



OUR MISSION

BINA Farm Center brings together individuals with and without special needs by offering a variety of inclusive enrichment programs that help them to both thrive personally and make their best contribution towards the communities in which they live. BINA provides a comprehensive therapeutic and recreational environment utilizing Equine-Assisted Services and Therapies, Vocational Training Programs and Creative and Complementary Therapies for children and adults with physical, developmental and emotional challenges.

TEAM MEMBER HIGHLIGHT

MEET NIKI!

Niki Holtzman, MS OTR/L has joined the BINA team as Occupational Therapist using Hippotherapy as a Treatment Strategy



Welcome, Niki!

Thank you to everyone for making Rider Showcase Week a success!



BINA Bulletin

Spring 2023



Dear BINA Community,

Happy Spring! With each warm day, the farm is busy with increased activity: more programming, more celebrations, more Corporate and Community Service Days and that means we have a need for more volunteers. You will see some new incentives later in the newsletter for volunteers.

We are thrilled to relaunch our Equine-Assisted Psychotherapy (EAP) program and are actively accepting a limited number of new clients. This supplemental treatment strategy is a wonderful opportunity for someone to benefit from the beautiful surrounds of our center with an equine-assisted approach to traditional therapy.

The tilling of our Community Garden is complete, we are now preparing our plantings for a spring, summer and fall harvest. We are in need of garden lovers who can help us with ongoing planting and care during times that work for you!

We are in need of volunteers in all areas: horse leaders, side walkers, greeters, and grooms. Summer Specialty programs are also in need of morning volunteers with an incentive of free riding lessons. We also welcome friendly faces and voices to assist us in welcoming visitors and fielding phone calls.

We held two special events in April: A Volunteer Appreciation gathering and our Rider Showcase Week. We couldn't do it without the dedication and commitment of our volunteers, we celebrated each of them with a gathering that included recognition awards, food, and social games for fellow volunteers to get to know each other. Our Rider Showcase Week welcomed participant friends and extended family to view their lesson and share their accomplishments. Every participant was a blue-ribbon winner to us and received their Rider Showcase ribbon!

With gratitude, Janice Gilman
Executive Director



SAVE THE DATE

Saturday, November 4, 2023
Mandarin Oriental, Boston

HORSING AROUND AT THE MANDARIN

Mark your calendar for the BINA Farm Center black tie gala to celebrate bringing people together through inclusive therapeutic and recreational horseback riding programs in Lexington and Wellesley.

What is Patreon?

Patreon is a platform that allows you to join your favorite non-profit's community, to donate directly to their mission, on a one-time or recurring basis.

How does it work?

Select a membership tier & subscribe. Each tier provides different perks and all help support BINA Farm's inclusive programs for those with and without special needs.

Scan Here to Learn More! >>>



BINA BUDDIES is for ages 6-14 Monday-Thursday 9am-12pm

A FEW SPOTS LEFT

**SESSION DATES ARE: JULY 10- 13, JULY 17 -20, JULY 24 -27, JULY 31-AUGUST 3, AUGUST 7-10, AUGUST 14-17.
EMAIL INFO@BINAFARM.ORG TO REGISTER TODAY!**

EQUINE-ASSISTED PSYCHOTHERAPY HAS A FEW OPENINGS!

INQUIRE TODAY

What is Equine-Assisted Psychotherapy (EAP)?

Equine-Assisted Psychotherapy incorporates horses within Psychotherapy treatment to help address individualized goals of improving overall function, health and wellness of the client. It has the same goals and characteristics as traditional Psychotherapy but incorporates connection with an equine to facilitate progress and healing.

What will an EAP session look like?

EAP may include a wide variety of equine activities such as observing, handling, grooming, leading and lunging. Clients do not need to have any previous experiences with horses to participate in EAP sessions. EAP sessions are run by a licensed, credentialed Mental Health Professional who is also credentialed as an equine professional. Alternatively, a licensed, credentialed Mental Health Professional works alongside a credentialed Equine Professional.

MEET ANGEL!

The newest addition to the BINA family. Angel may be small, but she is FULL of personality! She can't wait to meet all the kids at Summer Programs!



VOLUNTEER THIS SUMMER AT BINA

FOR FREE RIDES

For every 16 hours of Summer Specialty Program volunteer time, EARN A FREE HORSEBACK RIDING LESSON* with one of our MA-licensed riding instructors!

**Volunteer Sessions run Monday through Thursday, from 9:00am to 12:00pm/1:00pm
Program dates are: July 10-13, July 17-20, July 24-27, July 31-August 3, August 7-10 or August 14-17.**

*lesson will be in a group setting, on a Friday during summer, at a time set by BINA Farm Center. Some restrictions apply, initial orientations and training required to volunteer. Must be 14+ and able to volunteer independently.

