

# Stress Relief

## for COVID-19 Frontline Workers

No charge for verified frontline workers (medical professionals and first responders) thanks to a grant from the Blank Family Foundation.

### Have you or a loved one been serving on the front lines of the COVID-19 pandemic?

**Stride Ahead** is now providing a unique experience for COVID-19 frontline workers to help deal with the elevated stress brought about by the pandemic.

### Reconnect, Reflect, De-stress

Working with our licensed mental health professionals and equine specialists, participants will experience meaningful and mindful interaction with horses.

Stride Ahead is located on 13 acres of serene pastureland at Little Creek Horse Farm in Decatur, GA.



### How Stride Ahead Can Help

- Licensed mental health professionals & equine specialists on site
- No previous horse experience necessary
- Heal and bond with our horses
- COVID-19 protocol & social distancing strictly observed
- Calming, supportive environment

### To schedule a session, contact:

**Pam Smith, Program Manager | [pashme01@gmail.com](mailto:pashme01@gmail.com) | 404-217-4895**



**STRIDE AHEAD**  
Equine Assisted Therapy  
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Stride Ahead Inc. is a 501(c)(3) nonprofit in Dekalb County.

**[StrideAhead.org](http://StrideAhead.org)**