Sundance for Our Soldiers

Horses Helping Humans

www.SundanceforOurSoldiers.org
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Military Families

Healing Together

Military life affects the entire family. SOS helps strengthen relationships through shared experiences that encourage understanding, communication, and resilience.

Benefits

- Strengthen family relationships
- Improve communication
- Build trust between family members
- Navigate deployment and reintegration challenges
- Increase emotional awareness
- Learn healthy conflict resolution
- Reduce family stress
- Create positive shared experiences
- Build stronger support systems

