

MY SHERO



Lissa Corcoran and Leo | Loving and Lovable

“Along with Lissa and my wonderful therapists, the horses give me motivation. They love me for who I am. Therapy is easier when I am engaged in an activity rather than curled up on a couch. By looking at the ways I approach each relationship with a horse like Leo, and the equine therapists I learn lessons about what I do outside the barn.”

– Nominated by Jenny Millkey, Vinings, GA

A survivor of abuse by her stepfather during childhood, Lissa found it difficult to benefit from traditional therapy. Instead, time at the barn ultimately healed her. Years later, Lissa founded Flying Change, a program which evolved into equine assisted psychotherapy. Today, it is a practice where people and kids like Jenny can work through their issues.

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