



GallopNYC

Veterans Families Program

A New Path to Healing and Connection for the Whole Family

The **GallopNYC Veterans Families Program** is a unique initiative that welcomes veterans and their children into our inclusive equestrian community. Designed to foster resilience, communication, and bonding through shared experiences, the program is open to families with children ages 6–21.

Held in 90-minute weekly sessions, each program includes a blend of mounted and unmounted horsemanship activities. Participants groom, lead, and ride horses together—learning side-by-side in a supportive, team-based setting guided by certified instructors.

PROGRAM GOALS

- Strengthen family connections through shared achievement and discovery
- Support social-emotional development and teamwork
- Build confidence and resilience for both veterans and their children
- Offer a welcoming space for families to relax and reconnect outdoors

No previous riding experience is required. We welcome all ability levels and encourage families to try something new—together.

GROUNDWORK-ONLY OPTIONS

Veterans or family members who prefer not to ride may participate in our groundwork-only option, which focuses on mindful interaction, grooming, and leading activities. This alternative offers a meaningful, calming experience with the same benefits of connection and stress reduction.



GallopNYC.org/Veterans-Programs



Info@GallopNYC.org

Please note: Many of our programs have limited availability and operate with a waitlist. Early registration is encouraged.

JOIN US

Whether in the saddle or on the ground, the Veterans Families Program provides a powerful way for families to bond, grow, and thrive—together.

Dates: Fridays, Sept. 12-Dec. 19

Time: 4:00-5:30 p.m.

Location: Sunrise Stables, 80-98 Linden Boulevard, Queens, NY