

## CLIENTELE TARGETED IN THERAPEUTIC EQUITATION

Therapeutic riding is aimed at a wide variety of clients, from the 3-year-old to the elderly. The person must have a medical diagnosis as well as a medical authorization.

These may include physical health issues such as orthopedic disorders, a neurological condition or neuromuscular disorders.

Therapeutic riding is also indicated in terms of mental health issues such as depression, anxiety, post-traumatic stress disorder or adjustment disorders.

Participation in a therapeutic riding program is also appropriate for people with other diagnoses such as autism, Down syndrome, visual and auditory deficits, learning difficulties, attention deficit disorder with or without hyperactivity are also indicated.



Centre équestre Foulées d'espoir

1120, chemin Filion

L'Ange-Gardien (Quebec)

J8L 0N8

Phone : 819-592-0089

Phone : 819-968-2522

E-mail :

[centreequestre.fouleesdespoir@hotmail.com](mailto:centreequestre.fouleesdespoir@hotmail.com)



@FouleesEspoir



**Pioneer of therapeutic  
riding in the Outaouais  
region where openness,  
respect and excellence  
prevail**



## WHO ARE WE ?

The equestrian Centre Foulées d'espoir aims to transmit the passion of horseback riding to a clientele with physical, mental and/or adaptation health problems, as well as to a neurotypical clientele, while adapting to their needs.

Arianne Dulac is a therapeutic riding instructor and holds a level 4 in western riding from Cheval Québec. She is responsible for the therapeutic riding program, volunteers training and western riding classes.

Catherine Clément holds a level 4 in western riding from Cheval Québec as well. She is responsible for the horse training components, western riding classes, boarding , as well as scheduling and staffing.

## WHAT IS THERAPEUTIC RIDING?

Therapeutic riding is a type of leisure activity offered to a clientele with a diagnosed physical or mental health problem. By learning to ride, taught by a certified therapeutic riding instructor, the rider develops his motor, social, emotional and physical skills. The goals are determined by the rider or his family and the instructor decides the relevant equestrian exercises to best achieve them.



## PROGRAMS AND SERVICES OFFERED

The Centre équestre Foulées d'espoir offers a variety of services, including certified riding instructor riding lessons, Western riding lessons offered by a certified instructor, and a boarding service.

- School / group activities (5 to 12 participants)
- Western riding courses
- Therapeutic riding courses
- Outdoor and indoor boarding services
- Mini-riders program
- Vaulting
- Therapeutic vaulting

Please contact us for more information about the services offered!

