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Your Gift Gives Hope to Heroes

Dear <<First Name>>,

At Hearts & Horses we know that for many Veterans the war doesn't end when they return from service. According to the [U.S. Department of Veteran Affairs](#), between 11-20% of Veterans who served in Operations Iraqi Freedom and Enduring Freedom have PTSD in a given year. The numbers are even higher for Gulf War Veterans (12%) and Vietnam Veterans (30%). Living with PTSD, traumatic brain injury (TBI), and other "invisible" wounds of war can make reacclimating to civilian life extremely difficult, and many Veterans turn to social isolation and other maladaptive coping strategies in order to get by.

When we began [Hearts & Horses for Heroes](#) in 2008, our goal was to create a community where Veterans of every era could heal and grow by restoring the wisdom of their mind, body and spirit through their interactions with horses, each other, and the natural world. Since the founding of our Veterans program, we have given scores of service members throughout Northern Colorado a new lease on life. Since they have already given our country so much, all Veterans participate in Hearts & Horses for Heroes completely free of charge; 100% of the costs are underwritten through the generosity of donors like you.



Navy Veteran Scott Hays first came to us in 2013. Like many of the Veterans who come to our program, he struggled to leave the house and found it difficult to trust other people. With the help of his therapy horse, aptly named Hope, Scott found community, reclaimed his strength, and discovered a new purpose in life. "I started realizing that I was capable of more," he says. "I started getting my confidence back. I wanted to be able to help others have that feeling."

Scott soon joined our volunteer program, dedicating his time to passing on the same hope and healing that he had found through riding on to others. He is just one of many of our Hearts & Horses for Heroes participants who have chosen to "pay it forward" in this way.



Learn more about Scott's journey!

None of this would be possible without the support of donors like YOU! We invite you to join our [volunteer program](#) to meet participants whose lives you have changed, like Scott, and see the impact of your gift firsthand.

Thank you!

[Volunteer at Hearts & Horses](#)

