

# 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)

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**Date:** October 12, 2021

**Location:** USAFA Equestrian Center

**Hosted by:** River Deep Foundation

**Participating Groups:** Operation TBI Freedom

### Equine Assisted Learning

It was another great day at the Air Force Academy Equestrian Center with an amazing group of veterans! We are proud to be working with the VA to bring more clients to these wonderful outings. Today, we welcomed a primary care provider from the VA as a guest to observe and note the impact the session had on her client. As with each session we learned about Equine Assisted Learning and how to perform exercises to cope with stress. Every veteran had time to share how they felt before and after attending the equine assisted learning session. When a participant comes to the day anxious about horses and leaves excited to try riding again, we know that this outing was a meaningful experience. We finished our time with a relaxing hour of horseback riding through the natural beauty of the area. We will have one more session in November before the weather turns and we look forward to next season!

Bob Adwar

Executive Director, River Deep Foundation

Chairman, SCI Humanitarian Outreach Program





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