

## How You Can Help

**Special Strides is a Non-Profit Organization.** It is our goal to provide all children who come to Special Strides the opportunity to experience our magic regardless of their financial status. You can help us achieve our goal in many ways.

**Donate!** Your generosity will help ensure that children with special needs will get the therapy they need in a natural farm setting that is fun and effective.

**Be a Sponsor!** We have many sponsorship opportunities. You can adopt a horse, sponsor a child, provide help for a capital project or play a significant role in the community as a corporate sponsor.

**Volunteer!** Volunteers are the heart of Special Strides. Be a program volunteer, an office volunteer, a barn volunteer, a carpentry/maintenance volunteer or a fund raising/event volunteer. Your time is precious, but the rewards are priceless.

To learn more about Special Strides, and how you, your organization or school can help, or to come and visit our facility call us at: (732) 446-0945 or visit our website at: [www.specialstrides.com](http://www.specialstrides.com)

  
**Special Strides**  
Therapeutic Riding Center

118 Federal Road  
Monroe, New Jersey 08831

  
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**Special Strides**  
Therapeutic Riding Center

A Magical Place Where  
Children with Special Needs

Laugh, Smile and Have Fun



# A Magical Place Where Children with Special Needs Laugh, Smile and Have Fun



## What We Do

Special Strides is a non profit organization dedicated to improving the lives of children with physical and developmental disabilities.

Located on Congress Hill Farm in Monroe, New Jersey, Special Strides is a Therapeutic Horseback Riding Center. Horse therapy is used as a strategy to elicit change and rehabilitation as part of a physical and occupational therapy program for children who have Cerebral Palsy, Autism and many other sensory and motor conditions.

## How Can Horses Help Special Needs Children?

For children with communication and auditory processing problems the child connects with the horse and becomes his companion. This helps to motivate speech and communication.

For a child with Cerebral Palsy or other syndromes causing low muscle tone and poor motor control, the horse offers movement similar to the human gait and therefore therapy with the horse improves the child's muscle tone, balance, posture, coordination, strength, body awareness and self confidence.

Children who ride in our therapeutic program show improvement in their physical, cognitive, social and emotional well being.

## An Integrated Program

Special Strides offers 4 areas of programming:

- Hippotherapy
- Therapeutic Riding Instruction
- Therapeutic Driving Instruction
- Sensory Playground Activities



## What is Hippotherapy?

Hippotherapy comes from the Greek word "Hippo" meaning "horse". It is a type of therapy that uses the natural movement of the horse to help children with disabilities gain awareness, communication, strength, mobility, balance and coordination. Only Physical, Occupational, and Speech Therapists can perform this type of trained therapy.

## What is Therapeutic Riding?

Therapeutic Riding is horseback instruction by specially trained and certified therapeutic riding instructors considering the physical, mental, and emotional strengths and limitations of the child.

## What is Therapeutic Driving Instruction?

Special Strides offers students with physical, mental, sensory, or emotional conditions the rewards of interaction and control of a horse or pony while driving from a carriage seat. Using a horse and carriage allows

participants an alternative experience that improves self confidence, bilateral motor control, and teaches them better direction and cooperation skills.

## What is a Sensory Playground?

Special Strides has created a sensory playground that helps our therapists develop a child's sensory system. This therapeutic activity helps to improve attention, movement, coordination, safety awareness, processing skills and most importantly a child's self esteem. Our Sensory Playground consists of such apparatus and activities as; multi level balance beams, a tire maze, slides, trampolines, stepping stone pathways, and creative games.

## Our Staff

Our licensed and certified Physical, Occupational And Speech therapists along with our well trained equine staff and caring volunteers have made it possible for us to offer this unique and often life-changing horseback riding experience to special needs children in our community. Our program is a registered operating center for North American Riding for the Handicapped Association (NARHA), and American Hippotherapy Association (AHA).

