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Cowichan Therapeutic Riding Association Celebrates 30 Years!

Duncan, Vancouver Island, BC,

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2016 marks the 30th year of service for the Cowichan Therapeutic Riding Association, a local charity providing therapeutic riding and equine-based therapeutic services for persons with disabilities. Programs include therapeutic riding, therapeutic horsemanship, para-equestrian sport, stable management vocational development, and spring & summer horse camps - with a vaulting program commencing this year. This work is made possible through the efforts of hundreds of volunteers from the community, contributing thousands of hours each year. 2016 will be CTRA's busiest year to date – with the organization preparing to welcome a record-breaking number of participants.

The association started out modestly in 1986 as a local chapter of the Pacific Riding for the Disabled. Volunteers provided therapeutic riding services using horses borrowed from the community and trailered in to a rented arena one night per week. At the time, therapeutic riding was relatively new to Canada, with CTRA playing a pioneering role in the emerging field. As the benefits of therapeutic riding were recognized, the program grew rapidly – becoming an independent entity and moving to the current location on Providence Farm in the late 1980s.

Since then, the program has grown and diversified dramatically to offer a variety of highly individualized services for persons with a wide range of special needs. Participants are referred to the program by medical professionals such as family physicians, occupational therapists, and physical therapists. While CTRA's participants represent a wide age range, the vast majority of clients are children. Clients work towards physical outcomes (strength, flexibility, coordination, balance, reduced spasticity, etc.) as well as behavioral/emotional goals (self-control, independence, confidence, empowerment, etc.). Children and youth benefit from improved attention skills related to classroom learning and academic performance. Social connections between peers, volunteers, visitors, role-models, and the general community are fostered through a shared love of horses.

From humble origins, CTRA has emerged as a lighthouse institution for therapeutic riding in Canada. The association continues to play an instrumental role in shaping the development of the industry through its role as an "Examination and Training Centre." CTRA remains the only member centre in British Columbia accredited at this tier by the Canadian Therapeutic Riding Association (the national governing body for therapeutic riding), and the only therapeutic riding facility on Vancouver Island equipped with a lift to accommodate participants with severe mobility restrictions.

CTRA invites the community to join them in celebrating 30 years at the upcoming Annual General Meeting Thursday March 3, 2016 at the CTRA facility. This event will feature a special presentation on planned giving. Entitled "My Next 30

Years," the panel will consist of presentations by attorney Elizabeth Robinow, Notary Kate Roome, and Financial Planner Jim Tyson on the benefits of giving on any budget. There is no charge to attend the information session or to stay for the AGM and social hour (refreshments provided). Kicking off at 6:30 this event promises to be an educational and entertaining night for the dedicated CTRA supporter and curious newcomer alike. No RSVP is required, and guests are more than welcome.

Photo credits: Colleen Hunt. Please email info@ctra.ca to obtain copies in a preferred format.



Cowichan Therapeutic Riding Association

ANNUAL GENERAL MEETING

Thursday March 3, 2016

CTRA Lounge @ Providence Farm, 1843 Tzouhalem Rd

Guest Speakers at 6:30 pm

*"A lawyer, a notary, and a financial planner
walk into a bar(n)..."*

The Cowichan Therapeutic Riding Association proudly
presents

My Next Thirty Years: Planned Giving for Every Budget

*Join lawyer Elizabeth Robinow of Ridgway and Company, Kate
Roome Notary Public, and Financial Planner Jim Tyson with
Investor's Group in learning how just about anyone can give to
charity, starting today - and benefit from it.*

AGM at 7:00 pm

Reception to follow
Refreshments will be served

Please visit www.ctra.ca to find out more about our organization