

Our Mission

The mission of REINS is to provide physical, mental and emotional therapy to a wide range of disabled children and adults through the use of carefully supervised horseback riding.

Hours

Monday - Friday

8:30am-12:00pm & 1:00pm-5:30pm

Saturday

8:30am-12:00pm & 12:30pm- 4:00pm

Visitors are always welcome to stop by for a tour or just to see the program.

How to Help

There are many different ways you can help REINS and our special students. You can volunteer in lessons or at an event. Or you can **Adopt a Horse, Help a Child**, or be an **Event Sponsor**. You can wear your support with **REINS Gear** or shop at our **Tack Shack**.



*I saw a child who couldn't walk
Sit on a horse, laugh and talk.
I saw a child born into strife,
Take up and hold the reins of life...*

-John Anthony Davies



Location:

4461 S. Mission Rd.
Fallbrook, CA 92028

Mailing Address:

P.O. Box 1283
Bonsall, CA 92003

Phone: 760-731-9168

Fax: 760-731-3949

For general questions please email:

info@reinsprogram.org

For horse related questions please email:

sarah@reinsprogram.org

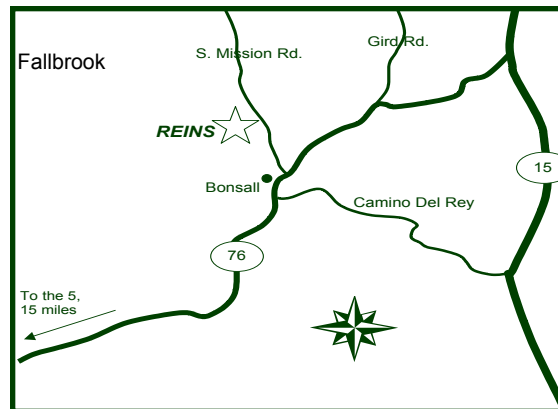
For fundraising questions please email:

jennifer@reinsprogram.org

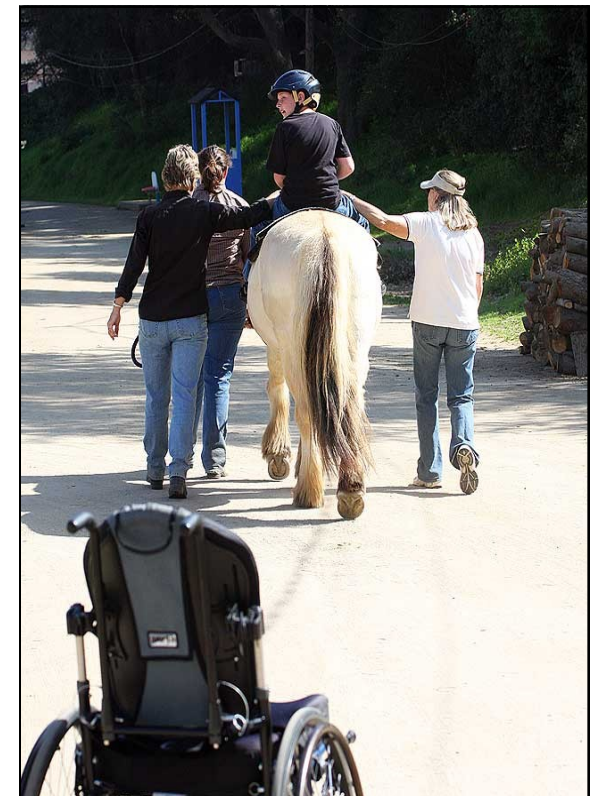
For volunteering questions please email:

chris@reinsprogram.org

www.reinsprogram.org



General Information



501 (c)(3) Non-Profit Tax i.d. # 33-0035455

What is REINS?

REINS (Riding Emphasizing Individual Needs and Strengths) is a 501 (c)(3) non-profit therapeutic riding program located in Fallbrook. We provide weekly horseback riding lessons to disabled children and adults. As a NARHA (North America Riding for the Handicapped Association) Member Center we take pride in providing the most up to date therapy with a caring manner all while being outside in the sunshine.

REINS was founded in 1984 and we currently provide life changing therapy to over 180 disabled children and adults from all over Southern California. Our students range in age from 2-83 and have a variety of disabilities from Down syndrome to Angelman syndrome. We are currently ranked in the nations top 10% percent of NARHA programs with our student capacity and budget.

Horses are our main therapy tool. Their smooth movement and gentle gait send 134 vibrations to the brain through the spinal cord. Riding one of our equine therapists increases muscle control, strengthens the core, arms, legs and neck, helps our students sit up on their own and hold up their head.



What is Therapeutic Horsemanship?

Therapeutic Horsemanship is a unique and intense form of therapy that quickly increases the strength and coordination of our special students.

Growing amounts of evidence show that therapeutic horsemanship is an excellent and productive way to increase stability, muscle control and emotional health.

Benefits of horseback therapy include: better use of limbs, stronger speaking ability and respiration, better balance and coordination, increased control and motor skills and increased self-esteem. Not to mention a positive therapy experience for you and your family.

Therapeutic Horsemanship Benefits a Wide Spectrum of People with Disabilities

Here are just a few of the many disabilities that our students have.

- Accident Victims
- ADHD
- Angelman Syndrome
- Aspbergers Syndrome
- Autism
- Birth Defects
- Brain Injuries
- Cerebral Palsy
- Chromosome Disorders
- Developmental Delay
- Down Syndrome
- Emotional Impairment
- Hearing Impaired
- Learning Disabilities
- Multiple Sclerosis
- Paralysis
- Schizophrenia
- Seizure Disorders
- Speech Disabilities
- Spina Bifida
- Spinal Cord Injuries
- Stroke Victims
- Visual Impairment

