

Who Is a Good Candidate for HOPE Programs?



Horses Help People Discover Hope, Healing, Confidence & Connection

At HOPE Therapeutic Riding Center Inc., we partner with schools, counselors, therapists, social service agencies, healthcare providers, and community organizations to support individuals through equine-assisted experiences.



A GOOD CANDIDATE MAY BE SOMEONE WHO IS:



Seeking Confidence & Self-Esteem

- Struggles with self-confidence
- Doubts their abilities
- Needs opportunities for success and achievement
- Would benefit from increased independence



Experiencing Emotional Challenges

- Anxiety
- Depression
- Stress or overwhelm
- Emotional dysregulation
- Difficulty coping with life changes
- Low motivation or withdrawal



Developing Social & Relationship Skills

- Difficulty making or maintaining friendships
- Struggles with communication
- Social anxiety
- Limited peer interaction
- Needs opportunities to build trust and connection



Building Life Skills & Resilience

- Needs support with responsibility and accountability
- Benefits from hands-on learning experiences
- Developing leadership skills
- Working on problem-solving and decision-making
- Learning perseverance and self-control



Navigating Trauma or Adversity

- Adverse Childhood Experiences (ACEs)
- Foster care or adoption transitions
- Grief and loss
- Family changes
- Difficult life circumstances
- Individuals seeking a safe and supportive environment



Benefiting from Therapeutic Riding Services

- Physical challenges
- Developmental disabilities
- Autism Spectrum Disorder
- ADHD
- Sensory processing differences
- Social, emotional, or behavioral challenges

Why Horses?

Horses offer immediate, honest, and nonjudgmental feedback. They help participants develop:

- ✓ Confidence
- ✓ Emotional Awareness
- ✓ Communication Skills
- ✓ Trust
- ✓ Leadership
- ✓ Responsibility
- ✓ Resilience
- ✓ Self-Regulation
- ✓ Healthy Relationships

For many participants, the barn becomes a place where they feel accepted, capable, successful, and connected.

PROGRAM OPTIONS



HOPE THERAPEUTIC RIDING PROGRAM

For individuals with physical, social, emotional, behavioral, and/or mental challenges.



STABLE MOMENTS

Equine-Assisted Life Coaching

Focused on emotional wellness, resilience, relationships, trauma recovery, and personal growth.



TRAIL BLAZERS

Mentor Horsemanship Program

Youth leadership and horsemanship program teaching Trust, Relationships, Adventure, Integrity, and Leadership.

! A REFERRAL MAY NOT BE THE BEST FIT IF:

- The individual is unwilling to participate around horses.
- There are significant safety concerns that cannot be safely managed in a group or equine environment.
- Medical, behavioral, or emotional needs currently require a higher level of intervention than our programs can safely provide.

All referrals are individually reviewed to ensure appropriate program placement and success.

We would love to connect!



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Helping individuals of all ages and abilities discover hope, healing, confidence, and connection—one hoofprint at a time.