

Enroll your child today by visiting our website and downloading an application form or contact our office to have one mailed.

Empowering children in Manitoba who are living with disabilities, to experience accessible horseback riding and all of its powerful, proven benefits.



PRAIRIE STRIDES



Want to Help?

Providing children with disabilities the life-changing experience of a newfound sense of physical freedom and meaningful social connections. Visit our website to donate to Prairie Strides or join our team of volunteers.

All volunteers must be 16 years of age or older and will receive mandatory training. Prairie Strides requires a commitment of 10 weeks, for a scheduled one-hour shift minimum or as a designated spare. Classes run each Monday and Wednesday night from 5:55 pm through 8:30 pm.

Prairie Strides
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Website: prairiestrides.com
Charitable # 11903 0641 RR0001

Our Story

Formed in 1977, Prairie Strides (formerly Manitoba Riding for the Disabled Association) provides accessible riding to children 5 to 15 years of age in Manitoba. Prairie Strides relies on the efforts of over 100 volunteers, a Board of Directors, and one office staff. Without government assistance, fundraising and donations are the lifeline to continuing our work.

Prairie Strides has introduced a diverse community of Manitoban youths to the enriching world of horseback riding, including those with:

- Cerebral Palsy
- Fetal Alcohol Spectrum Disorders (FASD)
- Autism Spectrum Disorders (ASD)
- Attention Deficit Hyperactivity Disorder (ADHD)
- Blindness
- Epilepsy
- Spina Bifida
- Traumatic Brain Injuries
- Learning Disabilities
- Developmental Delays
- Deaf or Hard of Hearing



This is where freedom reins

Accessible riding is a fully immersive experience, providing physical, mental, and social stimuli in a unique therapeutic environment. As the horse is walking, the motion imparted to the rider is similar to normal human walking, gently mobilizing the joints.

Physical Benefits

- Improved balance and coordination
- Strengthened muscles
- Increased circulation
- Decreased Spasticity

Emotional Benefits

- Rewarding, exciting challenges
- A sense of achievement
- Boosted self-confidence
- Improved overall well-being

Social Benefits

- Develop strong bonds of respect
- Build trust and friendship with both the horse and our volunteers