



High Horses is a nationally certified therapeutic riding program that provides excellence in equine-facilitated activities. Our professional staff, volunteers, and horses work as a team to provide case-specific lessons addressing the physical, emotional, social and cognitive challenges of children and adults with special needs. This distinctive experience of achievement, joy, and community inspires and empowers everyone involved.

High Horses Therapeutic Riding has been serving residents of the Upper Connecticut River Valley region of Vermont and New Hampshire since 1993. We are one of only three programs in Vermont, whose standards meet the demanding criteria to attain “Premiere Accreditation” by the North American Riding for the Handicapped Association (NARHA).

Our riders come to us with a wide range of disabilities including autism, cerebral palsy, developmental delay and emotional challenges. They range in age from three years to ninety-two. Approximately 75% of our riders are under age 18.

Riders participate either in our Therapeutic Riding Program with a certified instructor, our Hippotherapy Program with a licensed therapist, or in Connections, our mental health program.

[www.highhorses.org](http://www.highhorses.org)

### What is Therapeutic Riding?

Therapeutic Riding works by involving the rider’s body and mind to promote increased self-esteem and confidence, as well as to improve posture, balance, hand-eye coordination and muscle tone. Because horseback riding gently and rhythmically moves the rider’s body in a manner similar to a human gait, riders with physical disabilities often show improvement in flexibility, balance and muscular strength. For individuals with mental or emotional disabilities, the unique relationship formed with the horse can lead to increased confidence, patience and self-esteem.

### Why Should I Support High Horses?

High Horses receives no government support and grants from private foundations are increasingly difficult to secure.

While we strive to keep rider fees reasonable, the actual cost of a rider session is close to \$800. In reality, rider’s fees cover barely one-third of the cost of running the program.

Our horse herd is a crucial component of the program. Providing excellent care for our horses is a top priority and is unfortunately very costly.

As the benefits of therapeutic riding become better known, the demand for our services has increased. Your support can help us make the program available to more people in the Upper Valley.

### What Your Gift Buys

- \$1,000 provides one of our therapeutic horses with board for a half year.
- \$500 provides 30 hours of training for our volunteers.
- \$200 provides a partial scholarship to one rider for 7 weeks.
- \$60 provides a hoof trim for two horses.
- Every dollar goes to provide a direct and profound change in a child’s or adult’s life—right here in your community.

**Yes!** I want to support the unique experience and therapeutic benefits of High Horses Therapeutic Riding Program for my neighbors in the community.

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_

Email Address \_\_\_\_\_

Enclosed is my donation of \$\_\_\_\_\_.  
Please make check payable to High Horses.

Please charge my gift of \$\_\_\_\_\_ to my  
 VISA  MasterCard

Card # \_\_\_\_\_

Expiration Date: \_\_\_\_\_

My gift is in honor of/in memory of: \_\_\_\_\_  
Send notice of this gift to: (Name/Address)

- I would like to be contacted about High Horses volunteer opportunities.
- Please remove my name from your mailing list.

High Horses is a 501(c)(3) non-profit corporation. All gifts are tax deductible to the fullest extent allowable by law.

Return this form to:  
High Horses Therapeutic  
Riding Program  
P.O. Box 681  
Norwich, VT 05055

For more information  
call 802.356.3386 or  
visit our web site at:  
[www.highhorses.org](http://www.highhorses.org)

