

EQUEST CENTER
FOR THERAPEUTIC RIDING

BARNYARD BUDDIES

Our Mission:

We improve quality of life through equine-based therapy to physically, mentally and socially/emotionally challenged individuals. Our unique program integrates academic, social and physical skills, using the horse as a catalyst.

BARNYARD BUDDIES

Equest Center is thrilled to announce that our barn is growing by a herd of delightful miniature animals that will enhance our current programs and further support us in fulfilling our mission.

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PROGRAM OBJECTIVES

- **Vocational and Life Skills:** generalize skills learned with the horses in our programs to other species; improve fine motor skills, overall communication, motor planning, and empathy through groundwork such as grooming, leading, and caring for the animals
- **Diverse Sensory Engagement:** outdoor, natural environment and variety of textures, sounds, and smells enhances sensory integration
- **Gentle Entry Point:** our miniature Barnyard Buddies can offer a varied, less intimidating approach to build trust, respect and confidence
- **Emotional Regulation and Grounding:** encourages mindfulness, problem-solving, and distracts from negative thoughts

PROGRAM HIGHLIGHT

At Equest Center for Therapeutic Riding, we have seen the life-changing power of horses. To enhance that even further, we are introducing Equest's Barnyard Buddies—a specialized group of mini highland cows, donkeys, goats, and chickens designed to reach kids and adults living with disabilities in new ways. While they may be small, their impact will be BIG.

MEET OUR BARNYARD BUDDIES

Miniature Highland Cow

Miniature highland cows are friendly, calm, and docile. They are the perfect slow-paced animal to help with emotional regulation and grounding.





Nigerian Dwarf Goat

Goats are very playful, social, and curious animals. They make the perfect social ice-breaker and encourage joy and laughter.

Miniature Donkey

Donkeys are spunky, smart, and affectionate. They help build self-confidence, trust, and are very intuitive. These empathetic creatures are great for practicing calm communication.





Chicken

Chickens are a great way to teach responsibility and focus on vocational skills. Caring for birds requires attention to detail and helps to foster a sense of respect for living things.