

CanTRA CALLER

MISSION

The Canadian Therapeutic Riding Association- promoting excellence throughout Canada in therapeutic riding and equine assisted therapies through certification, accreditation and education.



CanTRA
National Canadian
Leader in Equine
Assisted Therapies
since 1980

Supporting Canadian
Therapeutic Riding
Programs across the
Country

Registered Charity
#11883 6543 RR0001



News from the Provinces

New Brunswick

The Fredericton Therapeutic Riding Association ran an eight-week summer program with Under One Sky Friendship Centre, introducing youth to horses. One family shared this story after completing the program. "My son Matthew, part of the Under One Sky Nurturing Roots initiative for Urban Indigenous youth, was born prematurely and diagnosed with Fetal Alcohol Spectrum Disorder. He faces many challenges, so we were thrilled for him to join, especially given his love for animals. At first, Matthew was nervous about the new environment, but the patient staff broke things into small steps, helping him gain trust. Even wearing a helmet was difficult due to sensory needs, yet with support and practice he was comfortable by the third session. With each ride, his confidence and joy grew. I'll never forget him sitting calmly while a volunteer explained something, or his excitement when asked to balance with arms outstretched. Recently, he rode Scooter almost independently for a full outdoor session. This program has given Matthew trust, confidence, and a sense of belonging. We're grateful for the impact and excited to continue this Fall, thanks to ongoing support." – Kailha WS.

Do you have an Indigenous Community near your centre, where the youth may be interested in your program, either as riders or volunteers?

For more information visit:

Under One Sky Friendship Centre: <https://www.uosfc.ca/>

Upcoming Webinar

Join us for our next webinar- December 7, 2025

Presented By Cynthia Andrews- CanTRA Coach/Special Education Teacher discussing the topic of "Teaching Strategies for People with Autism Spectrum Disorder". Open to all CanTRA Members and will last approximately 1 hour including a question period. Handouts will be available for all registrants. Registration forms will be sent out via Constant Contact closest to the date. Cost of the webinar: \$35.00.



News from the Provinces

Continued.....

Prince Edward Island

Many were impressed that all six Joyriders of PEI instructors attended the 2025 CanTRA Conference – no small feat for a part-time program in a small province celebrating its 46th year. With few opportunities for in-person professional development in the Atlantic Provinces, we were eager to go when the conference was as close as Ontario. Attending together was vital for gaining the full benefit, rather than trying to share information after the fact. A bonus was team building. At home we are usually in the arena or in meetings, not socializing. In Guelph, staying together at our own cottage gave us valuable downtime as a “family” of dedicated instructors. Fortunately, PEI’s close-knit community connections and our strong reputation helped us secure generous support.

We are so fortunate to have made connections with several Lions clubs on PEI, and in the past year, three clubs, Parkdale-Sherwood, Cymbria and Winsloe made significant donations, covering our expenses to attend the conference. This was not an opportunity to be missed! Instructor education, updating hours, networking, and team building were so valuable. The lesson is clear- build connections, nurture them, and show gratitude when it bears fruit.

Daphne Davey, Joyriders Board President



R-L: Doug Ellis, Kathryn Barrett, Daphne Davey, Lauren MacIsaac, Marg Gray, Gilles Richard



Something New at Camp!

Campers at Camp Sunrise in Ontario enjoyed meeting these service dogs and learning about Service Dogs Canada, when the dogs visited the farm this summer.

Let us know!

Did your Centre recently celebrate a special moment or host a new successful fundraising event you would like to share? We'd love to hear about it! Send us your photos along with a short description of the occasion to office@cantra.ca for a chance to be featured in an upcoming issue of the CanTRA Caller!

Reminder- CanTRA Member Benefit

Due to CanTRA's partnership with Equine Guelph, becoming a CanTRA member links you to the Equine Guelph Horse Portal, accessing registration for educational courses at 15% discount. Don't miss this great opportunity for instructor updating hours and further education!



CanTRA Outstanding Service Awards

We all know how important our amazing therapy horses, therapeutic riding instructors, volunteers, and program directors are in the successful delivery of CanTRA 's Therapeutic Riding and Equine Assisted Learning (EAL) programs across the country.

For many years now we have sought nominations to determine annual national outstanding awards. There was more enthusiasm for these nominations when initiated than there has been in recent years. Therefore, there has been a significant decline in nominations, until this year we focused only on "Outstanding Therapy Horses".

This certainly does not depreciate the many wonderful horses and people that have been honoured to date, but there are hundreds of CanTRA therapy horses and people who stand in the shadows every year, who should be recognized.

In 2026 we are introducing a new awards system to embrace more of these worthy recipients:

- Member Program AGMs, or other significant events, happen at different times each year when members are together and would have the opportunity to celebrate
- CanTRA nomination forms will be available throughout the year from the Guelph Head Office- a limited number per program per year
- CanTRA will have standard recognition certificates for each awards category that will be customized and dispatched by email
- The member centre Board of Directors may decide whether to print these on a framed certificate or on a plaque
- Celebration of CanTRA 's annual awards will be done locally with centre members
- Formal recognition of recipients will be published by Constant Contact each quarter

Rookie Riders Program



Rookie Riders, developed by Equestrian Canada in collaboration with physical literacy and equestrian experts, is a dynamic introductory program for children aged 5–12 of all abilities who are new to riding. Designed to build foundational horsemanship and physical skills in a safe, engaging environment, the curriculum includes ground-based activities and basic gymnastics, mounted activities on a barrel horse, and positive first experiences on horseback. The program supports national standards for physical education and promotes lifelong active living. With a library of structured lesson plans, fun games, and guided progressions, Rookie Riders effectively prepares participants

to progress into the Learn to Ride program. The program is intentionally flexible and is suitable for riding facilities, recreation centres, school gyms, or community events. Both individual and group instruction is fully supported with over 130 instructor-led activities, each with three adaptable variations to ensure accessibility and inclusion for participants with disabilities. Try Rookie Riders today and take the first step toward confident, capable, and inclusive riding!

For more information please visit <https://equestrian.ca/community/rookie-riders/>

Jamie Ann Goodfellow, Equestrian Canada

News, Events & Links

2026 Webinars

- January/February 2026
- Series of 3 successive CanTRA webinars on Rider Biomechanics presented by Teg Harper, CanTRA Coach/Examiner.
- Watch for dates in December Newsletter and via Constant Contact

CanTRA Christmas Fundraiser- While Quantities Last!

- Seagull Pewter Tree Ornaments- 2 designs (\$15 each)
- CanTRA Toques- available in navy and grey (\$15 each)
- To order please complete the attached form and email it to Rachel at office@cantra.ca



Grey

Navy



Design #1



Design #2

HETI Conference- "Hoofbeats for Health"

- Hosted in Oslo, Norway May 18-22, 2027
- Stay updated on speakers, registration, and news by joining the official HETI Congress Facebook Group at <https://www.facebook.com/groups/heticongress>

CanTRA 2026 Individual Membership Fees

- Membership registration opens on November 1st
- Please complete your 2026 membership form and send form and payment to Rachel at office@cantra.ca
- See form attached in covering Constant Contact email

Informative Links to Research

A Qualitative Exploration of the Lived Experiences and Perspectives of Equine-Assisted Services Practitioners in the UK and Ireland

<https://www.mdpi.com/2076-2615/15/15/2240>

How a New Project is Teaching Vets to Recognize and Investigate Equine Cruelty

<https://ccsaw.uoguelph.ca/2025/06/04/bringing-justice-to-the-barn/>

PATRON

HRH The Princess Royal
G.C.V.O

HONOURARY DIRECTORS

Lisa Burd (AUS)

John Davies (USA)

Mary Longden (AUS)

Dr. Ian Millar (ON)

BOARD OF DIRECTORS

Christine Ross

President (BC)

JoAnn Thompson-Franklin

Past President (NB)

Margaret Tibbo

Vice President (NL)

Kendra Flynn-Stronach

Treasurer (QC)

Paula Bernard

Secretary (NB)

Dr. Angela Fountain

Director (ON)

ADVISORY COUNCIL

Ann Caine (ON)

Daphne Davey (PEI)

Margaret Rigby (BC)

Jeff Tiessen (ON)

STAFF

Eliane Trempe

Certification Administrator
(QC)

certification@cantra.ca

Rachel Reeve

Head Office Administrator
(ON)

office@cantra.ca



CanTRA ACET
SINCE/DEPUIS 1980