



Balanced Beings Outdoor Recreation  
2148 East Desert Lane, Phoenix, AZ, 85042  
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### **United Adventures: Active Military, First Responder, and Veterans Information**

#### **Overview:**

Bringing together like-minded individuals who have served this country, United Adventure: Active Military, First Responder, and Veterans Program offers programs that facilitate a structured, outdoor recreational therapy session. Using equine-assisted activities, animal interaction (goats, kittens, and chickens), nature- and adventure-based interventions, and purposeful arts and crafts, participants engage in intentional experiences designed to promote social connection, emotional regulation, communication skills, and adaptive coping strategies. This therapeutic environment supports camaraderie, healthy peer interaction, and opportunities for self-reflection and skill development for active-duty military, veterans, and first responders.

#### **Sessions may include:**

- Beginner's archery lessons under NASP instructions and guidelines
- Horsemanship experiences
- Farm crafts
- Games and camaraderie building opportunities
- Build on social skills, emotional regulation, and vocational skills
- Gardening
- Mini fun service projects
- Scavenger hunts
- Adventure and nature based activities

\*The maximum weight of participants is 210lbs. for mounting WCR horses

*\*Riding is not guaranteed every session\**

#### **Purpose Summary:**

Designed with the unique experiences of active military, veterans, and first responders in mind, these small-group sessions offer a structured yet dynamic environment where each week's theme introduces new educational or leisure-based activities intentionally woven with metaphoric learning. Through this approach, participants engage in meaningful experiences that naturally parallel real-life challenges — building insight, perspective, and practical coping strategies without the pressure of traditional talk-based settings.

Sessions are structured to foster a cooperative environment where trust is built gradually and authentically, allowing individuals to engage at their own comfort level, develop meaningful peer connections, and strengthen group cohesion over time. The skills and strategies explored in each session are designed to be immediately applicable — equipping participants with effective, transferable tools to navigate stress, transitions, and adversity both on and off duty.

**Ages:**

18 years of age or older

All participants must be restroom independent and willing to cooperate in their own self care, without assistance

**Price:**

\$35 per session, per veteran, paid in full before session

**Location:**

2148 East Desert Lane, Phoenix, AZ, 85042

**When:**

See “book online” for upcoming dates

By appointment only

Friday’s

6:00pm - 7:15pm

**Duration:**

1.25 hours

**Minimum attendance:**

1 participants

**Maximum attendance:**

6 participants

**Terms and Conditions of Deals:**

Refer a friend to receive 50% one session, per referral

Active military, first responders, and veterans receive \$25 off 2 sessions (50% discount)

**Things to know:**

If you have more than one child attending, please register them each individually. Thank you for your time!

Documentation preferences may affect assessment requirements. Insurance billing is in transition of being offered. Program structure, documentation requirements, and pricing may change in the future if insurance options become available. All required registration, assessment documentation, waivers, releases, and in-person in-take interview must be completed and received no less than **five days** prior to booking and participation, as well as paid in full prior to participation. This information is required to allow sufficient time for review and to develop appropriate protocols, safety considerations, and individualized session planning.

**Contact:**

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