

Get Involved

PALS relies on a large core of volunteers and donors. If you are interested in improving the lives of PALS participants, there are many ways to get involved.

- Ride at PALS
- Volunteer in lessons
- Volunteer in public relations
- Assist with fundraising efforts
- Donate a horse or equipment
- Sponsor a horse or rider
- Make a financial contribution



Contact us today and start making a difference!

PALS Representatives Speak

"This is the best decision we have ever made for our daughter!"

"You get high up on the horse and feel like you can fly!"

"The people I have met at PALS have changed my life for the better."

"Riding made me happy to know that I have another friend ... that I am in charge of something much bigger and larger than me."

"Riding is nice ... it gives me a good feeling that I can do it right."

"PALS has the friendliest people and the best horses!"

"When I ride a horse at PALS, I am no longer an arthritic senior citizen, but as able-bodied as the horse."

"Riding makes it so that I can take my mind off my problems for awhile."



PALS is a nonprofit organization offering equine assisted activities to those with special needs and at-risk youth in the greater Bloomington, Indiana region.

PALS focuses on ability rather than disability...



Please Contact Us For More Information About PALS

Mailing Address

P.O. Box 1033
Bloomington, IN 47402
812.336.2798 Office/Fax

Program Address

680 West That Road
Bloomington, IN 47403
812.824.3000 Barn

pals@indiana.edu

www.palstherapy.org

About PALS

PALS serves individuals with physical, cognitive and emotional disabilities as well as at-risk youth through equine assisted activities (EAA). Medical professionals in numerous fields have found that these activities are extremely beneficial when used as a form of therapy. In addition, the rider and horse form a special bond that enhances overall well-being.

PALS Credentials

PALS is a NARHA Premier Accredited Center and a member of the Indiana Horse Council Equine Assisted Programs Committee. We follow the standards developed by NARHA and use only NARHA certified therapeutic riding instructors who are trained in therapeutic riding techniques, CPR, first aid and safety. Horses are carefully selected and specially trained to provide the safest and highest-quality therapeutic environment. In addition, PALS is a United Way of Monroe County Certified Member Agency.



PALS Riders

At PALS, we focus on ability rather than on disability. Our riders come from a variety of backgrounds, including the following:

*ADHD • AMPUTATIONS • AT-RISK YOUTH
AUTISM • BRAIN INJURIES • CEREBRAL PALSY
DEVELOPMENTALLY DISABLED • DOWN SYNDROME
EMOTIONAL DISABILITIES • MULTIPLE SCLEROSIS
MUSCULAR DYSTROPHY • POST POLIO
SPINA BIFIDA • SPINAL CORD INJURIES • STROKE
VISUAL, SPEECH & LEARNING IMPAIRMENTS
... AND MANY OTHERS ...*

All participants are carefully evaluated by a medical professional and/or a NARHA certified therapeutic riding instructor to ensure that the most appropriate education and therapy plan is developed.

Depending on the rider's needs and abilities, therapeutic lessons range from 30 to 45 minutes in length.

Visit Us

680 West That Road
Bloomington, Indiana 47403

DIRECTIONS FROM STATE ROAD 37:

Take Highway 37 to That Road. Turn east on That Road and travel 1.3 miles. PALS is on the north side of the road, just before That Road intersects Rogers Road.

DIRECTIONS FROM ROGERS ROAD:

Head south on Rogers Road past the Country Club and Batchelor Middle School (about 4 miles from downtown Bloomington). Turn west onto That Road. PALS is the first drive on the north side of the road.

