

## Warrior Family Retreat Participant feedback

"Our family was totally blessed with this opportunity from such a generous organization. The experience was so memorable. The volunteers are really caring and know just what to give.

"We've been involved in countless retreats, and this experience you can't teach in a classroom. It's a sacred moment that is etched in our shared memories. Thank you for making this possible for our military families."

"I think the biggest thing I've learned here is that, as long as we do it together, verbally or nonverbally, without aggression we can do anything,"

"When (my husband) was gone things were a little stressful, so I didn't go step one, step two, step three, step four. "I just went straight to four."

We had never worked with horses, but we took the challenges head-on and ended up doing a fantastic job. We're all very proud."

"It's great to finally have the chance to get a few hours each day when I don't have to worry about the kids or make arrangements for someone to take care of them."

I can go to sessions with my husband or with other spouses and know the kids were nearby and in good hands." (Mother of seven)

"The horses represent the family, the decisions and the challenges we face. The length of rope between us represents our share. It's our bond together."

"As the sessions show, we still have obstacles we are not used to, because I have been gone so long." "Thank you for the help in transition from deployment to home." "This year has been hard with their dad away and when he comes back, we have PCS [to relocate] in just five months." "I am looking forward to this lifting my spirits and the feeling of riding a horse will just be phenomenonal." "I am injured down on my lower left leg, so it can be demotivating at times, so I am really looking forward to this." "Because of [my husband's] severe PTSD we are very much still dealing with the side effects of his trauma." "It is very much appreciated that you guys do so much to support us veterans." "Thank you for all that you do and for all your time and donation to putting a retreat together for all our families." "Words cannot express enough on how blessed we are for having this experience through horses, family bonding, reconnection, and much more." "This was our first retreat since my husband's accident, which was a year ago, and it was

definitely something our family needed."

"Thank you for making us leave brand new!"