



In Hawaiian culture, “ohana” translates to family. The “ohana” concept carries with it a certain obligation to take care of those in your community as they take care of you.



O H A N A
PRESERVATION FOUNDATION

WHO WE ARE

Ohana Preservation Foundation is a non-profit organization with a mission to serve vulnerable children, their families, and caregivers through equine, art and horticultural programs where they can experience well-being in a therapeutic, rural environment.

WHO WE SERVE

We offer thoughtfully planned mental wellness programs for youth navigating difficult life circumstances and mental health challenges; families with children admitted to hospice, battling cancer or significant illness; families grieving the loss of a loved one; and caregivers struggling with compassion fatigue.

OUR PROGRAMS

EQUINE-ASSISTED ACTIVITIES

A PATH Intl. Equine Specialist in Mental Health and Learning (ESMHL) integrates horse-human interaction through Equine-Assisted Learning (EAL), Therapeutic Horsemanship (TH), or Equine-Assisted Counseling (EAC-In collaboration with a mental health specialist using talk therapy). These unmounted equine-assisted activities have been shown to reduce stress, improve mood, enhance emotional intelligence, improve communication skills, increase confidence and self-esteem. Horses are highly perceptive to subtle changes in their environment, often mirroring the emotions of those around them, giving the participant and equine specialist information to use in various skill-building activities.

OHANA YOUTH & TEEN ALLIES

Ohana Allies program is designed for youth ages 8 to 18, struggling with difficult life circumstances including grief, low self-esteem, and social/family issues. Our objective is to connect them to nature, themselves, and others through therapeutic equine, art, movement, horticultural, talk therapy and recreational activities. These group activities or individual sessions are led by credentialed professionals and are designed to help participants demonstrate healthy expression of emotion, develop coping skills, and create a connected community.

OHANA FAMILY ALLIES

Ohana Family Allies Grief Group is for children ages 6 to 18, along with parents and guardians, experiencing the death of a significant loved one. The objective is to engage in meaningful activities based on therapeutic equine interactions, art, movement, and/or horticulture, led by credentialed professionals.



COMPLEMENTARY THERAPEUTIC PROGRAMS

THERAPEUTIC HORTICULTURE

Therapeutic horticulture uses plants and gardening activities to improve the mental and physical well-being of participants to meet individual goals. It allows participants to explore nature through mindful gardening activities, engaging all five senses leading to improved mood, increased attention span, confidence, and self-discovery.

THERAPEUTIC ART

Creating art supports appropriate risk-taking, emotional expression, healthy attachment, creative exploration, and use of coping skills. Through art, individuals facing grief, mental or physical difficulties, process their experience through hands-on art in a playful, nurturing environment.

THERAPEUTIC MOVEMENT

Therapeutic movement is the use of movement to promote emotional, social, cognitive, and physical integration of the individual. Through yogic practices of movement, breath awareness, and meditation, participants can release feelings stored in the body that are no longer serving them.

SOUND HEALING AND REIKI

Reiki is an energy healing technique that promotes relaxation, stress and anxiety reduction through gentle touch. Reiki practitioners use their hands to deliver energy to your body, improving the flow and balance of your energy to support healing. Sound healing combined with Reiki involves incorporating healing sounds and vibrations using crystal singing bowls to enhance the energy healing experience of Reiki. Together, these modalities can be incredibly powerful and complementary in their ability to promote holistic well-being.

CUSTOM PROGRAMMING

Our programs are often customized to meet the needs of the individual(s), family or team(s) we are serving. These events include **mental health skill-building programs, caregiver retreats, corporate team-building, faith-based programs** and **school field trips**. Programming includes some or all of the complementary therapeutic programs listed above. We work closely and often partner with various outside credentialed specialists, including but not limited to: LCSW, LCSW-C, LICSW, LPC, ATR-BC, QMHP and GC-Cs.



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