

**VOLUNTEERS ARE THE STARS
OF OUR PROGRAMS**



We always welcome people ready to give their time, energy, and enthusiasm to support our work.

We need the help of more than 100 volunteers a week. No prior experience necessary; we offer Volunteer Orientation sessions.

Whether seeing the warmth of a child's smile or feeling the soft touch of a horse's nose, our volunteers experience as many benefits as our riders.

Apply on our website:
www.specialequestrians.org

Opportunities include helping in these areas

Program
Barn
Events
Fundraising
Office
Landscape/Garden/Maintenance

Special Equestrians is a Registered PATH (Professional Association of Therapeutic Horsemanship) International Center. Our staff includes:

- Certified PATH Intl. Therapeutic Riding Instructors
- 3 Occupational and Physical Therapists
- Certified Equine Assisted Growth and Learning Association (EAGALA) Instructor
- Licensed Clinical Social Worker
- 15 specially trained therapy horses, including 2 rescue Thoroughbreds



Special Equestrians
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Warrington, PA 18976
Phone 215-918-1001
Fax 215-918-9080
www.specialequestrians.org

Special Equestrians is a nonprofit 501(c)(3) organization whose mission is to improve the physical, mental and emotional well being of individuals with disabilities through the equine experience. The official registration and financial information of Special Equestrians Inc. may be obtained from the Pennsylvania Department of State by calling toll free within Pennsylvania 1-800-732-0999. Registration does not imply endorsement.



Therapeutic Riding Center

**Offering Equine-Assisted Activities
and Therapies
since 1982**



Therapeutic Riding
Silver Saddles
Hippotherapy

Equine-Facilitated Learning
Youth Connections

HOW EQUINE-ASSISTED THERAPIES WORK

Horses Heal, Assist, Transform

- Horseback riding gently and rhythmically moves a rider's body in a manner similar to a walking gait. Riders improve strength, balance, posture, flexibility, motor skills, and sensory communication.
- The unique relationship formed with a horse can help in improving interpersonal relationships, while the presence of instructors and volunteers encourages social interaction and trust.
- The independence and confidence that comes through interactions with a horse carry into daily life.
- Horses provide emotional feedback, promoting self-reflection and peer interaction.
- Horses like repetition, tolerate mistakes, and respond to correct cues, which helps improve humans' self-confidence and well being.
- Working with horses motivate concentration, patience, and discipline.
- Working with horses promote positive changes in human biochemistry.



Horses and Seniors

*Have you always wanted to ride a horse but not have the chance?
Has it been a long time since you last rode a horse? It's never too late.
Join our Silver Saddles!*

- Horses provide emotional feedback, promoting self-reflection and peer interaction.
- Our trained therapy horses and certified therapeutic riding instructors can lead you through a gentle, safe, fun equine experience.
- Get in shape by exercising while on horseback: riding improves overall health, helping people with joint problems, arthritis, and low muscle tone.
- Enjoy the pleasure of getting to know a horse through grooming and caring for your horse.
- Exercise your mind: following directions while operating your own different body parts and sending cues to the horse keeps your mind sharp. Research has shown that riding helps prevent memory loss.
- Riding can keep you active all year long.
- Riding and working with horses has been shown to reduce stress in the mind and body.



SHARE YOUR STRENGTHS WITH PEOPLE WITH SPECIAL NEEDS

Bring your personal and professional skills into the barn and the arena and help change the life of children and adults with physical, cognitive, and emotional challenges.

Help at-risk teens find confidence and positive self-awareness working with gentle horses and caring volunteers.

Take a break from your daily routine and feel the joy of working with horses.