

STIRRUP PURPOSE CELEBRATING

GIVING LETTER

December 2025

2025

Dear Friends,

As I reflect on this past year, and consider the incredible growth and impact that StirrUp Purpose has had on the community; the 81 students who connected with horses and learned valuable skills through therapeutic horsemanship, the 40 children who gained function through equine movement programs, and the 13 veterans who found connection and adventure through a Horse Camp Retreat, I cannot help but feel grateful. Grateful for the horses that give their gentle, intuitive souls to the hearts of children. Grateful for the volunteers that give so much of their time to teach and support our staff. And grateful for the gifts of our community that make it all possible.

Jeff and I started StirrUp Purpose to connect people with horses in a meaningful way; to pursue our Purpose. A recent study out of Cornell University suggests that having a purpose can keep us on a meaningful path. When young people were given the means to “pursue what matters most” to them - something that benefits their community, family or even themselves, there were significant improvements to their well-being, sense of purpose, sense of belonging and sense of feeling needed and useful. As we close out 2025, I invite you to be part of something deeply meaningful. By supporting StirrUp Purpose, you’re not just helping others - you’re stepping into a sense of purpose yourself.

Together, we can stir up purpose - in the lives of those we serve, and in our own lives as well.

With gratitude,



Penny Campbell
Executive Director

“A year marked by inspirational stories and growth”

Meet Cora, a participant in our hippotherapy program

Prior to starting hippotherapy, Cora, who was born premature, presented developmental delays. She was not yet crawling, not reaching for things and only minimally engaged with her environment. After six months of hippotherapy, Cora is now an avid army crawler, she’s pulling herself up on furniture, playing with toys and imitating intonations of words. She can even say “Dee Dee” - the name of the horse she rides for hippotherapy. Cora’s therapist at Treehouse Therapies, Stacey Briscoe, shared, “seeing the awakening that has happened in Cora since starting on the horse has been astounding!”



A year in review – our 2025 milestones:



Began providing hippotherapy services in Sisters at Pole Creek Ranch



Increased our total participant count to over 225, taught over 1,360 individual therapeutic horsemanship lessons, facilitated nearly 500 hippotherapy and 12 equine-assisted learning sessions



Hosted 13 veterans and first responders at our 3 horse camps



Grew our herd to 13 horses



Welcomed 12 students to our inaugural StirrUp Purpose Summer Camp



Grew our volunteer base to 86 volunteers

2025 was a year of change, progress and growth and this extends beyond the numbers to our participants. We are proud to share the stories that exemplify this and importantly, drive our work.

Want to support Cora and children like her? For \$3,000, you can sponsor a special program horse like Dee Dee for a year.

Meet Josh and Johnny, Therapeutic Horsemanship students



Josh and Johnny are brothers who ride with us weekly. They thrive in a structured and supportive learning environment where they can progress at their own pace. The Therapeutic Horsemanship program has helped both grow confidence and awareness, enjoy learning, celebrate the hard parts and breakthroughs, build new friendships and feel accepted and loved by the StirrUp Purpose community.

Lessons are a family affair with their mom, Colleen, and sisters, Amity and Maggie, serving as volunteers for their brothers' and other student's sessions. Josh, Johnny and their family exemplify the power of human-horse connection and infectious generosity through their eagerness to help others and care for their horses.

To ensure more students have the opportunity to learn and grow, regardless of ability to pay, consider sponsoring 5 lessons for \$175 or volunteering so that we can serve the 25 students on our waitlist.

Spotlight on our veteran and first responder Horse Camp Retreats



Our summer Horse Camp Retreats for veterans and first responders offer an opportunity for participants to foster a connection built around trust with their horses and each other. Veterans and first responders often face challenges reintegrating into their communities after serving. One of our long-time participants has shared, "Isolation is often a major component of PTSD and in my experience, the hardest to address. At StirrUp Purpose I have found the acceptance, community and dare I say, love that has allowed me to move past my isolation." Our program strives to help with this transition by creating a welcoming and supportive community.

Our veteran and first responder services are free. You can help further this impactful program - a \$625 donation provides for one individual and \$5,000 supports an entire retreat.

Spotlight on our equine-assisted learning (EAL) program



In partnership with Shepherd's House Ministries, we are hosting monthly EAL sessions for those experiencing homelessness. Sessions offer respite from daily challenges and foster self-awareness, confidence and healthy emotional regulation. One participant, who attends on a monthly basis, has built a strong bond with our horse Javi. On his connection with Javi and his experience at StirrUp Purpose, he has said, "There are few things in life that are priceless and this is one."

We do not charge Shepherd's House Ministries or its participants a tuition. To support one EAL session, please consider donating \$250.

Spotlight on our Inclusive and Integrated Internship Program



Participants in our Inclusive and Integrated Internship Program regularly volunteer at our farm to grow their knowledge of ranch and equine management. Interns help maintain our facilities, clean and organize tack and assist with our herd's needs. The objective of this program is to help interns with intellectual and developmental disabilities develop important life and job skills. We are proud to share that our first intern in this program recently secured a paid job!

A donation of \$50 to our Inclusive and Integrated Internship Program will help more participants thrive.