



P.O. Box 33150  
 Denver, CO 80233  
[www.narha.org](http://www.narha.org)

For more information, contact:  
 Cher Smith, Communications Coordinator  
 800-369-RIDE (7433)  
 csmith@narha.org

December 2010

## Give the Gift of NARHA

**Denver**— Throughout the crush of holiday crowds and the rush of dwindling days, one question pulses in many people's minds like the rum-pum-pumming of the Little Drummer Boy's drum: what should I get Aunt Betsy?

Instead of buying another trinket or tie for a friend or loved one, this year, why not give a donation to charity in someone's name? In difficult financial times, non-profit organizations are some of the hardest hit, as people cut back on expenses, including charitable giving. These times, however, are the most crucial for organizations like NARHA, which maintains the highest standards for safety, ethics and effectiveness in the field of equine-assisted activities and therapies (EAAT) through its instructor certification, center accreditation, educational events, published resources and advocacy work.

Why, exactly, is it so important to support the work that NARHA does? The answer is simple: by giving to NARHA, you're helping over 42,000 individuals each year find strength, independence and a renewed outlook on life through EAAT and NARHA programs. Tens of thousands of men, women and children facing physical, mental and emotional challenges are able to gain a sense of pride and accomplishment through the work of NARHA and NARHA members. That's a huge impact in a lot of lives – and something that deserves your support.

Think about the variety of people served by NARHA:

- A soldier returning from Iraq with amputations and emotional trauma slowly regains his strength, dexterity and trust through interactions with his horse and his instructor at a NARHA Horses for Heroes program.
- A child coping with autism begins to open up to the world around her as she learns to ride. Her mount, her instructor and her fellow riders become friends, and she begins to look forward to her weekly lessons at a NARHA center.
- A young man with cerebral palsy develops his motor skills while working on driving a carriage under the tutelage of a NARHA Certified Driving Instructor. His body becomes stronger and more controlled as he's taught how to handle the horse and carriage.
- A teenager combating problems with substance abuse becomes more open, trusting and compassionate through an equine-assisted therapy program where she must partner with her horse to achieve her goals in riding.
- A young girl born with severe brain damage is never expected to care for herself, but after years of therapeutic horseback riding she is now capable of caring for not only herself, but also the horses at the NARHA center where she takes lessons.



P.O. Box 33150  
Denver, CO 80233  
[www.narha.org](http://www.narha.org)

These are just a few examples of the immensely diverse population served by NARHA Certified Instructors and NARHA Centers. The power of equine-assisted activities and therapies has helped people with challenges like Down syndrome, paralysis, learning disorders, ADHD, multiple sclerosis and many, many others.

To make an online donation, go to [www.narha.org/about-narha/support-narha](http://www.narha.org/about-narha/support-narha) and click on "Donate Now." With your help, we can bring even more people the strength and joy that so many have already found through the power of the horse.

It's also a bonus gift for you. Not only will you be helping NARHA, but you can receive a tax write-off in the process. And you won't have to stand in long lines to get it.

-30-

#### About NARHA:

*NARHA, formerly North American Riding for the Handicapped Association, was formed in 1969 to promote equine assisted activities and therapies for individuals with special needs. At over 700 member centers, a total of 42,000 children and adults find a sense of independence through involvement with horses. These member centers range from small, one-person programs to large operations with several certified instructors and licensed therapists. In addition to therapeutic equitation, a center may offer any number of equine assisted activities including hippotherapy, equine facilitated mental health, driving, interactive vaulting, trail riding, competition, ground work, or stable management. Through a wide variety of educational resources, the association helps individuals start and maintain successful equine assisted activities and therapies for individuals with special needs. There are more than 24,000 volunteers, 2000 instructors, 5,700 therapy horses and thousands of contributors from all over the world helping people at NARHA centers.*