



Empowering Children Through Horses

www.EmpoweringStrides.com

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Empowering Strides provides therapeutic horsemanship to children who face behavioral, emotional and/or cognitive challenges. Through the use of horses we can offer youth a different perspective. Horses often mirror the emotions of their handler which allows the horse to teach a child far easier than an authoritative figure. Horses gently encourage a new awareness and connection in people that grows a person's self-awareness and leadership abilities.

Ways To Support Us

- Donate money to our sponsorship fund
- Donate hay or grain for our horses
- Donate tack we can use or sell
- Volunteer during lessons
- Volunteer to fundraise
- Write grants

Benefits Of Our Program

- Increasing empathy and relationships
- Building self-awareness
- Successful planning and completion of tasks
- Increased self-discipline and responsibility
- Improved social and emotional skills

