

Together, We Are Changing Lives

In 1989, HETRA began with one participant, one horse, and three volunteers. In the 32 years since then, HETRA has grown significantly and continues to grow as more and more families realize the benefits that Equine-Assisted Services have on their lives. From increased confidence to increased strength and flexibility to improved communication skills, your donation helps to change the lives of participants of all ability levels. From our heart to yours, thank you for helping us change lives one stride at a time.



Can You Imagine?



HETRA

402-359-8830
10130 S. 222nd Street
Gretna, NE 68028
HETRA.org

Stay connected!





Imagine... you've spent your whole life in a wheelchair, always looking up at people and dependent on your caregivers to get you from place to place.

Now imagine coming to a place where you are assisted onto a large warm horse. Imagine the freedom you now have as the horse acts as your legs and carries you where you want to go. Imagine instead of always looking up at people from your chair, now having others look up at you.

IMAGINE THE CONNECTION



IMAGINE THE FOCUS



Imagine... you have spent your entire life in hospitals, doctors offices and therapy clinics. It has been 3 months since you started riding once a week.

Now imagine you are stronger, can now sit more independently, and even take more steps with less assistance. Imagine what it is like to go to the barn and do your therapy with a 1200 pound partner that has 4 hooves and a huge heart.

IMAGINE THE FUN



IMAGINE THE COMMUNITY



If you can imagine all of this, then you can begin to imagine the magic that happens at HETRA, each and every day.

Become a part of all this by joining us in supporting our participants in each of their unique journeys. Your support ensures that individuals of all ages, backgrounds, and ability levels can continue to have their lives changed every day! Together we can create a lasting impact!