

Horses Help Provides Equine Assisted Activities & Therapies

Many species can play a role in recreation and therapy for youth and adults working to break through physical, cognitive and emotional barriers. But horses can play a significant role in helping relax riders, stretch limbs, increase coordination and encourage interaction with another species and with people. The warmth and movement of the horse mimic the human gait, which assists in recovery or improved movement for the person.

Horses Help, a PATH International Premier Accredited 501(c)(3) nonprofit, uses horses to service approximately 100 community participants a week. Participants interact with the horses at many different levels, from tacking and riding to grooming and leading. The organization's work would not be possible without tremendous horses, a dedicated staff and a community of



volunteers and donors that has wholly embraced Horses Help's mission, vision and values.

Volunteers are vitally important to the daily functioning of the facility,

including feeding and care of horses, turning out of horses and preparing horses for and assisting with lessons.

"We invite you to immerse yourself in the 'Culture of Service,' says **Gregg Goodman**, executive director. "Inspire people to stretch their boundaries and be remembered by how you make them feel. Participate in life!"

A staff of certified instructors works to develop participants' physical, cognitive and emotional abilities. Horses used in this program are typically retired show, trail or ranch horses that are quiet and good natured. Increasing physical abilities is one benefit, but more important is the ability to help emotionally troubled youth find a willing listener. A horse can create space between a frustrated, angry person and nuzzle that same person when he relaxes and trusts the horse.

Horses Help is located at 2601 Rose Garden Lane in Phoenix. For additional information, call 602.569.6056 or visit www.horseshelp.org.

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