

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

Bob Adwar bob@scihop.org



Date: April 13, 2021

Location: USAFA Equestrian Center

Hosted by: River Deep Foundation and Denver SCIHOP

Participating groups: Operation TBI Freedom

Equine Assisted Learning

This was our first Equine Assisted Learning (EAL) session for the season. Despite the cold weather, we had fun at the Air Force Academy Equestrian Center with of six amazing veterans! The group learned about (EAL) and how to do few exercises to cope with stress. We finished the session with a lovely hour of horseback riding through 3 Waters Crossing. As always, this was a relaxing way to learn and spend time outdoors.

Jesus Guerra, CBIS

Military Support Specialist, Operation TBI Freedom

Bob Adwar

President, River Deep Foundation

VP/Humanitarian Outreach Chairman, Denver SCI



River Deep Foundation Outing Report

