

# 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:** September 14, 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 excited group of veterans and their family members! The participants learned about Equine Assisted Learning and how to perform exercises to cope with stress. Every veteran had the time to share how they felt before and after their equine session. One veteran even overcame his fear of horses and rode one! Now he can't wait to get back on the horse. Everyone enjoyed a peaceful, long ride on the horses through three water crossings!

Jesus Guerra, CBIS

Military Support Specialist, Operation TBI Freedom

Bob Adwar

Executive Director, River Deep Foundation

Chairman, SCI Humanitarian Outreach Program



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