

## YOU CAN CHANGE A LIFE

### I can Volunteer my Time & Talents:

- Animal Care
- Mentoring Program Youth
- Assistance with Events
- Office Support

*90% of the youth we serve are low income and need your help.*

**I would like to become a member of ANT's Healing Hearts Family!**

### I can volunteer my funds:

- Provide four weeks of sessions: **\$120**
- Sponsor a youth at Day Camp: **\$250**
- Sponsor a Family Farm Day: **\$500**
- Support of a therapy horse for a year: **\$1500**
- Other amount: \$ \_\_\_\_\_
- **I would like to pledge \$ \_\_\_\_\_/month**

*ANT has federal nonprofit 501(c)3 status; all donations are tax-deductible, as allowed by law. (EIN # 91-1939165)*

### I can contribute through my workplace:

Combined Fund Drive or United Way

**Purchase:** Rich, composted manure \$25/ five bags or by the truckload.

### My Contact Information:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

**Call 360-671-3509 or mail to:**

### ANIMALS AS NATURAL THERAPY

721 Van Wyck Road  
Bellingham, WA 98226

**Visit us online at:**

**[www.AnimalsasNaturalTherapy.org](http://www.AnimalsasNaturalTherapy.org)**

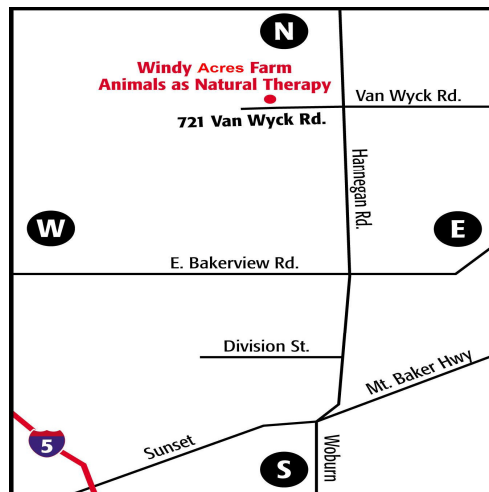
## FARM FRIENDS TOURS

*Horses healing hearts with hope*

**Tours are the  
3<sup>rd</sup> Wednesday of every month  
from 4:00 p.m. – 5:00 pm  
(RSVP)**

Please join us in  
**March** for the **Blessing of the Animals**  
**July** is our **Annual Bluegrass Bash**  
**and Benefit Auction**  
**October** is the **Healing Hearts Breakfast**

**Office Hours:**  
**Mon– Fri 9am-3pm**  
**Saturday by appointment**  
**Sunday CLOSED**



The farm is at 721 Van Wyck Road  
Bellingham, WA 98226  
(North on Hannegan Road from the  
Mount Baker Highway, turn left on Van  
Wyck, go straight at the fork.)

## ANIMALS AS NATURAL THERAPY



*“Transforming our  
Community  
One Life at a Time”*



**[www.AnimalsasNaturalTherapy.org](http://www.AnimalsasNaturalTherapy.org)**

## WHO WE ARE:

**Animals as Natural Therapy's Mission** is to strengthen our community by developing healthy, resilient individuals through animal-assisted education and personal growth with special attention to at-risk youth.

**ANT's Vision** is to provide an emotionally safe environment using well-orchestrated challenging activities that empower individuals to transform their lives. ANT aims to reach marginalized members of the community: from youth with painful lives, families living in transitional housing, and veterans, to elders living in extended care facilities.

\*\*\*\*\*

*"I was more than a case or statistic, more than a suicidal teen, I was a person, and I was in pain that words cannot express. Chaco, my horse, and the staff saw me for me, they did not judge my past or present circumstances, and that made all the difference in the world. Now, three years later, I am off meds and loving my life!"* R.M. a former ANT client.

**90% of the youth we serve are low income and need your help.**

*"A dog lays his head in your lap. A horse gently rests its silk-soft nose on your chest and just breathes. When an animal offers its faith to a human, no questions asked, it is life altering. Things don't hurt as much because this innocent and mysterious creature looked at all the sunlight and shadow in your soul and felt it worth embracing."*

Amanda Martin  
Volunteer mentor



## WHAT WE DO:

ANT's horses gently point out any problems a person has in interactions with others. They are our honest mirrors telling us where we are too harsh and domineering or too weak and a pushover, and how the only way to be in the world is to approach others with pure honesty, respect, honor, and courage.

### **Animals as Natural Therapy teaches Mutual Respect**

Each being's need to feel physically and emotionally safe is honored. In this safe environment, participants are challenged to reach new levels of personal growth and empowerment as they honor their own and each others' needs.

### **Communication**

Clear and honest communication is practiced to develop leadership and teamwork between horses and participants. The participants learn to identify their feelings and what they need, and to ask for this from each other, the animals and their mentors.

### **Trust**

Through building relationship with gentle but challenging animal partners and caring facilitators, participants learn nurturing, responsibility and what is required for trust. This lays the groundwork for healthy relationships elsewhere.



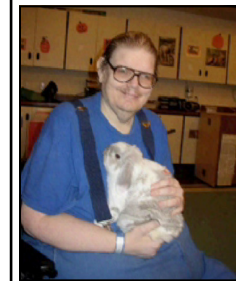
*"Tonight it felt like I made a real difference in someone else's life."*

—A teen in recovery, after visiting elders at an Extended Care Facility with ANT'S big golden retriever, Simba.

## WHO WE SERVE:

### **Animals as Natural Therapy provides programs for:**

- ♥ Preschool, elementary, middle and high school students (day camps and after-school sessions )
- ♥ Teens & mothers in substance abuse recovery
- ♥ Seniors at extended care facilities
- ♥ Family Farm Days for families living in homeless shelters
- ♥ Service learning and internships



### **Our staff:**

- ♥ Director Sonja Wingard BSN, skilled facilitator in equine/animal-assisted therapy, 4-H leader and nurse.
- ♥ Lorna Shepardson M.A., psychotherapist, skilled facilitator in equine/animal-assisted therapy.
- ♥ Instructors: Roz Anderson, Amy Schilder, Bryn Palmgren, Amanda Howe, Terri Plake, Shannon McCune-Dickerson.
- ♥ Horses, llamas, dogs, goats, rabbits, chickens and a cat.
- ♥ Wonderful volunteers serving as mentors and caring for the animals.

*Horses help us experience our power and remove blocks to our success as they offer grace, creativity, and love.*