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To whom this may concern:

I would like to thank STARS therapeutic riding for all the different ways they have helped my son, Kaj. It is because of their efforts that he has made so much progress in so many ways.

Kaj has autism, and is nonverbal. He has a lot of anxiety, and in the past has been frightened of animals, especially dogs. Since starting riding with STARS four years ago, he has shown great improvements, not only in riding skills such as balance and strength, but also in communication and confidence. At first, he was quite reluctant to get on the pony, but his patient and understanding instructors gave him time and space to work through his anxieties. He was mounting the pony by himself a few sessions later, and began to really enjoy his trail rides.

Exposure to horses and other animals around the barn has made him much better able to cope with the unexpected (even dogs!) in other environments. His therapists and teachers at school have all commented on how his regulation and communication continues to improve.

His STARS instructors have been great, making the sessions extra fun with games and “tricks” on the pony while encouraging and prompting him to communicate his wants.

I want to thank STARS very much for accepting Kaj into the program and working with him to achieve these great improvements. Keep up all the good work!

Sincerely,

Susie Jones