

Caroline is an extra special member of the farm family because she was our very first participant. We met her for the first time in June 2022, before we even adopted Mozey, Binx, and Mint! Caroline was quiet, and still learning to be confident in herself. She always came to session, did whatever the activity was, and quietly picked her mood at the end. But as her time at the farm went on, we realized she was always observing everything around her and absorbing all the information about the horses. She would catch little details that others may have missed, like a small horse cue or movement. As she became more confident in her ability to see these details, and with a little extra encouragement, she would share them with the rest of the group.

Though Caroline has a more soft-spoken and gentle personality, she got along especially well with Emmy. Emmy is full of spunk and energy, and can be a little too loving at times. But the two of them seemed to balance each other out, and they became an unexpected duo. Caroline's confidence grew more and more as she got more comfortable with the horses. If her horse started to act up, there would be a moment where she would back down and seem to question herself. But then, after a reassuring smile from a support person, you could see the shift. Caroline would stand taller, use her "I'm the boss" voice, and calmly bring her horse back to a state of ease. It was amazing to watch her decide for herself that she wasn't going to let the moment of discomfort stop her from completing the activity.

It was bitter sweet when we found out that Caroline wouldn't be returning for sessions after about a year and a half. Although we were sad to see her go, she was part of a competitive dance team. She was then not only confident at the farm, but in her life outside of HRHF. Even though we hadn't seen her for a while, we were always excited to hear about her accomplishments.

Caroline decided to come back as a participant for the 2025 Fall sessions, and has continued into the winter. She was so excited to be back, and immediately fit back into our program. She remembers all of the horses, as well as how to halter, lead, groom, and more! As new participants were joining sessions for the first time, Caroline helped show them how to be safe around the horses. She became a role model by answering questions from new people and helping with demonstrations. Caroline always has a smile on her face and a positive attitude, and is always willing to work through a challenge. Her story is a perfect example of how the horses can build a person up and help them become the best version of themselves. Caroline's journey has been and continues to be an inspiration, and the HRHF family has been so lucky to get to watch her grow.

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