

# Hestóvin Stables

## *A Place of Healing and Hope Through Therapeutic Horsemanship*

**T**ucked away on a peaceful stretch of green space amidst the bustling city of Grand Rapids, Hestóvin Stables Therapeutic Riding Center offers more than just horseback riding. It provides a sanctuary for children and adults alike, where the bond between human and horse becomes a powerful tool for emotional, physical, and mental healing. With each stride, these Icelandic horses are helping to carry the weight of challenges that many riders face.

### **We believe in the power of the horse to teach, inspire, and heal**

At Hestóvin Stables, our mission is simple: to enhance the lives of individuals through the power of therapeutic horsemanship. Our riders come to us with a wide range of goals—some seek emotional healing, others aim to overcome physical challenges, and many benefit from the mental clarity that time spent with our gentle equines provides. Through one-to-one, individualized riding lessons and on-ground lessons as well as our Equine Assisted Learning (EAL) workshops, not only are our participants learning to ride and be around horses, but are forging meaningful connections with our herd of compassionate Icelandic horses.

### **Why Your Support Matters**

As a 501(c)(3) non-profit, Hestóvin Stables relies on the generosity of donors to ensure that we can continue to provide these life-changing services to our community. When you support us, you're not just helping to keep the stable doors open—you're contributing to the well-being of children, adults, and families who rely on therapeutic horsemanship as a vital part of their journey toward healing and personal growth.

Our equine partners are specially trained to engage with people facing mental, emotional, and physical challenges. Whether they are helping a child with autism develop social skills or aiding a veteran in managing PTSD, these horses serve as patient, compassionate companions in the healing process.



But maintaining this level of care and safety for both our horses and riders comes at a cost. Your philanthropy helps us care for our horses—covering their food, shelter, medical needs, and training—while also enabling us to provide scholarships for riders who might otherwise not be able to afford the therapy they need.

### **The Impact of Therapeutic Horsemanship**

Therapeutic horsemanship has been shown to offer a range of benefits, from improved motor skills and muscle strength to enhanced emotional well-being and social development. At Hestóvin Stables, we witness these transformations daily as our riders gain confidence, strength, and peace through their interactions with our horses. One rider, who came to us struggling with anxiety, now speaks of the calming



lives of our riders and their families. We invite you to become part of the Hestóvin family by contributing, volunteering your time, or helping spread the word about the important work we

years to come. Together, we can ensure that Hestóvin Stables remains a place where lives are transformed, one ride at a time.

For more information on how to contribute or volunteer, please contact us at deanri@hestovinstables.org or visit our stables at 1217 East Paris Ave SE, Grand Rapids, MI 49546. Every contribution, no matter the size, helps us continue this important work. Let's ride together toward a future full of healing, hope, and community.

effect of her time with Glóa, one of our kind and gentle mares. Another family has seen their child, once non-verbal, begin to communicate more openly after sessions with Gunnar, our confident gelding. These are the stories that inspire us to continue our work—and they are made possible through the generosity of philanthropy.

do. As a supporter, you have the option to be recognized or to give anonymously, and you can even honor or memory of a loved one. Remember, your contributions are tax-deductible, and more importantly, they are life-changing.

### An Oasis of Hope

Hestóvin is Icelandic for "horse oasis" and Hestóvin Stables is more than just a riding center—it's a place of refuge, growth, and connection. With your support, we can continue to be this oasis for our community, offering therapeutic horsemanship programs that inspire healing and hope for



### Ways to Help

There are many ways to contribute to Hestóvin Stables, and every gift makes a difference. Whether you choose to support with a one-time philanthropic gift or include us in your estate planning, your efforts will have a lasting impact on the

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**HESTÓVIN STABLES**  
THERAPEUTIC RIDING CENTER

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**1217 East Paris SE, Grand Rapids, MI • www.hestovinstables.org**

**Start your journey toward wellness today.**

Nestled in serene Grand Rapids, Hestóvin Stables offers transformative equine experiences through therapeutic riding and on-ground lessons with majestic Icelandic horses.

Our programs foster emotional, mental, and physical healing for all ages. We also deeply value community support—donations help expand access to life-changing therapies for individuals in need.

**BY APPOINTMENT ONLY**  
**616-228-4140**