

# HELP A HORSE HELP A HUMAN

*We can help neighbors recover from trauma if we can count on help from you!*

Please give generously to the **Amity Foundation for Healing with Horses**



My name is Applause. I am a horse living at the Amity Farm at 44 Amity Road. I am writing to you because our need is great—almost as great as the need within this community for the kind of help we provide.

At the Amity Foundation, we help people recover from trauma...and more and more people are affected by traumatic events every day. Did you know that traumatic events are never fully out of sight or out of mind? They are often buried in the subconscious, but they have a sneaky way of coming out. When they do, they can be overpowering.

Horses like me help our Foundation's specially-trained therapist unlock the effects of trauma that some people carry around for a lifetime. It's called equine-assisted therapy. It means adding a little "horse power" can make therapy work even better.

I have been called a "People Whisperer" but that description is not entirely accurate. I do help people who have been affected by trauma—but I do this without saying (or whispering) a word.

*How do I do that?*

You might ask a veteran whose recovering from PTSD or a first responder who has seen more than words can ever describe. Or you could ask a middle-school kid who has been bullied (or one who's doing the bullying—they benefit from our help too). Maybe it's an opioid-addicted teenager who feels there's nowhere to turn. Horses can be a whole lot better at easing pain than heroin. The people we help may not always be able to tell you in words what release from trauma feels like, but you'll see it in their eyes.

Would you like to learn more? Come to our farm to meet me and some of the other horses, take a stroll the property. You can always visit our website [www.theamityfoundation.org](http://www.theamityfoundation.org) or give us a call at 845-355-3582. As Thanksgiving approaches, you may be singing "the horse knows the way to carry the sleigh through the white and drifting snow." We do have a gift for helping people find their way home. With your help, it's a gift we're eager to share. So please take a moment to send a donation to help us help your neighbors. We will remember you with heartfelt thanksgiving when you do.

Only with your support, can we continue to reach those who need us most.

Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Amount enclosed:    \$25    \$50    \$100    Other \_\_\_\_\_

☐ I am interested in learning more about your individual and group programs.

Please contact me at \_\_\_\_\_

*The Amity Foundation: A 501 C3 non-profit organization, supported by volunteers, with a mission to help humans recover from emotional trauma.*

Credit cards and Paypal donations accepted online at  
[www.amityfoundation.org](http://www.amityfoundation.org)  
Please make checks payable and send to Amity Foundation  
44 Amity Road • Warwick NY 10990  
Call (845) 355-3582 if you have questions or would like more information.