

Together, We Are Changing Lives

In 1989 HETRA began with one participant, one horse, and three volunteers. In the 33 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 improve lives of participants of all ability levels. From our hearts to yours, thank you for helping us change lives one stride at a time.

402-359-8830

10130 S 222nd Street

Gretna, NE 68028

HETRA.org

Stay connected!



Strides to Independence





Camille started coming to HETRA when she was just 7 years old. Although she was able to walk, her cerebral palsy caused issues with weakness and balance. Our goal was for HETRA to not only help her physically, but for it to be a fun and engaging experience. Little did we know it would become much more than that for her.

Strength and Independence



“Thanks to her instructor, volunteers, and her horse, Camille has been able to find more strength and independence with every single stride. With HETRA's help, she has overcome difficulties and achieved goals that once seemed insurmountable.”



At 13, Camille had a surgical procedure that helped “rewire” parts of her lower nervous system to limit the spasticity in her legs. Camille had to learn how to trust and use her body in a completely different way. Her sessions at HETRA would become a big part of that recovery.

Once Camille recovered from her surgeries, she expressed that she would like to learn to trot independently. She was not going to let her Cerebral Palsy or blindness stop her. Meeting this goal would take a lot of creativity from the HETRA team and determination from Camille, but everyone was fully committed to reaching this milestone.

Camille has an incredible bond and trust in her Instructor, Rita, and her volunteers, Sheri and Amy. Spending time with them each week truly is one of her favorite parts of her life. Earlier this year, Camille met her goal and can now proudly trot on her own!

Camille's achievement was an culmination of everything she had been through physically and emotionally, while overcoming the difficulties that came with recovering from several surgeries.

You can help individuals like Camille achieve these milestones in their life through a gift to HETRA. Together, we will help more people just like Camille make **Strides to Independence**.

