

I came to the EquiCenter searching. Maybe a place to belong, a purpose, a way to feel something, a safe place. I came to this place at the lowest point in my life. I was unable to work, I was failing school, all my relationships were on the edge and my overall health and quality of life were almost gone. I even tried to end it all. But horses freed me!

Working side-by-side with the mustangs really gave me that adrenaline fix that as a war veteran I tried to fill with so many other things. I noticed the more I came and worked with the horses the more it started to transfer to home. In the pen with a horse, you have to learn to be in the moment. Breathe and relax. If you are tense your horse will feel it. Same at home! I can walk into a high-tension situation at home now, and just breathe.

Horses and the whole community at EquiCenter helped me and my family find our passion. We recently adopted our first of many mustangs, NorthStar, and I now work part-time here at EquiCenter. School is much easier. I got married, my health is good and my quality of life is at its best. Thank you to all the horses and thank you to the amazing EquiCenter family.

Phil Wytrwa - Iraq War Veteran, Mission Mustang Participant, EquiCenter Equine Care Specialist

A Letter from the Executive Director

As we approach the year's end, I'm filled with hope and gratitude, reflecting on the incredible stories of healing, growth, and empowerment at EquiCenter – made possible by supporters like you. In 2024, we will celebrate our 20th anniversary. It's remarkable to see how far we've come. This journey of two decades is a testament to the enduring power of hope.

This year, thanks to your generosity:

- Hundreds of individuals from our community experienced the transformative power of therapeutic horsemanship, gaining physical strength and emotional resilience.
- Veterans have found renewed purpose and strength through our therapeutic horticulture, cooking, and naturebased mindfulness programming.
- Thousands of servings of fresh, organically-grown produce harvested from our farm were donated to organizations serving the neediest in our community.

But there's still much work ahead. The coming year holds promise and new opportunities, and your year-end gift ensures that EquiCenter continues to be a sanctuary for those seeking healing. Your gift, big or small, is an investment in a world filled with hope, where everyone can harness the therapeutic power of horses and nature.

Thank you for being part of this incredible 20-year journey. Together, we're making a difference.

Warm regards, Katherine

Through the therapeutic power of horses and nature, our community is able to grow and heal. With your help, we will continue to change lives. Thank you for supporting our mission.

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