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Dear Friends,

For many veterans, the challenges of service do not end when they return home. The effects of trauma, anxiety, isolation, and the difficult transition to civilian life can continue long after their military service has ended. Finding a path toward healing can be difficult—and sometimes, the first step is simply finding a place where it feels safe to begin.

At Chesapeake Therapeutic Riding, that place is often found beside a horse.

Through our **HORSES AND HEROES** equine assisted services program, veterans can experience the remarkable connection between people and horses. Working with a horse requires patience, focus, communication, trust, and awareness. It creates an opportunity to be fully present in the moment—away from the noise and stress of everyday life.

And veterans tell us it makes a difference.

“This clinic helps me a lot with dealing with my PTSD and anxiety.”

Another veteran shared, *“This was very helpful in relaxing and clearing my mind with everything going on. Very pleasant experience.”*

For some, the impact begins by overcoming fear. One veteran told us, *“I was very scared at first, but the people at CTR made me feel comfortable and I faced one of my fears and I pet Buttons.”*



That moment of courage can become something much bigger.

“It helped me reconnect with myself and find calm. Working with horses taught me trust and emotional control. It gives me confidence and a sense of peace again.”

For veterans who may struggle to put difficult experiences into words, horses can offer another way to connect. Reading a horse's body language, responding to its movements, grooming, leading, or simply spending quiet time together can provide a powerful opportunity to practice emotional regulation, trust, patience, and confidence.

One participant stated, *“Moving my hands on the reins gives me a sense of responsibility, control, and awe. Love it!!”*

Another shared, *“This place has been a huge help with my mood. They are great with the veterans, and I feel much calmer afterward.”*

These experiences are more than an afternoon at the barn. For veterans who are struggling, they can be moments of connection, accomplishment, purpose, and hope.

And sometimes, the relationship with one particular horse becomes especially meaningful. One veteran reflected on four weeks at CTR:

"I started being hesitant around the horses, but over time I became very relaxed with them and I can sense that the horses were in tune with me. Especially Colonel. We would gaze in each other's eyes like a form of our own communication style. My experience here is one I will never forget."

Your support makes these moments possible.



Veterans participate in our Horses and Heroes program at no cost to them, thanks to the generosity of donors, foundations, community partners, and friends like you. Your gift helps provide the horses, trained staff, equipment, facility, and exceptional daily care necessary to keep this life-changing program available.

When you give to Chesapeake Therapeutic Riding, you are not simply supporting a program. **You are helping a veteran find a moment of peace. You are helping someone rebuild confidence. You are helping create a place where a veteran can feel connected, capable, and understood.**

Please consider making a gift today to support **HORSES AND HEROES** equine assisted services for veterans.

Your generosity can help ensure that when a veteran walks through our barn doors, there is a horse waiting to help them take the next step toward healing.

We invite you to stand with us in this mission. Whether it's a one-time donation or a recurring gift, your support will echo through the lives of those who have given so much for our freedom.

You can donate today by visiting <https://ctrchanginglives.org/veterans-appeal/>.

Thank you for believing in our veterans, believing in the power of horses, and believing in the healing connection between the two.

With gratitude,

A handwritten signature in black ink that reads "Cathy".

Cathy Schmidt
Founder & Executive Director
Chesapeake Therapeutic Riding, Inc.

Chesapeake Therapeutic Riding, Inc., also known as CTR, is a 501(c)(3) nonprofit corporation under Internal Revenue Service regulations. IRS regulations require we inform you that CTR did not provide you with any goods or services in exchange for your gift. A copy of our current financial statement is available by writing CTR at 1136 Priestford Road, Street, MD 21154 or by calling (443) 528-7793. Documents and information submitted under the Maryland Solicitations Act are also available, for the cost of postage and copies, from the Maryland Secretary of State, State House, Annapolis MD 21401, (410) 974-5534. All contributions are fully tax-deductible in accordance with the law. (Tax ID #26-0068227)