



Horses & Heroes Program

Come Ride with Us!

Come ride with us and experience the healing power of horses.

Horses show participants how to build trust, grow in self-confidence, reduce stress and develop communication and leadership skills.

Equine Rehabilitation Central Texas is a non-profit 501c3 organization in the Cedar Park area that rehabilitates rescued horses and provides therapeutic horseback riding and equine-assisted mental health services. We are ready to provide Veterans the first opportunity to experience the healing power of horses!

NO COST to Veterans

Therapeutic Horseback Riding: Only a few of the physical and emotional benefits of horseback riding include an increase in self-esteem, confidence, problem solving abilities, attention span, decreased anxiety. The movements of the horse produce hormones that help us self-regulate emotions, helps us live in the moment and break free of fight or flight mode. We provide family or individual riding in groups.



PLEASE RSVP TO: Lisa Rivers, ERCT Founder and Executive Director at lisarivers302@gmail.com 512-484-8480 **Horse facility is located at 17000 Trails End Cove, off 1431 just 3 miles from downtown Cedar Park. We have a covered arena so we can ride rain or shine.**

Ask us about our new Yoga and Horses program!

Horses are soothing, gentle animals. They are straightforward in their interactions without lying or manipulating. They do not judge or blame. Their presence alone can be immensely healing.

Funding is provided by PATH (Professional Association of Therapeutic Horsemanship.) and their partnership with the Veterans Administration.

Thank you PATH and VA!