

## Our First Veteran - 2016

### U.S. Marine Sergeant Lynn's Testimony:

"It was a very fun and exciting experience. I was unsure at first until we started talking. Once we started talking I was able to fully relax and enjoy the experience and the quiet serenity of the farm. It provided me with the opportunity to fully relax and enjoy something with my family for the first time in at least a year. Afterwards, it put me in a great mood for the rest of the day. I would recommend anyone, who is looking for a fun and relaxing environment, to go and visit New Freedom Farm."



Programs are 100% FREE to veterans, first responders and their families.



## Healing Heroes Through Horses

## How You Can Help?

- Refer a veteran or first responder
- Make a donation
- Volunteer time
- Shop and donate automatically through various giving partners.



It is easy to donate, just click on the "donate now" button on our Facebook page or Website.



A life of violence and trauma have left me with a terrible case of post-traumatic stress disorder (PTSD). I experienced much pain throughout my life; as a child facing abuse, a Navy veteran, a death investigator, and a forensic nurse in law enforcement.

New Freedom Farm is a federally registered 501c3 non-profit organization.  
FEIN 81-3022018

Lois Dawn Fritz, RN, MSN  
US Navy Veteran  
Founder/Director  
6118 Lthia Rd. Buchanan, VA 24066  
540-855-1158  
[www.newfreedomfarm.org](http://www.newfreedomfarm.org)  
[loisdawnfritz@newfreedomfarm.org](mailto:loisdawnfritz@newfreedomfarm.org)



## Wild Mustang Program

Our wild mustang program pairs a veteran or first responder with a mustang for gentling and training.

New Freedom Farm offers equine facilitated learning to veterans and their families. This program offers many different activities involving the horse as a partner on the ground. This program is different from any other programs. New Freedom Farm follows an open program, participants do not have to make an appointment, and the farm is open to all veterans/first responders Tuesday through Saturday.

Horses are congruent; they provide immediate, meaningful feedback of non-verbal behavior. The participants learn to recognize and give non-verbal communication cues to their horses through pressure, release, and posture. The program is set up to improve self and social awareness, personal responsibility, goal directed behavior, self-management, communication skills, and positive behavior.

The healing power of the mustang instills courage, self esteem and most of all love to rebuild our lives.



## Substance Abuse Support

We regularly host 12 step meetings in the natural setting of our farm environment. This holistic approach lends itself to peer-to-peer sharing and action-based results. These meetings empower veterans in their recovery from substance abuse issues. Attendance of all meetings is confidential and your anonymity is respected amongst veterans attending. All meetings and other veteran activities at New Freedom Farm are free.

There is currently an epidemic of suicide and PTSD/substance abuse among veterans. Latest statistics from the Veterans Administration estimate that 22 veterans a day take their own lives. For this reason, Lois Dawn Fritz, a Navy veteran, started New Freedom Farm; to create a sober place for veterans. A place that fosters spiritual, emotional, and physical well-being. The greatest reward we receive for our efforts comes to us when we are able to serve a veteran in need. Veterans, having come to New Freedom Farm, give positive accounts of real live progress directly attributable to the equine and vet-to-vet interactions that they experience when spending time here.

## 22 Too Many

A recent report released by the Department of Veteran Affairs (VA) states that approximately 22 current and former military service members and 5 first responders take their own lives in our country **every day**.

New Freedom Farm supports the efforts of **22 Too Many** and offers hope for veterans suffering from PTSD or facing the challenges of adjustment after returning home from a deployment. The military service members are not the only ones suffering. The families and close friends are overwhelmed from complicated grief long after the loss of a loved one.



## The New Freedom Farm Color Guard

Roger Clites proposed starting a New Freedom Farm Color Guard in October 2018. The purpose of starting the Color Guard was to have a group trained to Post as Present Colors at all New Freedom Farm events and to support and be available for our community as a way to say "Thank You" for all the love and support they have given New Freedom Farm. We also see ourselves as a form of outreach to area veterans through our appearances at New Freedom Farm and media events.

