



# Peaceful space for powerful work

**2024**  
A year  
in review

Red Horse Center was inspired by and connected to many people through the course of 2024. We continue to be inspired by the wisdom and healing power of horses. We continue to work to contribute to a new paradigm for the next generation with equity, freedom, and peace. We are proud to share parts of our story and progress with you. We share our heartfelt gratitude for all of the humans, horses, dogs & cats that make it all possible. - Thank you.

In April 2024, our newly formed "Giving Team" introduced The Giving Circle, a framework for organizing and recognizing donors that differs from traditional, hierarchal models linking money to voice and power. We value our donors and aim to express our gratitude while deepening our relationships with them. However, we don't want to equate financial contributions with leadership or personal worth.

The Giving Circle is designed to recognize all types of supporters, enabling better communication and inspiration. It aligns with our values and aspirations, and although it seems simple, it's an important step in fostering an authentic, empowering connection. We currently have over 65 households in the Giving Circle and look forward to welcoming more in 2025.

**Thank you Volunteers, Donors, Sponsors and In-kind Supporters. You help make all of this possible!**



## HORSES EMPOWERING YOUTH

Serving youth & educators.

The HEY program continues to deliver meaningful experiences to the students and faculty of Fennville Public Schools. In the midst of our fourth school year, we are hopeful to expand this program to more districts and youth organizations in our community.



### PROGRAM TOTALS 23/24

65 participants  
20 sessions  
292 session hours

"This partnership has provided space for conversations centered around healing, growth, problem solving, and promoting healthy coping strategies amidst trauma and the day to day stressors from working in education."

~ Alli Cox, M.S., Psy.S., Mental Health Professional,  
Fennville Public Schools



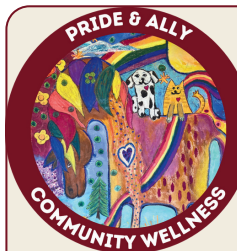
"...as the trust built, the horses matched my body language. I learned how to manage space while leading them with precision."  
Student participant



"Red Horse provides an environment where I feel like I won't be judged for whatever I say..."  
Student participant



"When I'm around Juniper ~ I feel safe inside."  
Student participant



## PRIDE AND ALLY COMMUNITY WELLNESS

Red Horse Center, and more specifically, co-founder, Ulla Frederiksen - Psychologist, have a rich history in providing inclusive, LGBTQ+ friendly mental health services.

In the Spring of 2024, Red Horse sought to deepen our process by creating the "Pride and Ally Community Wellness" program, in response to a call for proposals from Allegan County Community Foundation.

It is a collection of services offered in support of the LGBTQIA+ communities in West Michigan and beyond. We aim to help increase safety, visibility, acceptance, and allyship while providing trauma-informed mental health and wellness.

2024 was a formative year, with deep collaboration with our friends at Campit Outdoor Resort, including the inaugural "Thrive Trans Personal Wellness Workshop." It was a positive and moving experience. We are grateful for the opportunities to serve, and encouraged by the remarkable feedback. Looking forward to more collaborations in 2025!



## EQUITABLE ACCESS TO MENTAL HEALTH & WELLNESS

Red Horse is committed to creating equitable access to mental health and wellness. We have made strides in who and how many we serve. We continue to offer variable pricing, a judgement-free method of financial support. We also continue to grow the number of clients we are able to offer services to at no-cost. We continue to see the impact of a trauma-informed approach, and hold space for personal transformation through facilitated experiences incorporating horses, dogs, art and nature.



## WORKPLACE CULTURE SUPPORT & DEVELOPMENT

Professional development and team retreats come in many forms. Each and every experience includes powerful insights for leaders and team members alike. In 2024, we supported teams in refining mission, improving communication and creating a trauma-informed workplace,

*"I was particularly impressed by the guided journey through my own (and I think that of most of the others) emotions connected with what we do, who we do it for and who we do it with."*  
~ Michael, Team Leader



- TEAM RETREATS
- WORKSHOPS
- LEADERSHIP
- MISSION & VISION
- TRAUMA-INFORMED LENS
- IMPLICIT BIAS
- ONLINE LEARNING CENTER



## THE HERD: HORSE & HUMAN



In 2024 we felt our human herd growing. Our volunteer team grew, and our events and collaboration with other organizations was deepened as well.

Our 7-horse herd continues to amaze us with their willingness, compassion and ability to "show up" for human healing and discovery. We have some elder Aunties, Juniper and Maya, who require more specialized care in their later years, although they're doing well, much improved from some recent injuries.

Sydney is managing some gastro-intestinal developments, while the 10-year-old youngsters, Prince and Freya lead the Equine Greeter Team. Freya has had a long arc of healing from her traumatic history and is doing better than ever. She has even brought in a full Horse Sponsorship for 2025, contributing to our Herd Care Fund. Gus and Clara are thriving in their mini-paddock with occasional visits with the bigs.

## EVENTS & SUPPORT DRIVES

We are grateful to connect with so many people while raising support for our programs. Our year featured two primary support drives which focused on connectivity, learning and fundraising. Several events and opportunities live between the drives as well - here's a list of some highlights.

### WINTER REVELRY

**First Friday Winter Series:** Rotating discussion topics in the Treehouse  
**Saugatuck Second Line: Mardi Gras Pub Crawl**

### SPRING FORWARD SUPPORT DRIVE

**Farmhouse Community Table:** Fundraising Dinner  
**Seen Through Horses with Horses for Mental Health:** Online fundraising  
**Mental Health Awareness Month (May)**  
**Red Horse Porch Party:** Herd visits, music, Artful Auction, food & drink!  
**ARCH - Arenas for Change Retreat**  
**First Friday Herd Meditations**

### SUMMER FUN

**Listening to Horses:** Exploring compassionate communication with horses.  
**House Concert with Seth Bernard**

### FALL SUPPORT DRIVE

**Thrive Trans:** Wellness workshop for transgender & gender-diverse folk  
**Giving Circle Open House:** Learn and share  
**Giving Tuesday**  
**Feast of Epona:** (Giving Circle Appreciation)

Thanks to all who supported and shared these experiences with us!

## RED HORSE TEAMS

As they say - it takes a village. We are able to pursue our mission and vision of sharing the healing power of horses while creating a Peaceful Space for Powerful Work, due to the work and support of many. It is impossible to list them all, but here are many folks. who have contributed meaningfully to our work.

### GIVING TEAM

Connecting and supporting the Giving Circle  
Laenne, Abena, Ashley, Kirsten

### DEVELOPMENT

Grant research & writing  
Bonnie, Tom, Ashley, Abena, Kirsten

### EVENTS

Amy, Andrea, Abena, Dede, Ulla, Jenny, Tom, Kevin & Tanne, Kim, Matt, Kirk, Anna & many more!

### BARN & HERD SUPPORT

Jenny, Allison, Donna & John, Jen, Kevin & Tanne, Dana, Sam, Danny, Sharri, Dawn, Ellen Jen the Farrier & Mac's Landing Veterinary

### MENTAL HEALTH

Ulla, Teji, Maggie + Rosie, Jasper & Luna

### BOARD of DIRECTORS

Ulla, Jenny, Tom, Abena, Fred

### EXECUTIVE DIRECTOR & PROFESSIONAL DEVELOPMENT

Fred

## GRATITUDE, LOOKING AHEAD & INVITATION

*Thanks to all who are helping people feel welcome, safe and on a path to wellness. We believe in being open, inviting, and inclusive to all as a way of life. We are committed to contributing equitable, and affordable access to personal & professional development, mental health & community wellness programs.*

*We are looking forward to the path ahead and invite you to join us in any way you choose.*



donate



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