

HOPE...

*H*orses for Hope is a therapeutic riding program that offers women of all ages and diverse backgrounds the opportunity to heal emotional and physical wounds, experience the great outdoors, experience an alternative to traditional fitness and exercise, and participate in a different form of therapeutic activity. The program targets women with physical, and significant life challenges such as divorce, life-threatening medical conditions, grief and loss, survivors of crime, depression and anxiety, and eating disorders.

Horses for Hope offers women an alternative to traditional physical, mental, and emotional rehabilitation. By connecting with the horse, and receiving the support of MTR's encouraging volunteers and certified instructors, women will be able to focus on trust, self-esteem, and confidence in themselves.

According to acclaimed writer and horsewoman, Mary Midiff, "Horses keep us healthy. Better than any psychiatry session or workout in a gym, a horse is the best form of therapy." Mary Midkiff has written several books on women and horses, is a notable lecturer on the topic and author of dozens of published papers. (See www.womenandhorses.com)

For additional information on the Horses for Hope Program at Maryland Therapeutic Riding, please contact Program Manager, Kelly Shepstone. 410.923.1187
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Scholarships available

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Programs:

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Development:

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*"Horses keep us healthy -
Better than any psychiatry
session or workout in a gym."*

From some Horses for Hope participants...

"Horseback riding is the highlight of my week. I struggle with tight hips because I sit in a wheelchair. When I ride, the horse's movement forces my hips to move in the exact same motion as walking. Even though therapeutic horseback riding isn't the "normal medical route," it's a great way to heal emotionally and physically. It has also helped me build my confidence." *Rachel K. Horses for Hope Participant*

"This program has been fantastic for me! Some rides have felt like a fabulous massage. All lessons have been exciting, enjoyable, and have brought much joy and confidence to my daily life. This has been a great gift. MTR is wonderful!"
Anonymous, Horses for Hope Participant

"Horses for Hope has been a wonderful program for me. MTR's skilled instructors have helped me to relearn my riding skills and build my confidence. I have seen great improvements in my muscle strength and balance. This program has not only helped me mentally, but has helped improve my long term mobility." *Patricia C. Horses for Hope Participant*

The pathway to
integrated physical,
mental and
emotional healing

Offering professional
therapy and therapeutic riding
for special needs individuals of
all ages,
as well as a recreational riding
program on our
uniquely safe and
gentle horses

Visit our beautiful, new
indoor arena which allows
us to hold classes
year-round



An alternative
to traditional
physical,
mental,
and emotional
rehabilitation

Our farm is located at 1141 Sunrise Beach Road, in Crownsville,
not far from the intersection of Rt. 32 and 197, just south of BWI.

Programs: 410.923.1187 Development: 410.923.6800
horsesthatheal.org