



P.O. Box 672 Stillwater, OK 74076



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www.turningpointriding.org

There is something about the outside of a horse that is good for the inside of a man.

—Winston Churchill

Our Philosophy

On a horse, someone whose physical challenges prevent them from walking has the legs to run. Someone whose physical and/or emotional challenges isolate them from others now has a friend to trust. Someone whose physical challenge impairs his or her balance has a way to regain it. And someone—anyone—whose challenge presents special obstacles has the opportunity to overcome them...on a horse.

Here's how to Join Us:

- E-mail us at volunteer@turningpointriding.org
- Call us at 405-269-2225
- Fill out an application
- Attend orientation training
- Read our Policies, Expectations, and Codes of Ethics
- Join a team that changes lives and builds futures

Our Volunteers:

- Meet new friends
- Learn new skills
- Gain self confidence
- Learn from others
- Develop new interests
- Experience the satisfaction that comes from helping others

OSU Students can get course credit through OSU Volunteer Services Office

Turning Point is a member of the North American Handicapped Riding Association

Do you have what it takes to be a Turning Point Volunteer?

If you would like to do something that makes a real difference, Turning Point Ranch has a place for you in our therapeutic riding program. We need volunteers for daytime sessions at 10:30 am and 1:30 pm on Tuesdays and Thursday and on Monday evenings at 5:30 pm.

What can you expect?

All volunteers are interviewed and go through an orientation training session before assignment to the therapeutic program. There are roles for sidewalkers who make sure our riders stay on board and for leaders who guide horses through their paces.

Three to four volunteers are needed to insure the safety and success of every rider, so volunteers are truly the heart of Turning Point.

Who rides at Turning Point Ranch?

Our program is focused on two very specific groups of riders: individuals with disabilities and at-risk teenagers. Right now, we have private clients, special students from Stillwater Public Schools, and youth from a local shelter.

What are the benefits of therapeutic riding?

All riders are encouraged to try new things and to set and achieve goals in order to build self-confidence and self-esteem. Sessions include grooming, riding instruction, games, and exercises. The bond that forms between our horses and our riders teaches respect, patience, and trust. In addition, physically challenged riders gain flexibility, balance, and muscle strength. Consistent interactions with specific volunteers assigned to each rider build social and verbal skills.

How does the program change the volunteers?

Everyone is different, but no one leaves Turning Point unchanged. OSU student Mindi Howe of Alex, Oklahoma says, "I've found working with the clients has really helped me to grow as a person. I know the therapy is for them, but I receive a blessing from just helping out." Dee Miller says working with children and horses has helped fill the void after her husband's death.