



Therapeutic Horsemanship, Inc.

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...engaging the power of the horse
to motivate, teach and heal

Dear From the Ground Up Family and Friends,

We first want to say THANK YOU to all of our neighbors, donors, stakeholders, volunteers and clients!! We look forward to your continued support in 2020 when we will be re-vamping our mission somewhat. STAY TUNED. Here's a sneak peek of some additions/expansions from 2019!

- **Creation and Launch of After School Program with Tully Elementary.** This dream has come true! In 2018, we wrote in our letter that we would initiate a program for children and teens in the Tully and LaFayette school districts. The goals of this program would be to help our youth learn coping skills as they face challenges in school, at home and in our troubled world. We asked for support to raise the funds needed to help our children grow to be compassionate, open-minded and productive adults. Thanks to the Hoehle Foundation's major support and to all of you, we started the program in April 2019 with (4) 4-6 graders. The program ran for 6 weeks with the help of our hardworking, steadfast volunteers who each contributed activities including Mindfulness, Communication, Body Language, Confidence and Assertiveness. But it didn't end there!
- **Expansion of the After School Program to Summer Camps.** As the word spread, we began to hear from local residents and others in the area that they were interested in having their children participate at FTGU. Based on the success of the After School program, we decided to make "After School" into "Summer Camp". Some of our After Schoolers became Summer Campers (camp ran for 4 days, twice a month) and we numbered around 10 campers in July. Soon word spread further and we heard from the leader of a youth group on the Onondaga Nation. They were interested in having their group attend our August Summer Camp with 15 of their youth!! Between July and August the word spread further and by August, the group from the Onondaga Nation doubled to 30 participants!! Words don't do justice to the learning, sharing, helping, growing and communicating (both verbal AND non-verbal) that took place at FTGU during the Spring & Summer of 2019.
- **Expansion of the Common Ground Natural Horsemanship program.** In 2019, we included Common Ground Natural Horsemanship principles in most of our classes, camps and After School programs. It is incredible to watch the transformation unfold, starting with the very first session. From training that is based on how horses live & learn in herds, humans can develop greater relationships with horses, which can lead to greater relationships with humans. Humans can facilitate this programming but they can't take credit for this....horses are just better motivators, teachers and healers! In October of 2019, FTGU offered two Common Ground Horsemanship clinics to the general public. These clinics were well received and in November, Andrea Colella travelled to Century Stables to conduct a clinic for the horse owners there. We are honored and ready to help all people who are looking for a closer & safer relationship with their horse. Watch for more Common Ground Horsemanship clinics in 2020!
- **Launch of Horses 4 Health,** a unique, holistic fitness and wellness program that includes aerobic conditioning, strength training, relationship building & riding for those who are equestrians, those who want to be equestrians and those who just want to improve their physical and mental health with or without horses.

Sincerely,

Andrea Stukey Colella, Executive Director

Nadine Essel, Board President

FROM THE GROUND UP THERAPEUTIC HORSEMANSHIP INC., 1238 North Rd., Tully, NY 13159

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