



## WINTER NEWSLETTER 2020

Dear Community,

This year has been full of challenges, uncertainty, and resilience. All of us had to adapt to find ways to support one another as schools went virtual, community events were canceled, and the normal rhythm of life slowed. Here at Medicine Horse Center, we believe our equine assisted work is essential now more than ever in helping individuals become aware of their emotions, stay present, and find connection to others. We hope you will support Medicine Horse Center's programs in 2021 so that we can continue providing valuable learning and growth opportunities for our community.

Throughout this past year, we were fortunately able to adapt our programs and continue having small groups for school programs, leadership training, and professional development workshops at Medicine Horse Center, following CDC guidelines. These sessions were full of small moments of connection, joy, and peace — a student gaining the horses trust enough to pet her, adults problem solving together as they led a horse through an obstacle course, groups drumming together in our blossoming garden, and the numerous private moments of calm contentment between human and horse. Interaction with the horses helped our participants develop a greater awareness of themselves, practice building healthy relationships, and realize they have choices and agency in their lives - skills that are invaluable at this time.

Despite the challenges of 2020, this year brought space for reflection and gratitude. We are grateful to our supporters who have contributed to our mission, to our committed staff who bring our vision to life every day, to our wonderful herd of horses who are the foundation of our work, and to our participants who demonstrate healing, empowerment, and growth in each visit. We are grateful that we can provide a safe environment for these moments of personal growth and trust between humans and horses to happen.

Thank you for being a part of the connection - we look forward to 2021!

Cheers!

Medicine Horse Center Team



**Horses and humans working together to foster healthier communities**



# MEDICINE HORSE CENTER'S NEW WEBSITE



[www.medicinehorsecenter.org](http://www.medicinehorsecenter.org)

Meet our staff and horses, check out our facilities, and learn about the different programs and services we offer.

You can also donate to support our work in the community!

## PRACTICE PRESENCE

As we transition into a new year full of obligations and uncertainty, our horses remind us to tune into our senses, savor the small moments of beauty, and be fully present.

Take time each day to enjoy the beauty of present moment with this practice...

### TAKE A BREATH...

NAME...

5 THINGS YOU SEE

4 THINGS YOU HEAR

3 THINGS YOU FEEL

2 THINGS YOU SMELL

1 THING YOU TASTE

### TAKE A BREATH...





# WRAPPED UP FOR WINTER

Throughout the summer and fall, Medicine Horse Center continued to serve our community through adapted programming. Check out the various ways we supported families, students, and community partners through these uncertain times.



**R U AWARE series:** When schools shut down in March, we began producing our series of daily online social-emotional learning videos, titled R U AWARE. Each interactive video focuses on a specific social emotional topic - managing stress, handling peer pressure, self talk, building healthy relationships - and features the familiar faces of our horses and staff. These videos can be used as a resource for individuals, parents, teachers, or counselors to help support and educate one another and stay grounded in these uncertain times. All videos are available on our website [www.medicinehorsecenter.org](http://www.medicinehorsecenter.org), as well as on our youtube page Medicine Horse Center.

*"Great videos! You are so creative in your approach to helping during this tough time."*

- A.R. Curriculum Director/Educator

**Trainings:** As our therapy garden blossomed in the spring, we offered numerous outdoor trauma informed trainings and professional development workshops for non-profits and community organizations. Watching these individuals connect with our horses, grow as leaders, and find new ways to communicate with one another reinforced our commitment to the wellness of our community.

*"The information and practices give me the tools to be a better program facilitator, parents, and human being"*

- Nonprofit Youth Educator



**Summer Enrichment:** In the summer, we had small groups of children for our Adventure Outdoor Summer Program. These days were filled with clay, painting, scavenger hunts, obstacle courses, exploring the landscape and connecting with each other and the herd under the sun.

**School Programs:** As schools reopened, Medicine Horse Center recognized the need for mental health and wellness support across the county. We offered our **A.W.A.R.E** programs for students from Dolores, Mancos, and Cortez school districts, to help students learn to recognize and regulate their energy, understand their impact on those around them, and build trusting, healthy relationships.

In addition, we offered **Transitions** programs for students moving from elementary to middle school, where we focused on stress management, personal responsibilities, and building strong social connections.

*"I learned how to be a better leader and how I can handle conflict better"*  
- 6th Grader



*"Medicine Horse has helped me a lot. It helped with my stress and got my mind off my sadness"*  
- 7th Grader



*"No matter what I tell my horse, they listen and still love me"*  
-4th Grader



*"I would come every day if I could. It's helped me remember that there are people who care and it's given me a sense of hope"*  
- High School Student

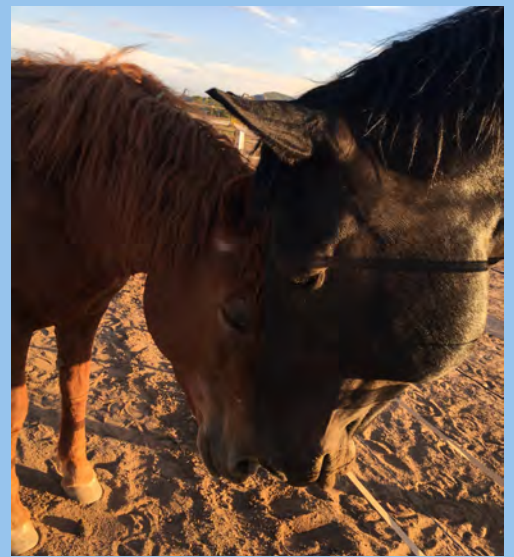




# OUR HERD

At Medicine Horse Center, we see our horses as invaluable partners to us in our weekly program sessions. Their awareness, willingness to connect, and unique personalities create powerful moments of learning and healing for all participants.

We thank these wonderful horses by attending to their physical and emotional needs, regularly, and allowing them time to decompress, socialize, and have fun every day.



Connection and rest



Exercise



Chiropractic adjustments



Regular farrier and  
vet visits



Turnout and play



# THANK YOU

## Our Donors

Absolute Bakery & Cafe

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Huge thanks to everyone who donated through  
Facebook fundraisers in 2020!

## Our Grantors

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[www.medicinehorsecenter.org](http://www.medicinehorsecenter.org)



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