

## How You Can Help

Our dedicated volunteers are key to our success. They are the heart of our program. Volunteers contribute a variety of services from caring for the horses and helping with lessons, to assisting the board of directors with fund-raising, publicity, and other responsibilities. Our volunteers are critical to maintaining the quality of our program. All volunteers must be at least 14 years old.

Safety is always the focus of Rainbow Center's riding activities. Hands-on volunteer training is mandatory for all sidewalkers and horse leaders. Instructors give our volunteers specific training. Our sidewalkers and horse leaders work in unison with other team members, including the horse, the instructor or therapist, and the student to ensure safe and successful lessons for all riders.

To learn more about volunteering at Rainbow and to download a volunteer application, please log onto our website at [www.rainbowriding.org](http://www.rainbowriding.org).



The Rainbow Center is funded entirely by donations. Donations of money, material, and services are an integral part of Rainbow's success.

- \$5,000 covers a full year of therapeutic riding instruction
- \$2,000 supports five participants in our At Risk Youth program
- \$500 replaces an old saddle
- \$250 provides 5 hours of therapeutic riding instruction
- \$100 buys hay for the horses for 2 weeks
- Other : \_\_\_\_\_

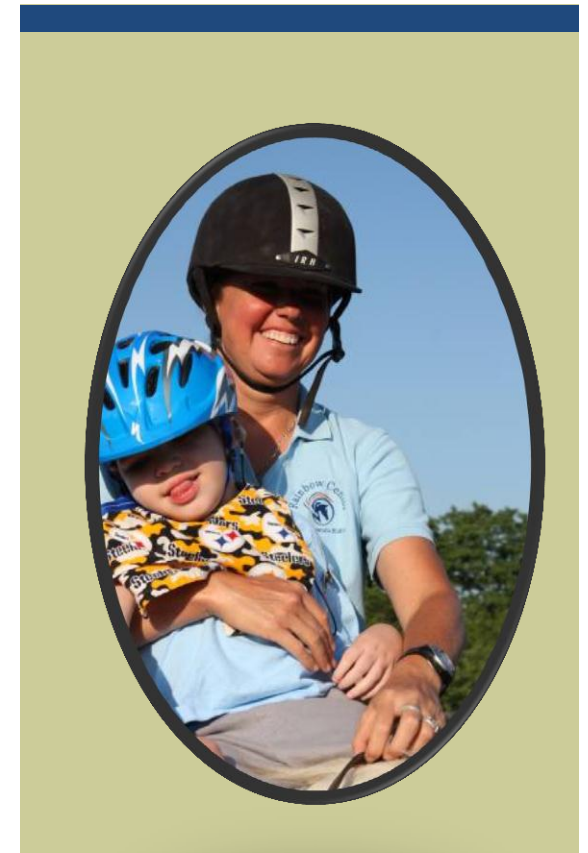
Your tax deductible contribution check may be made payable to: The Rainbow Center. Our federal tax identification number is 54-1307995.

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/State/Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

**Rainbow Center  
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8033 Ashton Avenue  
Suite 105  
Manassas, VA 20109  
(703) 754-6159  
[www.rainbowriding.org](http://www.rainbowriding.org)  
[rainbow@rainbowriding.org](mailto:rainbow@rainbowriding.org)**



4-H Therapeutic Riding  
**5605 Antioch Road  
Haymarket, Virginia 20169**



*Helping students go places they  
never dreamed possible . . . .*

## *Rainbow Center is a place where individuals and horses come together*

Rainbow Center is a place where individuals with special challenges come together, and where victories -- some dramatic, some modest, but all significant -- are joyously celebrated.

Established in 1985, Rainbow Center is a non-profit organization which provides therapeutic equestrian activities to individuals with physical and mental challenges. Rainbow Center is a regional therapeutic riding facility that serves students from Prince William, Fauquier, Fairfax and Loudoun counties. Our clients are primarily children who benefit from their involvement by developing self-esteem and self-confidence while receiving therapy from an equestrian activity to accommodate their specific condition.



Under the guidance of registered therapists and certified riding instructors, therapeutic riding helps individuals experience physical and emotional rewards.

The Rainbow Center operates under the guidelines of the North American Riding for the Handicapped Association (NARHA), member #1498. Our instructors are NARHA certified.

### **How We Serve**

We offer therapeutic riding to our students. Therapeutic riding is the use of the horse as a tool to achieve a variety of therapeutic goals. These goals can be physical, mental, social, educational, or behavioral.

There are a variety of methods available to accomplish these goals. Our program is highly individualized. We tailor our lessons to meet the goals of the individual rider. We combine basic riding skills with formal exercises to strengthen muscles and encourage relaxation and coordination.

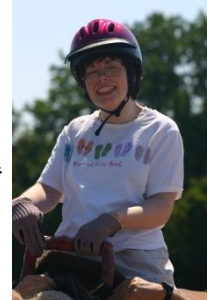
We also provide games and activities designed to enhance self-image, increase physical activity, and meet the educational and developmental goals of each rider, as well as ensuring the rider has fun. Most importantly we celebrate all of our riders' accomplishments large and small.

*The Rainbow Center, 4-H Equestrian Center, Inc. has provided over 45,000 hours of therapeutic riding lessons to those with special needs in our community since 1985.*

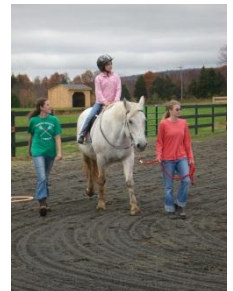


### **Who We Help**

*"Nicole has been riding at the Rainbow Center for 15 years. It provides her with a sense of accomplishment and independence that she doesn't usually receive in her normal daily activities."*



*"For Julie this is the one activity that she can do and do well which makes her feel so good about herself. She gets excited on Saturdays because she can't wait to get on that horse. Rainbow has set up a failure free environment and all her successes are noticed and recognized as huge accomplishments."*



We serve riders with many special needs including; autism spectrum disorder, blindness, brain injury, cerebral palsy, deafness, developmental delays, Down syndrome, learning disabilities, spina bifida, Tourette syndrome, and Multiple Sclerosis.

