

Healing Hooves Benefits Grieving Children and Teenagers

Three-day retreat uses horses to help kids deal with the death of a loved one.

July 11, 2008

Hospice of the Bluegrass and Central Kentucky Riding for HOPE have joined together this week to facilitate a new bereavement service, Healing Hooves. The program incorporates the use of horses to help facilitate the grieving process for Kentucky children and teenagers from ages 7 to 17 who have experienced the death of a loved one.

Healing Hooves is a three-day retreat that runs July 7, 9 and 12 at the Kentucky Horse Park in Lexington, and combines hospice bereavement counselors; North American Riding for the Handicapped Association (NARHA)-certified equine specialists; and horses to assist children with the healing process. Retreat participants are being taught strategies to express their grief, reduce stress and isolation and connect with others who have lost a loved one.

The program is open to any Kentucky child or teenager who has experienced the death of a loved one. For more information, contact Brandy Gordon at 859-277-2700.