



## **Equine Assisted Therapy Group for Active Duty Military, Veterans, and their Spouses**

### **What is EAT?**

As an experiential psychotherapy, EAT uses horses to help the client(s) increase their self-awareness and repattern any maladaptive behaviors, feelings and attitudes. In relationships and families, this allows for clearer communication, a strengthening of bonds, and overall resilience through life's ups and downs.

#### **How do I sign up?**

Contact Chester DeAngelis @  
719-495-3908  
[deangelis@pptrc.org](mailto:deangelis@pptrc.org)

#### **Who can sign up?**

Individuals and Couples who  
have TRICARE health coverage



*Spaces Still Available - Register Anytime!!!*

**EAT OFFERED FOR  
THOSE WITH  
TRICARE COVERAGE**

**AVAILABLE FOR  
INDIVIDUALS AND  
COUPLES**

**WEEKLY GROUP  
SESSIONS  
MONDAYS  
11 TO 12:30**

**STRENGTHEN  
BONDS, ENHANCE  
COMMUNICATION,  
AND BUILD  
RESILIENCE**

**PIKES PEAK  
THERAPEUTIC RIDING  
CENTER**

**DOM CIMINO CENTER AT  
NORRIS PENROSE  
EQUESTRIAN CENTER**  
1035 Lower Gold Camp Rd  
Colorado Springs, CO 80905

[www.PPTRC.org](http://www.PPTRC.org)