

See Jack Ride

After Jack began riding at HETRA his mom started to see improvements in his abilities very quickly.



"Before riding at HETRA we would have to stretch Jack's muscles before helping him on and off riding toys and things at the park, but now he is doing this on his own. It is wonderful to see him ride the horses at HETRA and not feel pain because he is having such a great time. Riding is also building confidence, I see his self esteem improve more and more every day."

Every week at HETRA, approximately 100 clients climb aboard one of our 16 therapy horses. Without these gentle giants we could not provide these life changing services to our clients. HETRA currently offers a variety of services to all individuals with disabilities, including Hippotherapy, Therapeutic Riding, Therapeutic Carriage Driving, and Horses for Heroes (working with veterans).

See Jack Smile

Today when Jack arrives at his session he does so with a smile.



Jack's Mom says, "I love to witness the amazing interaction between Jack and all of the wonderful therapists and volunteers that help him to stretch without even realizing he is doing it. I have never seen Jack so confident and happy. The truth is, it is hard for me not to cry when I'm watching him ride."

For the last 22 years, HETRA has been devoted to providing the highest quality Equine Assisted Activities to our clients. HETRA is committed to providing these services to our clients regardless of their financial situation. In today's tough economic times, we are more dependent than ever on the support of our community to make sure that no individual is ever turned away.

See Jack Reach

Because of HETRA, Jack stretches and doesn't even realize it.



He doesn't feel pain because he is having such a great time. He is building confidence that shines through more and more every day. The stretching, strengthening, and balance that Jack is developing at HETRA has helped him reach developmental milestones. He is even "catching up" with his brothers and sister! "HETRA has helped Jack begin to achieve goals he has been working towards and more than ever he is ready to conquer them!"

Many of our clients have spent countless hours in therapy clinics under florescent lights stretching and struggling to do exercises. At HETRA, clients leave behind wheelchairs and walkers to reach out and grab their goals with horses as their partners and smiles on their faces.

See Jack Walk

Jack has gone from taking 3-6 wobbly steps to taking up to 20 by himself as a result of the 4 short months he has been in therapy at HETRA.



"While we were at church a couple of weeks ago, Jack started walking toward his dad who was on the other side of the sanctuary. I have never seen him walk more controlled and so smooth. I had to interrupt his Dad who was in the middle of a conversation, so he wouldn't miss this moment. The look on Jack's face when he reached his dad was one I'll never forget. He was beaming from ear to ear and you could just feel his pride in that moment."

HOPE and PEACE for the HETRA families comes in packages of all sizes.

Jack's Parents are very grateful to the HETRA Program. Jack's Mom says of HETRA, "I can't thank you, your staff, or your volunteers enough. I also can't thank your supporters enough. What they give is not just a check. They give parents like Aaron and I HOPE. They also give us PEACE seeing our son not hurt as much as he has in the past. The smile he has instead of a cringe is priceless and I will never be able to thank all of you enough for that."

A donation of even \$5.00, which buys a bale of hay, to a donation of \$500, which sponsors 10 hippotherapy sessions, is put to good use for our very special students.

Donation information

Name _____
 Address _____
 Phone _____
 Email _____

I would like to make a monthly donation in the amount of _____
 CC # _____
 exp date _____

Donor information /tear off card

Meet Jack 

We would like to introduce you to Jack, a 2 year old client at HETRA with a diagnosis of Cerebral Palsy.



Jack is one child in a set of quadruplets. His Mom shares, "It breaks my heart to see Jack in any pain and as his mother I feel that it is my job to give him all the tools he needs to be successful and happy."

That is what motivated Jack's parents to explore Hippotherapy as a treatment option, and ultimately brought them to HETRA. When he came to HETRA 4 months ago, Jack was behind his siblings in overall development including his walking ability, taking only 3 or 4 wobbly steps at a time. Everyday tasks that are normal for a 2 year old, like climbing on top of a riding toy at home or sitting astride a toy at the park, were difficult and even painful for him.

HETRA Facts:

Student Sessions completed in 2010	2932
Volunteer Hours donated in 2010	12,532
Number of Therapy Horses	16
HETRA's cost per lesson	\$100.00
Average cost paid by the client	-\$37.50
Average supplemented by HETRA per ride	\$62.50
Average cost of countless smiles, goals reached and milestones achieved...Priceless	



Our Mission

To improve the quality of life both physically and emotionally of adults and children with disabilities through equine assisted activities.

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Jack's Story

