



Manito Life Center Therapeutic Riding / Equine Assisted Activities

With funding from Northampton County Drug & Alcohol Division, the OASIS Community Center is excited to offer the Manito Life Center's therapeutic equine program, free of charge, to eligible Northampton County residents. This program is custom designed for children and adults needing grief or other emotional support related to a loved one's substance use conditions.

Sessions are facilitated /overseen by a professional therapeutic riding instructor and/or Certified Equine Specialist in Mental Health and Learning, with additional team members, support staff and horse handlers, depending on group size. Sessions may be thirty or sixty minutes in length, and may be run as private, semi-private, or group sessions in a team-based environment.

Equine activities, by their unique nature, require focus, self-control, respect, language and communication skills, a willingness to follow direction and partner as a team with horse and others. The overall experience is empowering, as a difficult set of skills need to be learned and accomplished to be successful.

Manito's program provides a customized, methodical approach towards improving core strength, balance, dexterity, coordination, and increased muscle control. It encourages self-awareness, communication skills, cognitive skills, life and coping skills. Participants often find relief from depression and improved mental health, as well as resilience.

Participation through Northampton County requires a referral along with information on any medical and/or behavioral concerns. Referrals are reviewed for approval.

Please contact Rhonda Miller for additional information:

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