

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: May 25, 2021

Location: USAFA Equestrian Center

Hosted by: River Deep & SCIHOP

Participating Groups: Operation TBI Freedom

Equine Therapy

It was another great day at the Air Force Academy with an amazing group of veterans accompanied by their family members. They spent the afternoon learning about the benefits of equine therapy as well as helpful exercises to cope with stress. Every veteran had the opportunity to share how they felt before and after the equine session. The session was a peaceful hour of horseback riding through three water crossings. The veterans and their families enjoyed a very relaxing day!

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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