

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

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Date: August 10, 2021

Location: USAFA Equestrian Center

Hosted by: River Deep & SCIHOP

Participating Groups: Operation TBI Freedom

Equine Assisted Learning

It was another great day at the Air Force Academy with an amazing group of veterans and their family members learning more about equine therapy. During today's outing, we focused on how to perform exercises to cope with stress. Every veteran had the time to share how they felt before and after their equine session. We even had one veteran overcome his fear of being around and riding horses. Now, he can't wait to come to equine therapy again! We finished our outing with a nice hour of horseback riding through three water crossings. It was a day filled with excitement and relaxation.

Jesus Guerra, CBIS

Military Support Specialist, Operation TBI Freedom

Bob Adwar

Executive Director, River Deep Foundation

Chairman, River Deep Alliance Program

Board President, Anglers of Honor

Chairman, SCI Humanitarian Outreach Program



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