

## THERAPEUTIC RIDING CHANGES LIVES

For people with disabilities and those at risk, the horse and its environment can provide unique healing and learning experiences. Under the watchful eye of a certified instructor, trained volunteers, consulting educators and healthcare professionals, a student's interaction with a horse can be therapeutic, fun, and freeing.

BRCTH offers ten-week spring and fall therapeutic riding sessions, plus week-long summer day camps. Instruction includes grooming, handling and mounted activities. BRCTH also offers Equine Facilitated Learning (EFL) which emphasizes psycho-social learning through observation of and interaction with horses in ground activities.

We serve children, from age 4, and adults. Students may be individually referred or participate as part of a school, therapy or group home program. Year-round access to an indoor arena allows for the development of new programs to serve additional populations.

Competition opportunities exist for students, including the annual Therapeutic Riding Association of Virginia Horse Show held each fall in Lexington. BRCTH students have excelled at this family-oriented, fun event.



## THERAPEUTIC RIDING PRODUCES RESULTS

### PHYSICAL

- Improved coordination and muscle tone
- Improved posture and balance
- Improved gross and fine motor skills
- Increased strength and range of motion

### COGNITIVE

- Improved attention and concentration
- Improved sequencing and planning
- Improved flexibility in thinking
- Improved judgment

### PSYCHO-SOCIAL

- Increased self-confidence and self-control
- Increased understanding of consequences
- Improved social interactions and work habits
- Increased empathy and empowerment

### PLUS...It's FUN!

You will make new friends—human and equine!



## VOLUNTEER OPPORTUNITIES

To continue developing and expanding our services, BRCTH needs the support of the communities that it serves. We are seeking interested persons to help with:

- Locating suitable horses and ponies
- Fundraising and administrative activities
- Promoting therapeutic riding in the communities where we live.

BRCTH is seeking volunteers to be horse leaders and side walkers for the lesson programs, as well as instructors-in-training for the mentoring program leading to PATH (Professional Association of Therapeutic Horsemanship) certification.



BRCTH operations are based at Almeda Farm, which features airy, well-lit work spaces, large indoor and outdoor arenas, a round pen and extensive trails.



**HELP BRCTH MAKE A  
DIFFERENCE  
AND CHANGE LIVES  
IN OUR COMMUNITIES**



The Blue Ridge Center for Therapeutic Horsemanship (BRCTH) is a 501(c)(3) nonprofit organization, funding its operations through individual and corporate in-kind and monetary donations, foundation and civic grants, fundraising events, merchandise sales, and student tuition.

**FOR MORE INFORMATION**

If you are interested in receiving a registration packet, volunteering in any capacity, or receiving additional information about the program, please contact:

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**www.brcth.org**  
**www.facebook/BRCTH**

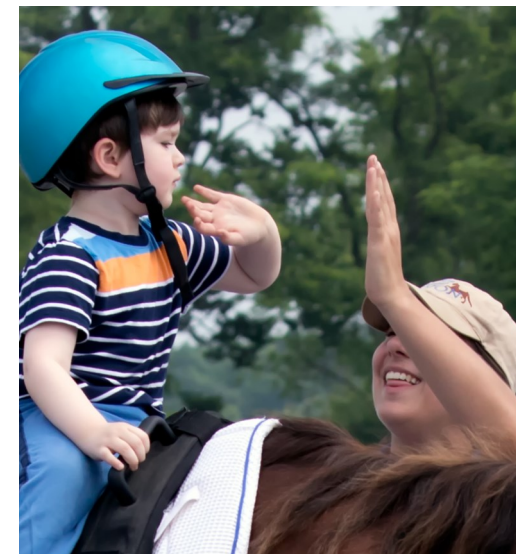
*PATH International: Ensuring excellence and changing lives through equine-assisted activities and therapies.*



— MEMBER —



**PROVIDING LIFE-ENHANCING,  
EQUINE-ASSISTED ACTIVITIES  
FOR CHILDREN AND ADULTS  
WITH DISABLING CONDITIONS**



Serving the Northern  
Shenandoah Valley of Virginia  
and contingent  
West Virginia Counties

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