Sundance for Our Soldiers

Horses Helping Humans

www.SundanceforOurSoldiers.org
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Veterans & Armed Service Members

Finding Strength. Building Resilience. Renewing Purpose.

Whether transitioning from military service, coping with invisible wounds, or seeking a healthier path forward, our equine-assisted, trauma-informed programs provide a safe environment where participants can reconnect with themselves and others.

Benefits

- Reduce stress and anxiety
- Build resilience and emotional regulation
- Improve communication and relationships
- Develop trust and healthy boundaries
- Increase confidence and self-awareness
- Strengthen problem-solving and decision-making skills
- Foster leadership and teamwork
- Reduce isolation while building community
- Restore hope, purpose, and personal identity
- Support successful transition into civilian life

