

HOPE



THERAPEUTIC RIDING CENTER INC.

*Building Confidence, Connection
& Life Skills Through Horses*

**Guided by Hope. Inspired by Horses.
Changed by Connection.**



At HOPE Therapeutic Riding Center Inc., we believe horses have a unique ability to help people discover strength, confidence, healing, and purpose. Through equine-assisted therapeutic, educational, and recreational programs, we provide opportunities for children, teens, and adults to grow physically, emotionally, socially, and mentally in a safe and supportive environment.

*One Hoofprint
at a Time*




HOPE THERAPEUTIC RIDING PROGRAM

*For Individuals with Physical, Social, Emotional, Behavioral,
and/or Mental Challenges*

Therapeutic Riding combines horsemanship and riding skills with individualized goals that support personal growth and development.

Participants May Gain:

- ♥ Improved balance, coordination, and strength
- ♥ Increased confidence and independence
- ♥ Enhanced focus and emotional regulation
- ♥ Improved communication and social skills
- ♥ Greater self-esteem and sense of accomplishment

**FORMAT: 7-WEEK SESSIONS
CLASS LENGTH: 60 MINUTES WEEKLY**



STABLE MOMENTS

Equine-Assisted Life Coaching

*For Children, Teens & Adults Navigating Stress,
Anxiety, Trauma, Adversity, Life Transitions,
or Personal Growth*

Stable Moments provides a safe space to build life skills, healthy relationships, resilience, and emotional wellness through meaningful interactions with horses.

Participants May Gain:

- ♥ Improved emotional awareness and self-regulation
- ♥ Increased resilience and coping skills
- ♥ Stronger communication and relationship skills
- ♥ Greater confidence and self-worth
- ♥ Healthy connection and community support

**FORMAT: 7-WEEK SESSIONS
SESSION LENGTH: 90 MINUTES WEEKLY**

*When life
feels unsteady,
find your
stable in these
moments.*



TRAIL BLAZERS

Mentor Horsemanship & Leadership Program

AGES 8+

TRAIL Blazers helps youth develop leadership, responsibility, confidence, and character through horsemanship, mentorship, and hands-on learning.

- T** - Trust
R - Relationships
A - Adventure
I - Integrity
L - Leadership

Participants May Gain:

- ♥ Leadership and teamwork skills
- ♥ Responsibility and accountability
- ♥ Confidence and self-belief
- ♥ Horsemanship and horse care skills
- ♥ Problem-solving and decision-making skills

**FORMAT: 7-WEEK SESSIONS
CLASS LENGTH: 90 MINUTES WEEKLY**



WHY HORSES?

Horses offer immediate, honest feedback and help participants develop trust, confidence, communication, emotional awareness, and resilience. The lessons learned beside a horse often extend far beyond the barn and into everyday life.

WE WELCOME REFERRALS FROM:

- Schools ♥ Counselors ♥ Therapists ♥ Social Workers
Medical Professionals ♥ Community Organizations
Parents & Caregivers



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


