

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: June 8, 2021

Location: USAFA Equestrian Center

Hosted by: River Deep & SCIHOP

Participating Groups: Operation TBI Freedom

Equine Therapy

It was an amazing day at the Air Force Academy with a wonderful group of veterans excited to learn about Equine Therapy. We learned about the many benefits of Equine Therapy as well as different tools to help cope with stress in a healthy way. All of the veterans that participated had the opportunity to share how they felt before and after the equine session. The session culminated with a serene horseback ride across a number of rivers and streams! Everyone was grateful to be apart of the Equine Therapy outing!

Jesus Guerra, CBIS

Military Support Specialist, Operation TBI Freedom

Bob Adwar

River Deep Foundation, President

SCI HOP - VP of Humanitarian Outreach



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