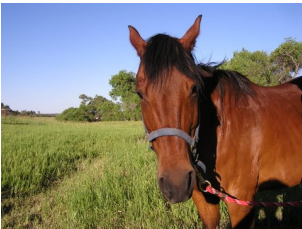


**Our most valued working partners:**

Laredo



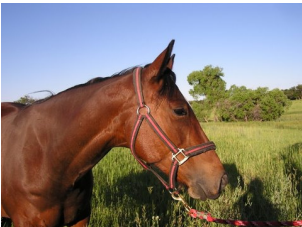
Cutie



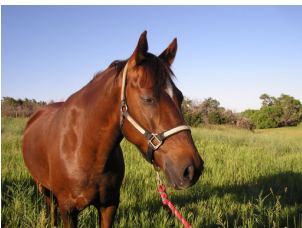
Nahani



Molly



Roy



**Volunteering** at HorsePower is an incredible and rewarding opportunity. It is much more than giving of your time, it is being a part of a child's life. The volunteers at HorsePower are the backbone to our program. Our riders depend on 1-3 volunteers during their weekly session. It is amazing to see the impact that you can have in their lives.



**2010 SESSIONS**

We offer 9 week sessions on Saturdays:

**Winter Session:** January 16th-March 13th

**Spring Session:** April 3th-June 5th

**Summer Session:** June 26th- August 28th

**Fall Session:** September 18th- November 13th

**FOR DIRECTIONS VISIT OUR WEBSITE:**

[www.coloradoHorsePower.org](http://www.coloradoHorsePower.org)



**Founded by Joe Howard in 1984**

**The oldest therapeutic riding organization in Douglas County CO**



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## MISSION

HorsePower, Inc. is a non-profit, 501 (c) (3) organization and a member of NARHA (North American Riding for the Handicapped Association). We are committed to meeting the needs of mentally, emotionally, and physically challenged children and young adults by bringing the therapeutic power of horses and horsemanship to our students. Our mission is to provide a place for our students where they gain a sense of freedom and independence, experience accomplishments, interact socially and learn new skills in a pleasurable environment. This is empowering not only the life of the rider, but the entire family.

### Benefits:

Our students learn responsibility, self-awareness, and to follow multi-step directions. It improves their social and emotional skills, builds self-confidence, improves their attitude and self-discipline, increases ability to overcome fears, patience and overall self-esteem. Our goal is to help them achieve a better quality of life overall.

### Physical Benefits:

The three-dimensional motion of the horse improves posture control and balance, increases muscle tone and strength, increases a greater range of motion, decreases spasticity, improves hand-eye coordination, and gives an overall normal movement pattern.

### Social Benefits:

The bond between the student and the horse is the social foundation that many of our riders begin to build. Through interaction with horses and horseback riding, these individuals derive educational, physical and social benefits that include learning new skills, building self-confidence, concentration skills, patience and self-discipline. It improves their cooperation, friendships between the volunteers and other students, and an overall acceptance and love. Horseback riding nurtures a positive self image. Riders may, for the first time in their lives, experience some independence and sense of being a part of a team.

### Emotional Benefits:

The interaction with horses and horseback riding, can increase self-esteem and confidence, provide healthy and safe relationships (with humans and horses) for children to learn appropriate social skills and boundaries, serve as an outlet/opportunity for children to integrate their trauma history at a pace that is comfortable for them and doesn't require them to "talk through it" like traditional therapies and to learn patience and the reward of healthy and reciprocal relationships.

HorsePower's program may include children and young adults with challenges such as multiple sclerosis, autism, cerebral palsy, spinal cord injuries, Down's syndrome, stroke, ADHD, depression, victims of physical, sexual, mental, or emotional abuse, children with trauma histories, as well as children that have been adopted or in a foster family that struggles with bonding, trusting, low self-esteem, and attachment disorders.

*The world will be a better place because I was important in the life of a child!*

### Community Support:

Community support has helped to sustain HorsePower since 1984. Because participant fees comprise less than one-third of the operating budget, the generosity of community minded corporations, foundations, and individuals have made a difference in the lives of people with special needs.

A volunteer Board of Directors, along with staff, instructors, therapists and volunteers are committed to our organization's mission. Even with the dedicated volunteer support we receive, the riding program is very expensive to operate. HorsePower spends over \$1,000 a year for each rider and our current rider fees make up only about 4% of this cost. We must raise the rest from our fundraising and grants. Your support makes a difference! Please help us with our continued success.

#### Sponsorship Levels ( 1 year commitment)

- **Buckaroo**-\$500- Name on Horse Power website.
- **Bronze Spurs**-\$1500- Name on HorsePower website, Banner in the arena, and ½ Scholarship for one child for a 9 week session.
- **Silver Saddle**-\$2500- Name on HorsePower website, Banner in the arena, 2 full scholarships for a 9 week session.
- **Gold Buckle**-\$5000- Name on HorsePower website, Banner in the arena, 3 full scholarships for a 9 week session, Company name on the entry way of the facility.

(Banners to be provided by donors (2'high X 4' wide) Thank You!

Sponsor a Horse- \$1,000/Year- Takes care of feed, vet care, trimming and the overall expenses of one horse of your choice. Please help us take care of these special animals so they may continue their important job in the lives of these children. Your generous sponsorship will go on the HorsePower's website.

Sponsor A Child- Sponsor a Child- Up to four 9 week sessions for a year of therapeutic riding. Make a difference in a child's life. Your generous sponsorship will go on the HorsePower's website.