



PONY UP 4 KIDS

PonyUp4Kids Foundation
Union Vale, NY
Dutchess County
www.PonyUp4Kids.com

In the horse world, the spotlight often shines on the thrill of competition – the ribbons, trophies, the breathtaking moments when horse and rider move as one in pursuit of victory. But beyond the show ring lies another arena, quieter yet no less powerful. Here, the goal is not competition but connection. This is the arena of the PonyUp4Kids Foundation (PU4K), where horses are celebrated, not for their speed or advanced skills, but for their ability to heal, to listen and to restore hope.

At PU4K, horses meet people exactly where they are. Veterans rediscover resilience. Survivors of trauma rebuild trust. Children and adults with diverse needs find empowerment. Professionals under stress learn to breathe again. People in recovery reclaim their sense of possibility. Every breakthrough here is not marked by a medal, but by a moment of peace, a newfound confidence, or a heart learning to trust again.

PU4K's mission is to provide equine-assisted learning, equine-facilitated wellness, and therapeutic riding programs that bring healing, hope, and opportunity to the community. Participants include survivors of abuse and trauma, people in recovery, individuals on the autism spectrum or struggling with depression and anxiety, underserved populations, and those facing emotional, physical, or developmental challenges.

What makes PU4K extraordinary is its ability to combine equine wisdom with evidence-based practices. The Body Mantra Method, developed by neuroscientist Dr. Christine Grimaldi, and the patented S.A.F.E.R. Horsemanship approach instill confidence, improve communication, and foster resilience

in ways traditional therapies cannot. Guided by professional standards recognized worldwide, PU4K's programs are not only transformative but also safe, inclusive, and deeply effective. The results are undeniable: 95% of participants, parents, and caregivers report noticeable improvements within the first 30 days — reduced stress at home, greater mindfulness, improved problem-solving, independence, confidence, and resilience.

While the competitive horse world trains riders for the show ring, PU4K prepares participants for life. Programs include youth leadership development, humane equine education aligned with New York State Education Law 809, hands-on learning, holistic education, and career exploration in veterinary medicine, farrier work, horse care, and equine management. Over the past few years, more than 30 participants have explored careers within the equine industry, discovering pathways they never imagined.

PU4K also partners with horse rescues, rehabilitating and rehoming over 45 horses. Each rescued horse becomes part of the healing journey, offering second chances to both animals and humans alike.

Behind PU4K's success is a team of visionary women who are trailblazers in equine-assisted activities. The Board of Directors blends expertise in neuroscience, equine science, leadership, and nonprofit development. Chairperson Jennifer Barbee brings an illustrious background in equestrian sport and business development, guiding PU4K toward new heights. Dr. Christine Grimaldi infuses science and mindfulness through her Body Mantra Method. Leaders like Leah Struzzieri and Caitlin Sundblom add strength in youth development, equine welfare and organizational development. Together, they ensure PU4K remains innovative, inclusive, and impactful.



Unlike privately owned equestrian facilities, PU4K operates with a completely different purpose. Every dollar raised — through donations, sponsorships, and community initiatives — is reinvested directly into sustaining programs, caring for equine partners, and improving facilities. Services are kept free or low-cost so that no one is ever turned away due to financial hardship.

The impact is profound: a veteran finally sleeps through the night after his first session, a child with autism discovers confidence in her own voice, a survivor feels safe enough to trust again, and a professional finds balance after years of stress. These are not just stories — they are lives changed because someone chose to give.

We are deeply grateful to our donors and to our partners in state and local government whose generosity and belief in our mission have helped us sustain and grow. Their support has ensured that PonyUp4Kids remains a place where healing is accessible to all, and where horses and humans can continue to thrive together.

Looking ahead, PU4K has envisioned critical expansions that will enhance the experience for participants, volunteers, and equine partners alike.

Plans include a new handicap ramp, additional stabling, a classroom, and expanded storage space — improvements designed to make our programs more inclusive, more effective, and more welcoming for everyone who walks through our barn doors.

At the same time, PU4K is inviting corporate sponsors and community champions to join us in sustaining and expanding this vital work. Their investment will help ensure that equine-assisted healing remains accessible, that rescued horses continue to find second chances, and that every participant has the opportunity to discover resilience, confidence, and hope.

In the horse world, ribbons fade and trophies gather dust, but the victories at PonyUp4Kids endure.



PONY UP 4 KIDS

No horse experience needed.

Open to ages 5+ and all backgrounds.

Apply today
www.PonyUp4Kids.com

PonyUp4Kids is changing lives—one hoofbeat at a time. Our equine-assisted programs help kids, teens, adults & families overcome emotional, behavioral, and physical challenges through the healing power of horses. Let's Pony Up for a brighter tomorrow

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They are measured not in medals, but in moments: a child's first confident smile, a veteran's peaceful sleep, a survivor's newfound trust, a rescued horse's second chance. These are triumphs of the heart, and they matter far more than any scoreboard.

Here in Union Vale, healing has a home — and with your support, it always will. Every donation, every hour volunteered, every voice raised in support keeps the barn doors open and the promise alive. Together, we can ensure that the quiet arena of connection and compassion shines just as brightly as the show rings.

Join us. Stand with us. Believe in us. Because at PonyUp4Kids, hope is never out of reach — and healing is always a promise.

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At PonyUp4Kids Foundation, volunteers are the heartbeat of everything we do.

Every bucket filled, every pony brushed, every person encouraged — it all happens because of the incredible people who give their time, their hands, and their hearts to our mission.

Whether you spend an hour a week or a whole afternoon, your presence makes a real and lasting difference. You help transform lives, one moment and one hoofbeat at a time.

To all our volunteers: thank you. Thank you for showing up. Thank you for caring. Thank you for believing in the power of horses and the strength of community. PonyUp4Kids is better because of you.

If you've ever thought about volunteering, we'd love to welcome you to the barn. There's always room for another helping hand — and always a pony waiting to meet you. www.PonyUp4Kids.com