

# Show Your Support!

As a non-profit, we depend on donations to offer scholarships, care for our equine partners, and provide a safe and inviting center where our participants and their families can feel at home. We will also be looking for donations of calm, child-safe horses to add to our team, as well as donations of new or gently used tack and supplies.



**STIRRUP COURAGE**  
Equestrian Learning Center

To submit a child application, apply to join our volunteer team, or just learn more about us, visit:  
[StirrupCourage.org](http://StirrupCourage.org)



If you would like to donate, visit:

[StirrupCourage.org/donate](http://StirrupCourage.org/donate)



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Partnering with horses to support children who face difficult life situations





## Our Program

Qualifying participants include children and youth ages 5-21 who:

- May have experienced foster care and/or adoption
- May be grieving a significant loss (a death, parental separation/divorce, serious illness)
- May be struggling with anxiety or depression
- May be facing bullying or rejection at school
- May be living in poverty
- May carry trauma from any other adverse childhood experiences that place them at risk.



## Our Mission

To support children, youth, and their families who face challenges due to adverse childhood experiences, difficult socioeconomic situations, and other factors that may place a child at risk, by offering engaging, progressive equine-assisted activities in an environment of safety, belonging, and encouragement, in which cost is not a barrier.

## Our Vision

To “stir up” in all of our participants the courage to overcome obstacles in their lives by empowering them with the support of our equine partners to grow in confidence, connectedness, caring, and healthy coping skills.



1-hour small group lessons are offered in 4-6 week sessions (at \$25 per lesson). Children are invited to develop meaningful connections with our horses alongside caring volunteers, as they learn about horse care, safety, grooming, leading, and riding. All applicants have the opportunity to request scholarships to cover all or part of the cost of sessions.

## Our Teaching Approach

- Active, hands-on learning
- Gradual progression of new skills that builds on prior knowledge, strengthening trust and confidence
- Reinforcing new skills through group games and fun individual challenges
- Art and craft projects that tie into the learning experience
- Journaling for personal reflection and to aid in remembering key concepts

