



# JULY NEWSLETTER



## BACK IN THE SADDLE EQUINE THERAPY CENTER'S MONTHLY ADVENTURES!

JULY 2022





# THE MONTHLY NEWS

## WHY EQUINE THERAPY?: AUTISM

While therapeutic riding has numerous benefits for individuals facing a wide variety of disabilities, equine therapy uniquely helps individuals with autism by enhancing core impairments for people with autism, which is a common symptom of autism spectrum disorder (American Psychiatric Association, 2013). Additionally, therapeutic riding has beneficial effects on behavioral skills (Lentini & Knox, 2015), social communication (Wiese et al., 2016), emotional regulation (Lentini & Knox, 2015), and cognitive functioning (McDaniel & Wood, 2017). Each of these are core impairments of autism spectrum disorder. Therapeutic riding uniquely provides an environment that can address the physical, emotional, behavioral, and cognitive impairments of autism spectrum disorder—all through the help of a therapeutic riding companion.

## UPCOMING EVENTS

August 2nd: Move Appreciation Party

July 25th- Aug 25th: Summer Camp

Sept 16th-17th: Back in the Saddle...At the Castle

## T-SHIRTS

We have tons of T-Shirts for sale! \$20 each! We have every size, youth small all the way up to adult extra large in tons of fun colors! Let us know if you would like one!



## VOLUNTEERS

We are SO thankful for the incredible efforts of our volunteers this summer! From the move to running multiple programs this summer, we couldn't have done it without you! We want to show our gratitude to you all by inviting you to our Move Appreciation Party, which will be hosted by the Board of Directors August 2nd. We hope to see you all there!

THANK YOU FOR ALL YOU DO!

## MEET OUR NEW STAFF!



Amy Baga  
(Riding Instructor)

From left to Right:  
Logan Young, Halle  
Young and Kayla  
Haines  
(Summer Camp  
Counselors)



BACK IN THE SADDLE  
EQUINE THERAPY  
CENTER'S

# SUMMER DAY CAMPS

TUES-FRIDAY  
9-3

June 27th-June 30th  
July 11th-July 14th  
July 18th-July 21st  
July 25th- July 28th  
August 8th- August 11th  
August 15th-August 18th  
August 22nd-August 25th



## ACTIVITIES

Outdoor Activities  
Crafts  
Horse-Related  
Learning  
Riding Lesson  
Water Play

**AGES 5-12**

 **Back in the Saddle  
Equine Therapy Center**

**\$300**

Per Child Per Week

**REGISTER NOW**

603-746-5681  
[info@bitsetc.org](mailto:info@bitsetc.org)



**Scan to Register or text  
SummerFun23 to 41444**



# BACK IN THE SADDLE...

Horses are returning to the Castle! Join us for a meet and greet of some horses from Back in the Saddle Equine Therapy Center, a local NH non-profit that provides therapeutic riding for disabled individuals, veterans, and at-risk youth.

## ...At the Castle!

**PRE-REGISTER HERE!**



**\*Pre-Registration Required**

May 28th-29th  
June 24th-25th  
September 16th-17th

Activities include games,  
crafts, miniature horse  
obstacle course, and MORE!



586 Ossipee Park Rd,  
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(603) 476-5900



**BITS**  
BACK IN THE SADDLE  
**ETC**  
EQUINE THERAPY CENTER