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## BECOME A VOLUNTEER

Our programs rely heavily on our wonderful team of hard working and dedicated volunteers to help us provide a fun, safe and rewarding therapeutic experience. Volunteer opportunities may include equine programs, barn, office and special events. We also host community service and corporate groups and organizations throughout the year to assist us with various projects. For questions or more information about volunteering, please contact [Volunteer@binafarm.org](mailto:Volunteer@binafarm.org).



## GIVE TO BINA

BINA is a 501 (c)(3) nonprofit that relies on the generosity of individuals, corporations and foundations to subsidize every service we provide and to provide scholarship to those with greater need. Gifts at all levels are valued and tax-deductible to the extent allowed by law. Please visit [binafarm.org/donate](http://binafarm.org/donate) to donate today. We encourage you to ask your employer if they will match your gift to double your impact. BINA accepts gifts of securities, which may provide you significant tax benefits. Thank you for considering a gift.



## PROGRAM LOCATIONS

55 Allen Street, Lexington, MA 02421  
Dana Hall School: 160 Grove Street, Wellesley, MA 02482

(508) 651-2462(BINA) | [binafarm.org](http://binafarm.org) | [info@binafarm.org](mailto:info@binafarm.org)



# BINA FARM CENTER

BELIEVE • IMAGINE • NURTURE • ACHIEVE



EQUINE-ASSISTED ACTIVITIES  
AND THERAPIES



## 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 Activities and Therapies, Vocational Training Programs and Creative and Complementary Therapies for children and adults with physical, developmental and emotional challenges.



## WHOM WE SERVE

BINA serves children and adults of all ages with a wide variety of special needs including, but not limited to, the following diagnoses:

- Autism Spectrum Disorder
- Developmental Delay
- ADD/ADHD
- Learning Disabilities
- Cerebral Palsy
- Intellectual Disability
- Emotional, Behavioral, or Mental Health Challenges
- Speech Impairment
- Down Syndrome
- Traumatic Brain Injury
- Alzheimer's/Dementia
- Multiple Sclerosis
- Hearing/Vision/Speech Impairment
- Youth At-Risk
- Stroke
- Spina Bifida
- Muscular Dystrophy
- Sensory Processing Disorder
- Post Traumatic Stress
- Spinal Cord Injury
- Amputations
- Terminal Illness



***“What is happening at BINA is amazing, and it’s changing my daughter’s life and it’s changing our life at home and I couldn’t be happier.”***

**-Mother of eight year old participant**

## PROGRAMS

BINA offers therapeutic and recreational programs for individuals of all ages and abilities. Our life-changing programs help participants acquire social, vocational and recreational skills. BINA creates a respectful and inclusive environment which fosters learning, cooperation and interaction for individuals with and without special needs. Children and adults are encouraged to develop a working, respectful and rewarding relationship with the horse on the ground, as well as in the saddle, fostering a culture of kindness. All participants develop short- and long-term goals in a positive, safe and confidence-building environment.



**Therapeutic Horseback Riding:** Therapeutic Riding is an equine-assisted activity which is recreational in nature, with the goal of learning riding and horsemanship skills. Lessons are designed to contribute positively to the participant’s educational, physical, social and recreational goals.

**Hippotherapy:** Hippotherapy is a treatment strategy used by occupational, physical and speech therapists that purposefully manipulates equine movement to engage the sensorimotor and neuromotor systems to create functional change off of the horse.

**Equine-Facilitated Mental Health and Learning:** The goal of EFMHL services is to support clients in making meaningful change in their lives through carefully planned and supervised human/horse interactions, designed with each client’s specific goals in mind. Our collaborative treatment approach is goal-oriented, strength-based and experiential and holistic in nature.

**Recreational Riding:** BINA’s recreational riding program is built on the fundamentals of excellent horsemanship, effective & correct equitation and the principles of dressage. BINA offers lessons in both flatwork and jumping.

**Horsemanship:** This unmounted program offers individuals and groups the opportunity to gain hands-on experience while learning skills such as grooming, leading and caring for and interacting with horses.

**Veterans and Active Military Programs:** BINA’s “Healing With Horses” program uses both mounted and unmounted equine-assisted activities to assist in physical and emotional healing. Participants learn to safely handle, care for and ride horses, while regaining confidence, building relationships and experiencing the joy and pleasure in a fulfilling activity. This program is provided free of charge.

**Vocational Training Programs:** Participants in BINA’s Vocational Training Program acquire valuable job skills, while learning how to provide daily horse care. Learned skills include paddock/stall cleaning, feeding, basic equine first aid, farm upkeep, supervisor-employee relations and more.

**Summer Programs:** “Horsing Around at BINA Farm Center” is an inclusive summer program which welcomes children of all abilities and skill levels, ages 4-14. Participants take part in group horseback riding and horsemanship classes, as well as other activities such as arts & crafts and games.

**Creative and Complementary Therapy Programs:** Family Yoga, Music, Art

