

# River Deep Foundation Outing Report



## Healing Lives One Adventure at a Time

The River Deep Foundation is dedicated to helping military veterans and other individuals who have experienced physical, emotional or psychological trauma—and those who assist them—to heal and re-engage in life through adventure, recreation and a network of support.

[www.riverdeepfoundation.org](http://www.riverdeepfoundation.org)

Bob Adwar bob@scihop.org



**Date:** July 9, 2021

**Location:** Cottonwood Center for the Arts – Colorado Springs, CO

**Hosted by:** River Deep & Cottonwood Center for the Arts

**Participating Groups:** Operation TBI Freedom

### Art Class – Pottery with Kris Saxton

The pottery instruction class at the Cottonwood Center for the Arts in Colorado Springs serves as a form of therapy for all the veterans and family members who attended the class. Instructor Kris Saxton opened his studio to help inspire the participating veterans to create something new out of a block of clay—creating instead of destroying, like many experienced while deployed. Kris demonstrated the art of making a bowl out of clay. Following Kris' demonstration, veterans and their family members were engaged in their own pottery projects which included bowls, jars, spoons, coasters, and decorative art pieces. Instructor Kris also demonstrated how to use the pottery wheel for several of the veterans and family members, who were excited about the opportunity! Everyone had a great time and enjoyed the class! All who participated said they really enjoyed working with the instructor, Kris, and would like to attend another pottery class again in the future! As always, a big thank you to Cottonwood Center for the Arts in Colorado Springs for opening up their pottery studio.

Alfredo Garcia

Military Support Specialist, Operation TBI Freedom



# River Deep Foundation Outing Report

