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Corral riding academy

CORRAL is a nonprofit organization that provides a long-term program for adolescent girls in high-risk situations, focusing on equine therapy and education. The program aims to equip each girl with skills, resources, and opportunities to access a brighter future. CORRAL's therapists are licensed professionals who work with passionate and qualified staff to provide a holistic intervention based on a research-validated resilience framework for change. The organization refers participants from local agencies, including Human Services, Police Departments, Juvenile Justice, and school administrators. CORRAL is a preventative diversion program that strives to create an environment for lasting healing and freedom from risky behaviors. Candidates are selected through an application process and must commit to a minimum of one year. CORRAL Riding Academy helps adolescent girls in high-risk situations by providing equine therapy and education. Over the last 15 years, CORRAL has served over 600 youth across the Triangle. The organization's community of supporters contributes significantly, enabling it to continue its growth and increase access for those who need it most. Since 2008, CORRAL has been serving over 600 youth, providing equine therapy and education. The organization relies on generous donations from supporters like this year's Seed Level Grow and Bloom Gala sponsors, which amplified the impact of the gala, enabling more proceeds to support life-changing programs for girls in need. Tickets are up for grabs to a Carolina Hurricanes game during their 2025-2026 season! If you or someone you know can lend a hand, hit up Development Manager Anjanette Salmon at anjanette@corralriding.org. We've already got some awesome auction categories filled thanks to our amazing community - original artwork, photography packages, local getaways, and more. Corral Riding Academy uses horses to break cycle of trauma Researchers call these experiences 'adverse childhood experiences' ACE can include abuse, neglect, witnessing crimes, and parental conflict. Studies have shown that these events can alter the brain in several areas. Cortisol production increases significantly. High levels of stress are linked to depression, substance abuse, personality disorders, PTSD. Corral Riding Academy aims to break intergenerational trauma cycle with horses. Sabrina dismounts her horse River after a ride, thanks him for their time together and starts grooming. River lapses in stride but Sabrina guides him back on track. She uses skills learned at Corral to stay calm and focused. CORRAL's Vision Expands with Leadership Change CORRAL Riding Academy is expanding its horizons under new leadership, building on a foundation of equity and a commitment to empowering young women in high-risk situations. Sprout Level Grow and Bloom Gala Sponsors Recognized as Part of CORRAL's Support Circle The generosity of year's Sprout Level Grow and Bloom Gala sponsors played a significant role in amplifying the impact of our 4th annual gala. This support enabled a larger portion of the night's proceeds to directly fund life-changing programs for girls in need. Since 2008, CORRAL has provided equine therapy and education to over 600 youth across the Triangle, promoting healing, learning, and growth.