



Hippotherapy

Hippotherapy or therapeutic riding is a physical and social activity that teaches cooperation with people and animals. It provides an opportunity to share experiences with both disabled and able-bodied riders.

Riding is mentally and physically stimulating, enhances alertness and the ability to concentrate, and helps to increase self-awareness and self-confidence. The rhythmic three-dimensional movement of horseback riding benefits the rider by promoting general physical fitness, normalizing muscle tone, improving balance, reactions and strengthening muscles.

Community Association of Riding for the Disabled (CARD)

CARD, located in Toronto, offers cognitive therapy, physical therapy, rehabilitation therapy, medicine therapy and adaptive sports therapy. Their horseback riding program benefits riders who seek physical or cognitive therapies, who have a variety of disabilities, including Autism, Down Syndrome, cerebral palsy, and multiple sclerosis. For more information visit:

<http://www.card.ca/>

The Equestrian Association for the Disabled (TEAD)

Located in Hamilton, T.E.A.D is dedicated to enhancing the quality of life for children and adults with disabilities through a unique form of proven therapy with the use of horses. For more information visit:

<http://tead.on.ca/>

Windrush Stables

Windrush Stable T.R.C. is a non-profit charitable organization that offers horseback riding lessons to children and adults with a physical or developmental disability. Horseback riding offers a chance to be successful at a unique activity while receiving educational and therapeutic benefits. The relationship students develop with their equine and volunteer partners promotes emotional and social growth. For more information visit:

<http://www.windrushstable.com/index.html#about>



Caledon Equestrian-Pegasus Program

The Pegasus Program, run by certified, Therapeutic Riding Instructor, Elaine Brooks, is for special needs children and adults. Elaine and her volunteers work with kids and adults with all sorts of special needs. For more information visit:

<http://caledonequestrian.com/gallery/pegasus-program/>