



Mission Statement

The Therapeutic Riding Department is dedicated to serving riders with special needs through equine-assisted activities. We stress achieving physical, cognitive, and emotional growth while also having fun in a safe and rewarding environment.

Program Focus

Helen Woodward Animal Center is dedicated to improving the relationships between humans and animals. In the Therapeutic Riding program we bring animals and people together in a cooperative learning environment to enrich both people and animals. Equine assisted activities can be used effectively as a tool to help improve certain physical and cognitive functions, quality of life, and the social well being of the rider. Instructors assist in setting and accomplishing various different goals that have both teach a riding skill and provide benefit above and beyond riding. For more information about the benefits of equine assisted activities, visit our program website at <https://animalcenter.org/programs-services/therapeutic-riding/benefits>.

Target Groups

At Helen Woodward Animal Center, therapeutic riding is open to people 4 years of age and older with all types of physical, cognitive, social, and/or emotional challenges. Weekly riding lessons teach the skills of riding and horsemanship and are prepared with the individual's safety in mind, emphasizing physical, cognitive, social and emotional development. When operating at maximum capacity, the program sees about 70 riders a week.

Restrictions

The Center's professional team along with the rider's physician will determine if this is an appropriate type of activity for the individual. Program participation is also contingent upon the availability of an appropriate equine. Certain contraindications are followed for the safety of all participants. A Physical or Occupational Therapist may be consulted to assist the team in determining if this program is appropriate for certain individuals.

Contact:

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