



MAHALA'S HOPE

at Reilly's Ranch of Recovery

A Word From the Director...

Dream – Vision – Reality

2016 was an amazing year for Mahala's Hope. In May our horses moved to the ranch, October brought the hiring of additional staff to bring our team to eleven, volunteers gave us 813 hours of assistance and then October 17 our first client arrived. Women are continuing to enter Mahala's Hope for a unique recovery experience in transitional care.

To have a dream of a recovery center where women can live in a safe and supportive setting while continuing on their recovery journey from substance abuse and trauma; something unique, to provide a place in nature where a woman can sit outside in the sun watching the horses graze, or the Sandhill cranes come to feed or experience an amazing sunset while becoming aware of the many sounds of nature as the day comes to a close. Seeing their future and maybe for the first time feeling hope. To be a

true trauma responsive setting where women are met with compassion and utmost respect and their treatment can be individualized to meet their needs. To have trained and qualified staff wanting to come to work each day to make a difference in the lives of the women who trust their presence. To have volunteers selflessly giving hundreds of hours to assist on the property as well as with the herd. To have a dream this big and have donors who have committed the financial means to bring the vision into reality is truly humbling. I feel blessed beyond belief to be working with such an amazing team to provide programming to women and their families that can be life changing. And to those of you who have supported us along this journey and those just joining our supportive ranks, **thank you.**

In deepest gratitude,

Sandy





Horse Corner

The Healing Herd Needs Your Help!

Supporting the amazing horses of Mahala's Hope allows them to continue transforming lives of our participants and residents. Our healing herd has just kicked off its horse care campaign through Generosity.com. The funds donated through this campaign make it possible for us to provide necessary care for the herd including veterinary care, feed, hay, and hoof care. To hear more about the hard work these horses are doing and to help support them visit the link below to share, donate, and spread the word.

Donate online at:

<http://bit.ly/2nOzgUt>

You made it possible!

We would like to extend a heartfelt thank you to all of our donors and advocates. Your generosity and support have made it possible for Mahala's Hope to transform hundreds of lives.

Thank You

My Voice

A Note About My Experience

Being at Mahala's Hope has taught me to be the strong, independent, young woman I am today.

It gave me the family and home I never had. I wouldn't be who I am today if I had not taken this amazing journey here. I thank God every day for the blessing.

- Recovery Resident

Volunteer Corner

What's gained from lending a hand

How has your outlook changed by being a part of this program?

I have been profoundly changed! I have witnessed some amazing work between humans and horses. As a horse handler, I have grown in confidence through my interactions with the horses. I have learned so much about intuitive intelligence and how well it can and should be trusted. I have witnessed for myself how horses can teach us to be more empathic, assertive, and nonjudgmental. In the expert hands of the co-facilitators, the process appears to be taken to deep and potentially lasting levels of insight and transformation.

- Nancy, volunteer horse handler