

# *Southern Reins Center for Equine Therapy*

[www.southernreins.org](http://www.southernreins.org)

5750 Conger Road

Nesbit, Mississippi 38651

(901) 290-1011

**Mission:** To serve individuals with physical, cognitive and emotional disabilities and hardship by providing equine activities and therapeutic riding to empower, inspire, nurture and succeed.

Our goal is to focus on the abilities of our participants, and our hard working team of therapy horses and ponies help them achieve, aspire and amaze.

Our riders must be 5 years old and there is a 180 lb weight limit at this time. To make this happen, we need up to 3 volunteers per rider. Southern Reins volunteers must:

- Be 14 years or older
- Attend a mandatory New Volunteer training (see dates below)
- Complete our Volunteer Application including a liability waiver
- Be fit enough to walk/jog in a ring alongside our mounted riders.

There are several different volunteer roles:

**Side Walkers:** Sidewalkers walk beside the horse in lessons and provide physical and/or emotional support to the rider. They help the rider to successfully reach their lesson goals, as well as ensure rider safety before, during and after the lesson.

**Horse Leaders:** Horse Leaders ensure that each horse is groomed, tacked and warmed up prior to the start of each lesson. They help ensure the safety of horse and rider before, during and after the lesson. Horse Leaders also help with un-tacking and grooming horses after the lesson. Horse Leaders must possess a basic understanding of horse behavior and demonstrate horse handling skills and the ability to assess and address horse behavior. Prior to handling horses or leading them in client sessions, volunteers with this prerequisite knowledge must attend and pass mandatory horse leader training.

We have other volunteer opportunities on our website including special events volunteers and barn volunteers!

### ***Upcoming New Volunteer Trainings:***

Wednesday, February 24<sup>th</sup> 4-6PM and Saturday, February 27<sup>th</sup> 1-3PM. Please email [ginna.rauls@southernreins.org](mailto:ginna.rauls@southernreins.org) to sign up!

Once you are trained, you can sign up to volunteer weekly or join our substitute list. Our next lessons are March 19-May 12. Each group lesson is 50 minutes. We will have 35 participants. Tuesday, Wednesday, Thursday and Saturday lesson schedule broken down as follows:

Tuesday, Wednesday and Thursday - 3:45 and 4:45PM

Saturday - 9, 10:15 and 11:30AM and 2PM

**Do one or two of these lessons work with your schedule?** We hope so!

### Summer Program

We will have two 4 week summer sessions (May 31st-June 25th and August 1-27th) with similar lesson times as above. We will also have two one week summer camps from 9-12 noon (July 11-15 and July 18-22). We will send more information about summer 2016 soon!

We are amazed to watch this program provide hope to the families we serve! Our team is amazing and we cannot wait to meet you!

For questions, please call:

Ginna Rauls

Volunteer & Community Outreach Director

Southern Reins Center for Equine Therapy

901-246-9496