

# Volunteering Opportunities

Age Requirements

16-21

,

18 and over

Available 24/7

No

Other Eligibility Criteria

Must be at least fourteen years of age

Family

No

Intake Contact Email

info@simplechanges.org

Intake Process

Call the office

Provider Refer

Yes

Self Refer

Yes

Simple Changes Therapeutic Riding Center

<http://simplechanges.org/>

<http://simplechanges.org/volunteer/>

Main

(703) 402-3613

Toll-Free

(390) 303-3263 x26326

P O Box 991

22199 VA

United States

Fee Structure

No Fee

Languages Spoken

English

Simple Changes Therapeutic Riding Center is dependent on volunteers. Volunteers with horse experience may be trained to lead horses during lessons. Others, with and without horse experience, will be trained to walk beside the horse and rider during lessons. Lesson volunteers must be at least fourteen years of age and be able to walk briskly for two to three hours at a time. Volunteers are also used to groom horses, clean stalls and for special projects.

[Applications](#) can be download from the website or call the office at 703-402-3613.

Simple Changes has two locations. The main facility is located in Mason Neck, VA and the satellite facility is located in Catlett, VA. Lessons are held Monday, Wednesday and Thursday afternoons and Monday and Saturday mornings at the Mason Neck facility and Tuesday afternoons at the Catlett facility.

Service Area(s)

Carroll County

,

Fairfax City

,

Fairfax County

,

Fauquier County

,

Fredericksburg City

,

Loudoun County

,

Manassas City

,

Manassas Park City

,

Prince William County

,

Spotsylvania County

,

Stafford County