

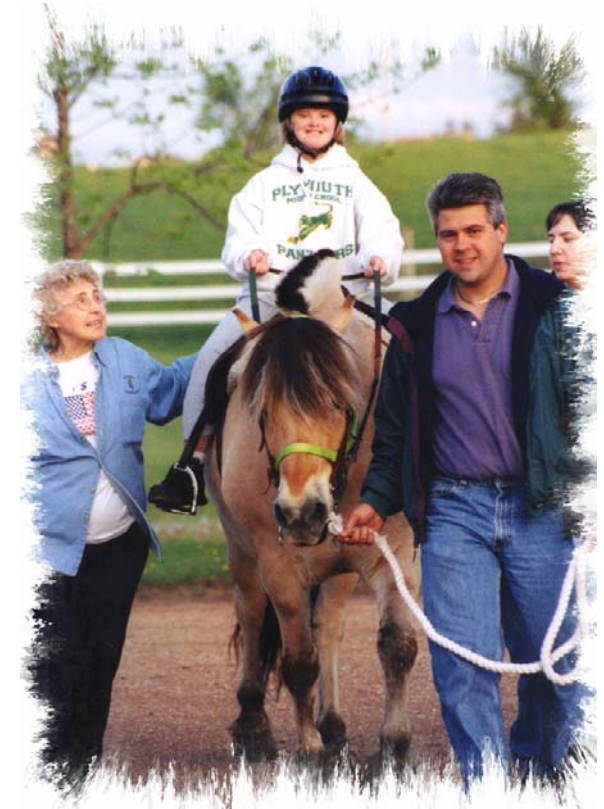
As a nonprofit, volunteer-based organization, We Can Ride depends on your generosity. Your financial gift to We Can Ride will help to:

- Expand the program to reach those who have never participated
- Provide additional equipment
- Fund financial aid for those individuals who cannot afford the fees



## Program Overview

Therapeutic Horseback Riding, Hippotherapy & Carriage Driving for children /adults Living with Disabilities



The We Can Ride program, founded in 1982, provides therapeutic horseback riding and carriage driving to children and adults living with disabilities. We Can Ride is a NARHA (North American Riding for the Handicapped Association) premier accredited member. We Can Ride follows strict operating standards to provide reputable, therapeutic, safe, and enjoyable riding and driving.



We Can Ride is a non-profit, 501(c)(3) organization whose mission is to challenge the physically, cognitively, emotionally, and behaviorally disabled to enhance their skills and well being through programs of therapeutic horseback riding and carriage driving. Therapy, including interaction with others, is achieved in a safe, educational environment with specially selected and trained horses. The program operates under the guidance of trained professionals assisted by dedicated volunteers. We Can Ride, Inc. admits students of any race, color, sexual orientation or ethnic origin.

WCR, Inc.

P.O. Box 1102  
 Minnetonka, MN 55345-0102  
 Office: 952-934-0057  
 Email: [office@wecanride.org](mailto:office@wecanride.org)  
 Web: [www.wecanride.org](http://www.wecanride.org)

**ENCLOSED IS MY CONTRIBUTION TO SUPPORT WE CAN RIDE**

- \$25    \$50    \$75    \$100    \$250    \$500

Other: \_\_\_\_\_

- Please tell me how I can become a client  
 Please tell me how I can become a volunteer  
 Contact me with more information about WCR

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_ Fax: \_\_\_\_\_





## THERAPEUTIC HORSEBACK RIDING, DRIVING, & HIPPO THERAPY

Horseback riding is recognized as a uniquely beneficial form of therapy for individuals living with disabilities. A horse's gait, similar to the human walk, helps strengthen spine and pelvic muscles, improves posture and coordination, and increases joint mobility.

In addition, individuals with cognitive disabilities not only benefit from the exercise but they also improve their sensory integration, concentration skills, and motor planning skills. The special bond they develop with the horse and team members helps increase confidence and self esteem while promoting a sense of accomplishment.

### PROGRAMS

- Therapeutic Riding
- Carriage Driving
- Hippotherapy
- Early Childhood

## WHO CAN PARTICIPATE

Children and adults living with a physical, cognitive or emotional disability may apply. We Can Ride will schedule a screening in order to determine whether the program is appropriate for the individual.

Clients are placed into classes based on their needs, age and abilities. Classes are conducted by certified instructors who are assisted by trained volunteers. Licensed therapists monitor progress in Therapeutic Riding classes and work one on one with the clients in Hippotherapy classes. Most classes currently have a waiting list. If you would like more information about becoming a client, contact the We Can Ride client coordinator at: [clients@wecanride.org](mailto:clients@wecanride.org)

### RIDING / DRIVING SITES

- Hennepin County Home School in Minnetonka
- Woodpecker Woods in Delano
- East Wind Farm in Marine on St Croix, north of Stillwater
- University of Minnesota Equine Center in St. Paul



## VOLUNTEER INFORMATION

With over 400 active volunteers involved with our classes, volunteers are clearly the heart of We Can Ride. Volunteers must be 14 years of age or older. We do not require any previous experience working with horses or individuals with disabilities. We Can Ride provides training sessions throughout the year.

Along with community volunteers, the Hennepin County Home School residents (ages 13—18) participate in the We Can Ride, Inc. program. The Home School is a residential treatment facility for juvenile offenders. As volunteers working with the riders and horses, residents learn responsibility and gain experiences they can benefit from throughout their lives .

If you are interested in volunteering please contact We Can Ride's volunteer coordinator at: [volunteers@wecanride.org](mailto:volunteers@wecanride.org)