



LifeStriders

20 Impact 23 Report



VIDEO

NATURE BASED · INTEGRATIVE · THERAPIES

Compassion

Families who manage special needs rely on a village to help them. Every individual with a special need, and their caregivers, inspire us to give in ways that can support them, because we recognize the challenges they rise to meet every day, and we are compelled to take action and help.





LifeStriders educates and strengthens communities, by providing innovative and integrated cognitive and physical therapies, online, on our farm, and sometimes on the backs of our horses, to individuals and families with special needs, at low or no cost.



Strengthening
Communities

Services

LIFESTRIDERS CORE SERVICES

HEALTH

Therapeutic Riding
Occupational & Physical Therapy
Counseling - Individual & Family
Life & Wellness Coaching



SOCIAL

Social Skills Groups
Youth Programs & Mentoring

- Work Readiness
- Violence Prevention
- At Risk Youth

Community Leadership Projects



RESOURCES & EDUCATION

Caregiver Workshops
Resource Fairs
Advocacy Support
Referral Network
Supervised Professional Internships



In 2023, we grew together and delivered more subsidized professional therapies than ever before.

19 Years of Service

LifeStriders delivers subsidized professional therapies to serve the unique special needs in our community, thanks to generous donors and volunteers who bring us all together for the greater good.



PROFESSIONAL
THERAPY
SUBSIDIES GIVEN
\$640,000

CLIENTS RECEIVING
SUBSIDIES OF
60% OR MORE
650

VOLUNTEER
SUPPORT
HOURS
25,000



Youth Programming

The youth outreach, education, and mentoring programming at LifeStriders has supported over 20 school and education based programs throughout the country. The programs delivered LifeStriders therapeutic services as needed, but also delivered specialized experiences in vocational training, environmental and agricultural stewardship, team building, and social wellness to a diverse and inclusive group of students who all benefitted from receiving and learning about our highly effective integrative, nature based services.



Veteran Heroes



Specific LifeStriders mental health and physical health programs are open to veterans and their families, completely free of charge.

Our staff and volunteers work with veterans and their families to help them move forward in their lives whether through family, individual and group counseling, individual occupational or physical therapy, equine therapy or weekly veterans group sessions.

In 2023, LifeStriders hosted The Veterans Resource Fair, showcasing the community's physical and mental health resources available to Veterans.



2023 Program Highlights

CLOSING THE GAP

Health & Social Disparities



Crisis intervention & long term therapies for underserved families.

RESILIENT STRIDES

At Risk Youth Programming



Effective, integrated, nature based therapies for at risk youth.

SENIOR ENHANCEMENT

Alzheimer's and Memory Loss



Integrated therapies for age related special needs.

BEYOND THE CLASSROOM

Nature Based Learning & Therapy



Experiences and activities for urban youth

These programs and more are made possible with grants from:

Waukesha Community Foundation, The Emory T. Clark Foundation, Bader Philanthropies, Windhover Foundation, Brewers Community Foundation, L. Peterson Foundation, WE Energies, and many more.





Professional Internships

PHYSICAL & OCCUPATIONAL THERAPY



COUNSELING



SPEECH & LANGUAGE PATHOLOGY



LifeStriders Professional Internships

LifeStriders partners with graduate universities and their masters and doctorate students, to offer professional internships in our nature based, integrative, therapeutic service models. We work across all cognitive and physical therapies to meet our clients' special needs, and promote family systems work to strengthen and support their continued growth and development success.



BOARD OF DIRECTORS

Kim Kindschi - Chairman
Matthew Arndt - Treasurer
Rob Conley - Secretary
Veronica Sosa Agnoli - CEO
Linda Campbell
Dr. Shelagh M. Roell
Jack Rakowski
Deidre Erwin
Maria Trainor
James Boling
Greg Schneider



TEAM

LifeStriders employs and contracts more than a dozen team members to run its operations. Our team consists of licensed therapists, mental health professionals, OT's, PT's and equine specialists. They have a wide range of specialties and are trained in trauma informed care. Together with its board members, volunteers, and interns, LifeStriders integrative team works together to provide therapeutic services to meet our clients' specific goals.

2023 Events

Every year, LifeStriders works to produce special events to help connect our community and raise funds for its low cost and no cost programs and operations. In 2023, the staff, volunteers, and board raised the bar again.

This year, LifeStriders hosted the Triple Crown horse races sequel, and Derby Days fundraiser, and crowned winners of both events. We are thankful to all the event participants, contributors and sponsors, including our title sponsor the Fitzsimonds Charitable Trust.

The Fitzsimonds Charitable Trust

Adrian & Sarah Knowles Family



Triple Crown Winners
The Bartenders

Derby Days Winners
Cameron & Dixie



LifeStriders has also been able to raise funds for a number of capital improvements including a new paddock configuration for the horses, and upgrades to the parent viewing area. We have big plans for 2024 and are thankful to everyone who is helping LifeStriders to realize our campus's full potential.



Capital Projects

Transparency

IN 2023, LIFSTRIDERS EARNED THE CANDID PLATINUM SEAL OF TRANSPARENCY, AND THE CHARITY NAVIGATOR 100% GIVE WITH CONFIDENCE RATINGS

THE ORGANIZATION OWNS ALL ITS FACILITIES, EQUIPMENT, AND IS STILL 100% DEBT FREE

LIFSTRIDERS IS A 19 YEAR PUBLIC 501c3 CHARITY WITH A PHYSICAL LOCATION IN WAUKESHA, WI



Platinum
Transparency
2023

Candid.





The Best Of Who We Are



LifeStriders Mission is to provide life-enhancing, physical and psychological experiences and services, to individuals with special needs, and their families.

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