



Pegasus Bridge to Wellness 2023 Newsletter



December 2023.

This Newsletter is a way for us to say, “Thank You” from the bottom of our hearts!

It is dedicated to all of the volunteers, donors and sponsors that have made our summer camps and work with children possible. If not for you, we could not bring these programs to our community.

In 2015, we offered the first sessions of Camp Unplugged in Platteville, Colorado, at Dragonfly Farm. This summer camp was designed by trained equine gestalt practitioners to give young children a week of outdoor summer camp involving: **(1)** arts and crafts designed to stimulate creative and verbal communication skills, **(2)** participation in basic farm chores to practice team building and problem solving, and **(3)** a hands-on introduction to horses and donkeys of all sizes.

Our goal was/is to teach children how to be safe around large animals, respect for one another and other species, and how to establish a relationship with another being even without a shared spoken language. We believe all of the skill sets involved in our five days of summer camp enhance and build the self-esteem of every single camper. Our goal is to spend our week together practicing compassionate behavior and the joy of helping one another.

2024 will be our 10th Year of offering Camp Unplugged to our community! And we Need Your Help!

We stand in gratitude for your generous donations in the past. And we “Thank You in Advance” for helping us to continue these programs in 2024. Here is what folks of all ages have to say about their experience.



“We love Camp Unplugged. My child came with anxiety and trauma. Since going to Camp Unplugged, she has learned coping skills and has shown great improvement in her independence and confidence.” ... Foster Mother

“My daughter had the best time at your camp and she looks forward to coming back next summer! Thank you kindly.”
... Mother



“This was my daughter's second year to Camp Unplugged and we could not be happier with her experience! She absolutely LOVES camp! Annette, Peggy and the Jr. Counselors are fun and caring. She learned so much about horses and she really enjoyed the crafts and guest Speakers! Thank you for pulling her away from YouTube for a week!” ... Mother

NEW IN 2023!

In 2023, we introduced Kids Care Corral, a week-long program for kids whose parents have had a cancer diagnosis. Our goal is to provide a safe place for kids to come together and share how their parent's cancer has affected their own lives. After all, these kids have found themselves in a club they never wanted to join, and even though they and their families are doing everything possible, they have fears and concerns that they often do not want to burden their parents and friends. The response to this camp – from both parents and participants - was exceptionally positive.

In 2024, we intend to offer two sessions of this camp. And we need your help.



"Kids Care Corral is an amazing experience. It taught me coping strategies so that I could relieve the stress that comes with a parent who has cancer. I loved spending a week with the horses and new friends. I really enjoyed the camp and wish I could do it again!"
... Camper

"The bucket challenge was my child's favorite. It really helped him process his experiences/challenges in his life (more than just cancer, but including cancer). Each day after camp I had such wonderful discussions with my child on serious ~ and not so serious topics ~ as well as his feelings about them. There is power in being in nature to process as well as being in a supportive environment to bring his feelings to the surface and share. It has been such a powerful Experience." ... Mother

"Kids Care Corral was an awesome experience where we made new friends that had gone through the same thing that we had. We also learned new things and had amazing moments together. Overall, I had a spectacular time and will never forget the fun I had there."
... Camper

2023 Recap:

- 26 children enrolled in 3 sessions
- 100% of the parents and guardians chose "Strongly Agree" when asked this question : Is Camp Unplugged a program that you feel comfortable recommending to your friends? (from *End of Camp Questionnaire*)
- 100% of the parents and guardians chose "Strongly Agree" when asked this question : Is Kids Care Corral a program that you feel comfortable recommending to your friends? (from *End of Camp Questionnaire*)

At this time, the tuition to send a child to Camp Unplugged is \$400. The tuition to send a child to Kids Care Corral is \$600. The difference in cost is the in-depth programming and added counseling for these youngsters coping with cancer in their family. All counselors at our Kids Care Corral are certified equine gestalt coaches. Please know, your donation – large or small – is very appreciated and allows us to reach out to one more child.

Pegasus Bridge to Wellness is a 501c3 nonprofit. All donations are tax-deductible. EIN# 47-3827675

Your donations to Pegasus Bridge to Wellness ~ earmarked Summer Camp ~ are always welcome. Please visit www.pegasusbridgetowellness.org to donate today ~ AND ~ visit www.onthewingsofahorse.com for more camp information, pictures, and endorsements. Personal Checks and business contributions may also be sent directly to: Pegasus Bridge to Wellness, P.O. Box 176, Platteville, CO 80651.

In Sincere Gratitude,

Annette Price, Brenda Moberly, Ashara Morris : Certified Equine Master Gestalt coaches
Ellen Toomey-Hale, Peggy Herndon : current Pegasus Bridge to Wellness Board Members
AND all the critters of Dragonfly Farm.