

DECEMBER 2024

JOURNEY TO THE HEART HORSE SANCTUARY

The Holiday Newsletter



This Holiday Season, Give the Gift of Healing and Connection

WRITTEN BY CRYSTAL ANNA

Happy Holiday's Friends, this Christmas the Sanctuary invites you to be part of a profound journey of healing and hope.

At Journey to the Heart Horse Sanctuary, we believe in the power of transformation – not just as a concept, but as a lived experience. The work here goes beyond traditional support, weaving together trauma-informed care, at times the incredible healing power of the rescue horses, and the domestic violence support provided here.

Each Rescue horse here carries a story of survival, much like the individuals we support. Together, we create a sanctuary of healing, where broken spirits find strength, and wounded hearts discover their resilience.

This season of giving is about more than gifts – it's about giving hope, providing support, and creating lasting change.



www.JourneytotheHearthorsesanctuary.org



[Donate Here](#)

Our Equine-Assisted Learning programs offer a unique path to healing, helping individuals rebuild trust, discover inner strength, and transform their relationships with themselves and others.

Your Donation can make a real difference:

- Support the rescue horses here who are themselves agents of healing
- Provide mental health support for women of Domestic Abuse, helping survivors: Recover from trauma, Rebuild self-esteem, Develop healthy relationship skills and Overcome the psychological impacts of abuse.



Every connection matters. Every life transformed creates a ripple of hope.

This Christmas, will you join us in creating change? Together, we can turn pain into power, isolation into connection, and survival into thriving.

[Call to Action: Learn how you can support Journey to the Heart – because every journey of healing begins with a single step of compassion.]



Trauma Support

CREATING CHANGE

At Journey to the Heart we witness incredible transformations as individuals find healing, hope, and personal growth through the programs here at the Sanctuary.

This Christmas, you can help us support trauma of both survivors and rescue horses on their healing journey

Your support doesn't just change lives—it opens hearts and helps people discover their inner strength. Together, we can make a difference, one horse and one human at a time.

Donate | Volunteer | Spread the Word

Please reach out and share your talents and passion for this mission

Healing Modalities

- Trauma Support & Coaching
- Animal Assisted Therapeutic Styles
- Growth Focused Programs
- Resources for Domestic Violence
- IEMT
- Equine facilitated Clinics
- Clinician referrals
- Biofeedback
- Creating Change Coaching

Christmas is the season for reflecting and honoring what is in your Heart





Visit the
Tack Shack

Check out our [Online Tack Store](#) or visit the Location
at our Volunteers home in Cool, CA.
All Sales directly support the mission of
www.JourneytotheHearthorsesanctuary.org

