



Why HETRA?

Our participants leave behind wheelchairs and walking aids to mount a horse and move with freedom in a safe and nurturing environment helping them heal physically, emotionally, and socially.



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Ability Confidence Focus

HETRA changes lives one stride at a time.



HETRA Heartland Equine Therapeutic Riding Academy
10130 S. 222nd Street, Gretna, NE 68028 402.359.8830 HETRA.org

Why HETRA?

Eisley & Vivian are sisters who are growing and developing together in HETRA's Adaptive Riding program.

Ability

"Since starting equine assisted therapy, Vivian has gone from a timid little girl with a slow, labored gait to a confident 5 year old who is beginning to RUN to keep up with her friends. Thanks to HETRA, Viv is literally running faster and jumping higher!"

Confidence

"We heard from experienced riders about the emotional connection with their horse and wondered what that would look like for our girls. Due to a great deal of time in the hospital, Vivian learned helplessness as a way of life. After riding for the last six months, Vivian now wants to try lots of new things

from different activities on the playground to eating new foods. Her teachers have commented how she is a go-getter, assertive and wants to try everything - she even advocates for her peers when they need help. "

Focus

"Eisley is taking the communication skills she is learning with her horse, Rainbow, and using them at home and school to make her needs and wants known rather than having emotional meltdowns. Her teacher loves to know it's a "barn day" because Eisley is focused and works hard at school knowing she gets to see Rainbow soon."

-- Eisley & Vivian's Mom

Eisley & Vivian

take pride in their achievements at the HETRA Horse Show.



Rainbow helps Eisley develop greater communication skills.

Can We Count On You? *By supporting HETRA, you're making a direct impact on Eisley, Vivian, and hundreds of families who seek equine-assisted activities to improve the lives of their loved ones every day.*

HETRA changes lives one stride at a time.

HETRA's mission is to improve the quality of life both physically and emotionally of children and adults of all ability levels through equine-assisted activities.

