

Community Service Association Newsletter

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Message from the CSA Board of Directors

This month the newsletter features a profile of Helen Woodward Animal Center's Therapeutic Riding Program, one of the many educational and human services programs that the Center provides to the greater San Diego community.

Thank you, CSA members, for your donations and Happy Holidays to you and your loved ones!

Profile of Helen Woodward Animal Center - Therapeutic Riding Program

For over 40 years, Helen Woodward Animal Center has been committed to the philosophy of people helping animals and animals helping people. The Center provides a variety of services that benefit the community through educational and therapeutic programs for people, and humane care and adoption for animals.

The Center is a no-kill facility that receives no government funding and relies heavily on tax-deductible contributions from private donors to continue saving and changing lives.

One program that illustrates this concept of animals helping people is the Therapeutic Riding Program. The program serves 50 clients ages four and up with weekly lessons to assist with challenges such as Down Syndrome, developmental delays, autism, Cerebral Palsy, blindness, brain malformation, seizure disorders, learning disabilities, and multiple sclerosis.

Shannon, a client of the therapeutic riding program, is a 10-year-old girl with Cerebral Palsy. Her leg muscles have not developed normally, causing her to have an irregular gait when she walks.

Though Shannon has gone through many different therapies to improve her muscle development, therapeutic riding has been one of the most effective. When she rides she can feel what it is like to walk with a regular and even gait through the horse's movement. This helps her body and mind develop the muscles and the memory of walking so she can improve her gait when she is on her own two feet. In the few years that Shannon has participated, she has gone from needing assistance walking to being able to walk independently, jog and climb. In addition to improving her mobility through riding, she has also increased her self-confidence and improved her self-esteem.



“Support from our generous community partners such as the Community Service Association of San Diego Unified School District makes it possible for us to continue to provide this valuable service to our clients. Thank you for your wonderful support over the years which has helped improve the lives of so many!”

For more information about the Helen Woodward Animal Center please visit www.animalcenter.org.

CSA Mission Statement

The Community Service Association of San Diego Unified School District is a nonprofit association organized to solicit contributions from district employees for recognized charitable agencies in San Diego County which support the arts, education, health, and human services.