

Straight From the Horse's Mouth

BY ERIN MALIA, PROGRAM DIRECTOR AT RUBY'S HOME FOR GOOD



Consider with me for a moment—

What happens when a thousand-pound, formerly abused prey animal seeks safety and relaxation in YOU?

What would it feel like to slow down, breathe deep, let go of the tension you are holding?

When was the last time you enjoyed the peaceful sounds of birds and other wildlife under the cool canopy of trees?

Challenges to our personal, family, and community wellbeing are numerous and at times overbearing. These last several years in particular have brought countless hardships for so many - we all know of someone who is struggling, overwhelmed, at odds with themselves or others. Perhaps it's a family member, friend, or even you?

At Ruby's Home for Good, we know the POWER of safe, positive, and mutually beneficial relationships between people and horses.

We see the evidence that being in nature and with horses helps our community members in countless ways - mentally, physically, in relationships and deep in their heart.

We feel the urgency to make lives better for horses that bring us so much joy and companionship.

Ruby's Home for Good is not your typical horse program. We bring together people and horses in such a way that both can THRIVE. Through horse welfare education, our unique partnership-based horsemanship approach, and service to our veterans' community and youth who are underserved or disadvantaged, we offer a new path to community wellness. We see every day how coming together, being connected to each other, ourselves, and

nature, is critical to living our best lives. Most importantly, we know that our community is better when we ALL thrive.

Participants in our programs experience benefits such as: decreased stress, improved sense of self and wellbeing, improved relationship and communication skills, increased feelings of peace and joy, and even improved sleep and energy levels. Being with horses and in nature, with an intentional commitment to shared benefit, opens doors to a variety of indicators of personal wellbeing.

We are honored to share the benefits of our programs with our military veterans and their families. Veteran participants have expressed that spending time at Ruby's Home for Good resulted in decreased anxiety, better self-awareness, and feeling better equipped in their home and work relationships. They report an increased feeling of purpose, empowerment, and confidence from their time with the horses.

Youth parents note that their children grow in empathy, listening, critical thinking, motivation, and more from our programs. Young people are finding a love for horses and interest in pursuing continued activities or even career options in the equestrian field. Their interests are widened to the many ways to enjoy and interact with horses as well as a respect for the importance of doing right by their equine partner.

With so many benefits to offer our community, we have recently added wellness retreats to our programs. We invite

the general public to join us for a day of rest, relaxation, and connection. It's so important to take care of yourself.

As a 501c3 nonprofit organization, Ruby's Home for Good relies on community support and individual donations to offer our programs. Donations are gratefully received, impactful and tax deductible. Your generous contributions go directly to the care of our beloved rescue mustang, Ruby, and to the programs that serve our deserving community members.

For more information on our programs, needs and impact, visit rubyshomeforgood.org or contact 281-944-5471. We are also active on social media. Finally, we welcome opportunities to share our mission in person—contact us to schedule a visit or request a presentation of our programs to your community group.

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