



INSPIRING HOPE, CONFIDENCE, AND RESILIENCE IN YOUNG WOMEN THROUGH EQUESTRIAN TRAINING

OUR STORY

Bridle Up Hope was founded by Sean and Rebecca Covey, in memory of their daughter, Rachel, who struggled with depression for many years, but found great fulfillment in helping other struggling girls find hope through equestrian training. In 2012 Rachel tragically passed away; and to continue Rachel's legacy, Bridle Up Hope was started with the aim to build resilience and hope in young women.

OUR MISSION

Our mission is to inspire hope, confidence, and resilience in young women through equestrian training, life skills development, and service at the barn with principles from The 7 Habits of Highly Effective People integrated throughout.

OUR CURRICULUM

Bridle Up Hope is a 14-week Equine-Assisted Learning (EAL) program for girls and women, ages 12 and older, who suffer from low-self worth, anxiety, depression, abuse, or trauma. Our proprietary curriculum is based on the book The 7 Habits of Highly Effective People by Stephen R. Covey, so the girls learn to apply the 7 Habits at the barn and in their personal lives.

- There are three main components:
- Learning to ride and bond with horses
 - Developing life skills through the 7 Habits
 - Serving at the barn

90% OF PARTICIPANTS SAY THE PROGRAM "COMPLETELY TRANSFORMED MY LIFE"
+22% IS THE AVERAGE INCREASE IN "LIFE RESILIENCE" FOR EACH PARTICIPANT

HOW YOU CAN HELP

We are requesting a one-time general fund of \$300,000 to help scholarship participants through our program. Our goal is to scholarship 500 underprivileged girls per year. (An average scholarship is approximately \$2,500 per girl). Participants qualify for scholarships based on financial need. We have a steady waitlist of 40-50 individuals at any given time.

"I have struggled with self harm since 7th grade. It was not until I started the Bridle Up Hope program that I stopped self harming. I was at my breaking point when I first started my the program. Bridle Up Hope saved my life. I would not be here today if it was not for the program, the instructors, the girls, and most importantly the horses."