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Take Flight Farms, a 501(c)(3) organization since 2002, provides Equine (Horse) Assisted Psychotherapy and Learning/Personal Development opportunities for children and adults in the Douglas, Sarpy, and Lancaster County regions of Nebraska. Take Flight's programs aim to help members of the community achieve emotional health and well-being through interactive experiences with horses. All sessions are conducted on the ground, eye level with the work's most important tool: the horses. No riding is ever involved. The purpose of these programs is not to gain horsemanship ability, but rather to empower clients to utilize their unique experiences, processes, and creative problem solving skills to achieve personal goals with the horses, goals that will translate into valuable life skills and/or therapeutic revelations.

Since its inception, Take Flight Farms has worked with clients of varying ages, backgrounds, and learning and/or therapeutic needs. One of the advantages of this experiential model is its flexibility and resistance to a "one size fits all" approach. Sessions are easily tailored to the specific client or group.

What can Equine Assisted Psychotherapy address?

-A variety of mental health and human development needs including behavioral issues, attention deficit disorder (ADD), anxiety, depression, eating disorders, substance abuse, relationships, PTSD, and more.

Who can benefit from Equine Assisted Psychotherapy?

-Individuals, Couples, Families, Children/Adolescents, Groups, Military/Veterans

What is Equine Assisted Learning/Personal Development?

-Similar to Equine Assisted Psychotherapy but focuses on educational or organizational goals including leadership skills, bullying prevention, team building, coping skills, stress management, and more.

Who can benefit from Equine Assisted Learning/Personal Development?

-Individuals, Couples, Families, Groups, Omaha & Lincoln Schools, Military/Veterans, Organizations, Corporations/Businesses, Sports Teams

Take Flight Farms is grateful to the many generous donors in the Omaha and Lincoln communities for their support of our programming. Please contact Take Flight for more information about prices and referrals.