



HOPE HAVEN THERAPEUTIC RIDING AND WELLNESS CENTRE

Saddle Up For Success!



Hope Haven Therapeutic Riding and Wellness Centre is inviting all Grey and Simcoe county schools to take part in our Saddle Up For Success program!

What is Saddle Up For Success?

Saddle Up For Success is a research based school program developed for elementary and high school students with **emotional, cognitive and/or physical challenges**. Research shows that therapeutic riding provides these students with the opportunity to develop stronger self-confidence, self regulation and coping skills so they can better deal with anxiety, anger, fear, frustration or lack of attention.

What is the format of this program?

In partnership with area schools, groups of up to 8 children are identified by teachers or parents who could benefit from therapeutic riding.

Frequency of the program is 1 morning a week for a minimum of 4 weeks. Students are provided with a 1 hour therapeutic riding lesson or horsemanship (if unable or unwilling to ride), plus a 1 hour alternate activity.

Here is a sample of a 4 week Saddle Up For Success agenda:

Week	Therapeutic Riding	Alternate Activity
1	Basic intro to barn, arena, horse, grooming equipment and tack. Mounting horse and walking on.	Guided hike on our trails
2	Intro to warm-up exercises. Mounting and basic riding. Taking care of tack.	Yoga and relaxation exercises with certified instructor
3	Intro to parts of horse. Warm-up exercises. Mounting and basic riding. Intro to grooming.	Creative Art session
4	Warm-up exercises, horseback activity, untacking and grooming the horse.	Rhythmic drumming

How do you register?

The lead teacher or principal at your school will confirm the group participants, days and times. Well before the program starts we need to have all participants submit a completed **Participant Application** as well as a **Professional Referral Form**. These can be filled out directly on our website (preferred method) or can also be downloaded and printed.

What is the cost?

A 4 week session is \$130. For families who need assistance, please inquire about sponsorship funds we may have available. Other available community funders include Jumpstart, Beaver Valley Outreach, youthreach and Grey County National Child Benefit all of which you can apply for at any time. Attached are direct website links to get you started.

Questions?

Please contact Robyn our Program Manager for any questions or assistance with funding. Office phone 519-986-1247 or email program@hopehavencentre.org.

We look forward to helping your child achieve success!!

FUNDING OPTIONS

Canadian Tire Jumpstart

Jumpstart's core purpose is to enrich the lives of children in need (4-18 years old) through sports and physical activity. They assist with the costs associated with registration, equipment and/or transportation.

[Click here](#) to bring you directly to the Jumpstart online application.

Grey National Child Benefit (NCB)

Applicants must reside in Grey County, have household earnings less than \$50,000 per year and children under 18 years of age residing with you on a regular basis.

[Click here](#) to view the details and full application through the YMCA website.

The application may also be picked up at the YMCA or Grey County municipal offices.

Beaver Valley Outreach

Based out of Thornbury Ontario, the BVO has recreational funding available for children under 18 years, who are residents of the Town of Blue Mountains with household earnings less than \$40,000 per year.

[Click here](#) to take you directly to their website and application.

Youthreach

Youth recreational funding is available through youthreach for Simcoe county residents that are facing financial barriers.

[Click here](#) to apply online through their website.