



April 2025

## We are Currently Accepting New Clients!

**Is We Can Ride perfect for you or for someone you know?**

**Get Started!**



**Learn more  
about  
Therapeutic  
Riding**

### Therapeutic Riding

Therapeutic Riding lessons help individuals with disabilities improve their physical, emotional and social well-being through mounted and unmounted equine activities.

The goal of Therapeutic Riding is to help each client reach their highest level of independence. Through a variety of special activities, clients benefit on several levels — including emotional and physical health, increased knowledge and understanding of horses and horsemanship skills, and the lasting effects of those rewarding experiences.

Classes are taught by PATH-certified instructors who are assisted by specially trained volunteers. They teach clients of varying ages and challenges horseback riding skills through activities which accommodate their physical, mental and social needs.

- We are accepting new clients for

Summer Session (9 week session starting in June) and Fall Session (10 week session starting in September).

- Current parameters for riding are ages 2 and up, clients 140 lbs or less.



**Learn more  
about  
Hippotherapy**

## Hippotherapy

We Can Ride's Hippotherapy program involves a credentialed speech, physical, or occupational therapist working individually with the client to reach traditional therapy goals without teaching specific riding skills.

The therapist works with a PATH Intl. Certified Therapeutic Riding instructor to create the type of movements from the horse to meet the specific treatment goals. Trained volunteers also help with balance and postural corrections.

According to The American Hippotherapy Association, this evidenced-based practice uses purposeful manipulation of equine movement to engage sensory, neuro-motor and cognitive systems to promote functional outcomes for clients. Hippotherapy is a recognized part of a client's plan of care, along with other therapy tools and strategies.

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- Current parameters for riding are ages 2 and up, clients 140 lbs or less.



**Read more  
about EAL**

## Equine Assisted Learning and Herd Dynamics

Equine Assisted Learning (EAL) is an experiential learning process that uses therapy horses to meet the goals of different community groups.

Since horses communicate non-verbally, they are wonderful teachers of how our non-verbal communication might impact others. The horses respond quickly to changes in our behavior, offering constant feedback and timely rewards or consequences for our actions. EAL allows individuals to grow in communication, awareness, observation, focus, work ethic, self-esteem and self-confidence.

All activities are done on the ground with the supervision of a Certified Therapeutic Riding Instructor working to meet goals using various activities such as grooming, longeing, leading and much more.

- EAL and Herd Dynamics classes are available as one time events or weekly sessions of almost any length, year-round and not tied to session dates
- There is no weight limit for groundwork classes!

**Need help? Email our Client Engagement Coordinator**



## **Thank you, Minnesota Horse Council!**

**Earlier this year, We Can Ride was awarded a grant from the Minnesota Horse Council in support of our new program, Patti's Pony Connection!**

Patti's Pony Connection is born of personal experience. When We Can Ride instructors Michelle Haury and Wanda Sayuk lost their parents to dementia, it was one of the most difficult experiences of their lives. Knowing from personal experience how important it is to meet a person with memory loss where they are in the moment and to join them in their reality as they experience it, it was natural to marry that knowledge to the healing power and calming presence of horses.

Named for Michelle's mother Patricia (Patti) Donehoo Katnik, Patti's Pony Connection is an opportunity to ease the way for people experiencing dementia and memory loss, as well as their caregivers.

Patti's Pony Connection will focus on serving older adults with Alzheimer's and memory related conditions through ground-based equine assisted learning. EAL is an experiential learning process that incorporates a horse in the growth and development of individuals.

# **April is Autism Acceptance Month**



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## Volunteer with us!

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Are you interested in becoming a new volunteer? Sign up for a New Volunteer Orientation Session to learn all about what we do, what roles we are looking to fill, and what might be a good fit for YOU!

Sign up for  
New  
Volunteer  
Orientation



Are you a current volunteer looking to change your role? Sign up for a role-specific training session for leading, side walking, or barn aid positions.

Sign up for a  
Training  
Session



We Can Ride participates in several community events and partnerships throughout the year. These are single day commitments in which volunteers represent WCR and chat with participants.

Sign up for  
an Event

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## Thank you for making our spring plant fundraiser a success!

Everyone who ordered spring plants will receive an email reminder for pickup.

Orders can be picked up on Thursday, May 1st from 12pm-4pm  
Friday May 2nd 12pm-4pm, or Saturday May 3rd 12pm-4pm.

Pickup will be at the barn.  
4301 County Road 24, Maple Plain, MN 55359

If you have any questions, please contact your fundraiser chair: Laura Schmieg,  
[lauras@wecanride.org](mailto:lauras@wecanride.org)

Thank you for your support!



## THANK YOU

Your generosity and commitment enables us to continue providing life-changing experiences for our riders.

Thanks to you, we are able to offer therapeutic sessions that enhance physical, emotional, and mental well-being. Your contributions make a profound difference in the lives of those we serve.

[Read our 2024 Annual Report](#)

[Visit our Website](#)

We Can Ride | PO Box 463 | Maple Plain, MN 55359 US

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