



~45 years~

IMPACT REPORT

2023
CELEBRATING OUR 45th YEAR WITH A BRIGHT FUTURE



Meet Asa and Chloe Langer

Asa Langer is a chipper, talkative twelve-year-old with a mad penchant for video games - that is when he isn't riding at Little Britches! Asa has been coming with his mom, Chloe, to Little Britches for eight years. If Asa had his way, he would stay at Little Britches forever!

Equine therapy was recommended to the Langers by Asa's preschool teacher. When he rides, Chloe explains, "there's a buoyancy to him. I think it fills him with joy, he sleeps better and it helps regulate his entire body."

The introduction to therapeutic riding took some time adds Chloe, "The first six months were spent acclimating Asa to the horse. Some days it was just putting on the helmet, other days petting the horse. Now there's no fear or no anxiety, just respect for the animal."

In fact, when Asa is on the horse, he declares "I'm up in the sky, way up there, like an airplane flying."

Over the years, Asa's family has observed many benefits from his riding program. His fine motor development has improved, he sits a little taller in the saddle, and he has more control over his body movements.

Chloe can't imagine a routine that doesn't include Little Britches. "It's a unique type of therapy," she explains. "Little Britches was one of the first to come back after the pandemic, in person, providing a sense of normalcy," she said. "Asa has the desire to engage, the desire to be part of things, he's very socially motivated."

"I'm autistic," Asa states, "I do stuff in my own way." Asa's diagnoses also include ADHD and anxiety. "Asa is the 'other' in our family," explains Chloe, "unique and different, and that's ok. We are all in it together."

LITTLE BRITCHES BY THE NUMBERS

CELEBRATING 45 YEARS

1979 was a noteworthy year for two women, who with their love of horses and shared eagerness to empower those with disabilities, created Litchfield Little Britches Therapeutic Riding.

Operating out of Lee's Stables in Litchfield, Peg Sweeney and Betty Lou McColgin started the riding program offering lessons one day a week.

Both women understood the benefits that equine therapy could provide to those with disabilities:

improving sensory integration, motor planning, sequencing, and spatial awareness, all through the movement of the horse.

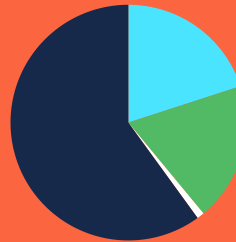
Forty-five years later, Little Britches has grown to three instructors, offering five eight-week sessions, six days a week. We look forward to honoring Peg and Betty Lou as we celebrate our anniversary throughout the year. Stay tuned!



THE 2023 FINANCIALS



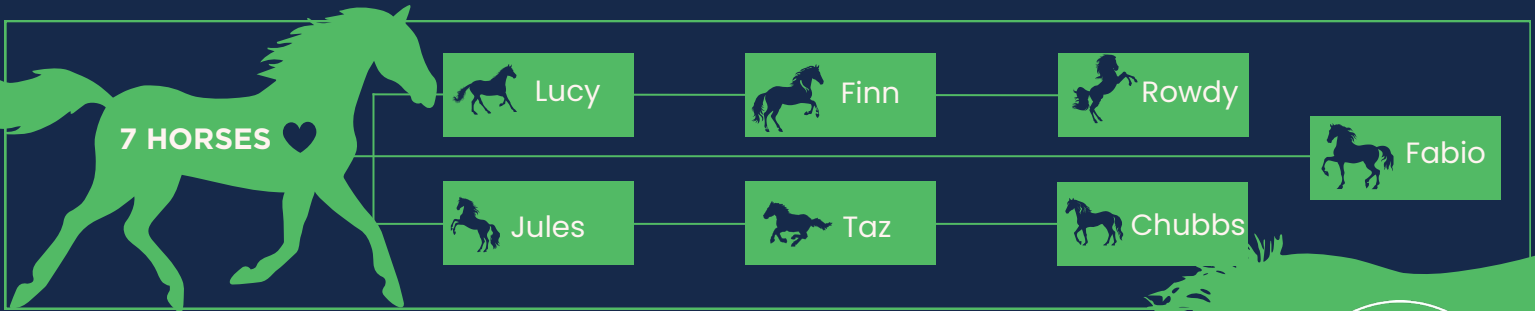
- Donations/Grants....60%
- Rider Fees.....20%
- Fundraisers.....19%
- Other.....1%



- Program Expense....90%
- Administration.....10%



THE DEMOGRAPHICS



99
Riders



3
Instructors



32
Towns Served



60
Volunteers



Little Britches Therapeutic Riding Inc.

a 501(c)3 nonprofit organization celebrating 45 years of providing equine therapy to people with disabilities.

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