getting Started*.

2

APPLY FOR SERVICES

At your first appointment, you will meet with a VR counselor who will explain the program and will go over your application.

3

ELIGIBILITY DETERMINATION

Your VR counselor will review information about your disability to get a better understanding of how it affects your ability to work. Your counselor will also determine your eligibility for services.

4

POSSIBLE WAIT LIST

There is a possibility that you might be placed on a waiting list for services. If that happens, VR will inform you when services become available. In the meantime, VR will refer you to other available resources.

5

PLAN FOR EMPLOYMENT

You and your counselor will explore career options that meet your needs and abilities. Together you will create your individualized plan for employment (IPE), which includes your job goal.

6

SERVICES

After your IPE has been developed, you will participate in services that are necessary for you to reach your employment goal.

7

EMPLOYMENT

You will work with your counselor on finding the right job for you. Once hired, you and your counselor will stay in contact for at least 90 days to make sure things are going well.

8

CASE CLOSURE

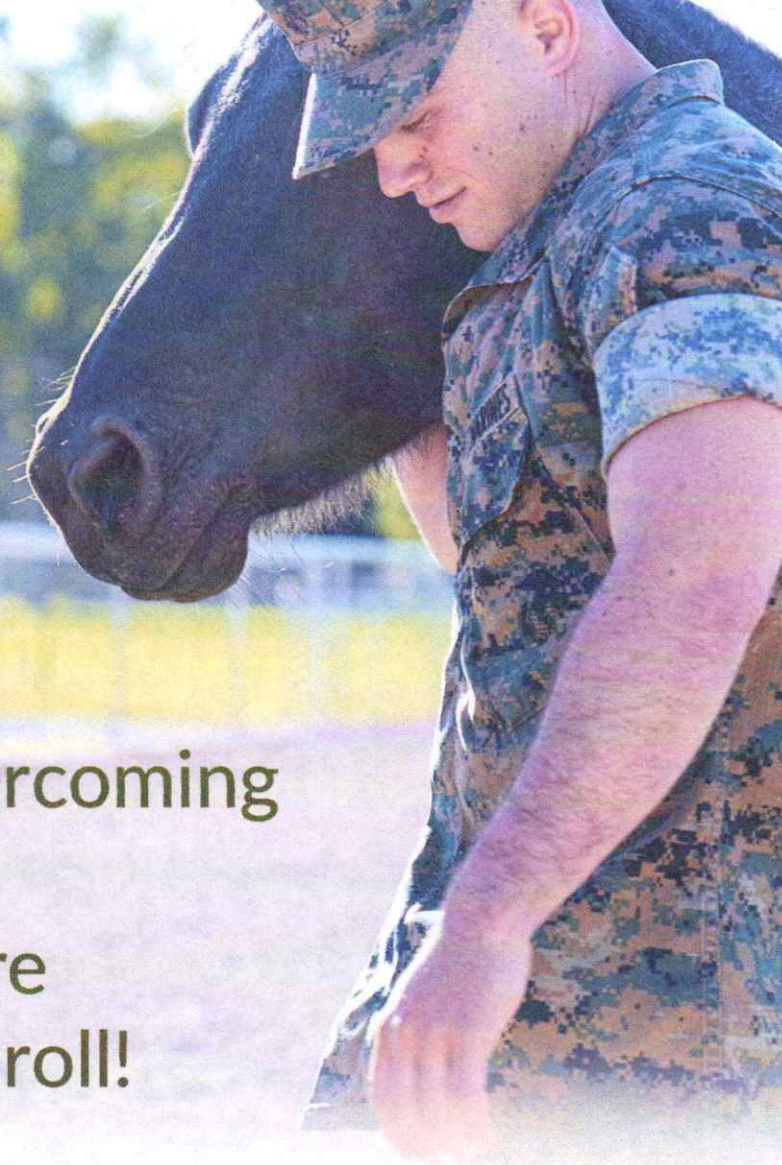
Congratulations on becoming employed! You have successfully reached the end of your vocational rehabilitation program.

VR will help you achieve your goals and reach your employment potential!



eagala

The Global Standard for Equine Assisted
Psychotherapy & Personal Development



There is a path to overcoming
post-traumatic stress.
Call or e-mail for more
information and to enroll!

Horses Healing Hearts, an Equine Assisted Growth and Learning Association (Eagala) Military Services Designated Program, Proudly Presents:

Equine-assisted psychotherapy services for Veterans and Service Members suffering from trauma

Horses Healing Hearts is currently recruiting Veterans and service members to participate in an individual equine mental health intervention aimed at treating trauma and the impacts of military service. Participants will receive 8 individual, 60-minute sessions. These services are being provided by the VA Adaptive Sports Grant which was awarded to Eagala and is being administered through Eagala's Military Services partner organizations. There is no cost to U.S. Veterans and Service Members.

The Eagala Model can help you find the answers you're looking for.

This service was funded by a grant from the United States Department of Veterans Affairs. The opinions, findings, and conclusions stated herein are those of the author(s) and do not necessarily reflect those of the United States Department of Veterans Affairs.



Contact:

Linda Richards, LCSW
573-578-0548

lindarichards@hhhlc.org
www.hhhlc.org