

LifeStriders

NATURE BASED · INTEGRATIVE · THERAPIES



2025 IMPACT REPORT

Our Mission

Harnessing the power of nature to
strengthen community through integrative,
nature based therapies



S11 W29667 Summit Ave.
Waukesha, WI 53188

262.565.6124
striders@lifestriders.org
www.lifestriders.org





21 Years of Service

In 2025, we grew together and provided more subsidized professional therapies than ever before. LifeStriders delivers these services to meet the unique special needs within our community, thanks to the generous donors and volunteers who bring us together for the greater good.

Professional
Therapy
Subsidies Given

\$640,000

Clients Receiving
Subsidies of
60% or more

650

Volunteer
Support
Hours

25,000

Core Services

Health

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

Social

Social Skills Groups
Youth Program & Mentoring

- Work Readiness
- Violence Prevention
- At Risk Youth

Community Leadership Projects

Resources & Education

Caregiver Workshops
Resource Fairs
Advocacy Support
Referral Network
Supervised Professional Internships





Compassion

Families who manage special needs rely on a village to support them. Every individual with special needs and their caregivers inspire us to give in ways that truly make a difference. We recognize the challenges they meet every day, and we feel compelled to take action and help.

Strengthening Communities



LifeStriders strengthens and educates communities by offering innovative, 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.



Veteran Heroes

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

Our staff and volunteers work closely with veterans and their families to support their progress, whether through family, individual, and group counseling; occupational or physical therapy; equine therapy; or weekly veterans' sessions.



Youth Programming

LifeStriders' youth outreach, education, and mentoring programs have supported over 20 school and education-based initiatives across the country. These programs provide LifeStriders' therapeutic services as needed, along with unique experiences in vocational training, environmental and agricultural stewardship, team building, and social wellness. Through these integrative, nature-based services, a diverse and inclusive group of students has gained valuable skills and knowledge.





2025 Events

Each year, LifeStriders organizes special events to connect the community and raise funds for its low and no-cost programs and operations. In 2025, the staff, volunteers, and board members exceeded expectations again.

This year's highlights included Derby Days, the crowning of event winners, and a new Bourbon Trail VIP experience. We are deeply grateful to all the participants, contributors, and sponsors, especially our consistently generous title sponsor, the Fitzsimonds Charitable Trust.



Reins of Hope

Integrative Equine Care



Pairing human healing with the rehabilitation and lifelong care of therapy horses.

Closing The Gap

Health and Social Disparities



Crisis intervention & long term therapies for underserved families.

Senior Enhancement

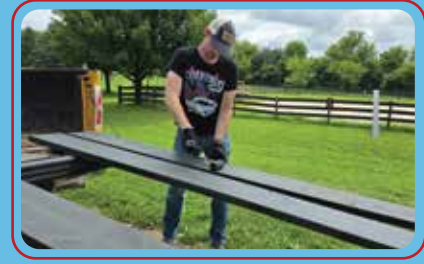
Alzheimer's and Memory Loss



Integrated therapies for age related special needs

T.H.R.I.V.E.S

Grounds Stewardship Team



Together for Health, Resilience, Inclusion, Volunteer Engagement & Support.

Resilient Strides

At Risk Youth Programming



Effective, integrated nature based therapies for at risk youth.

Beyond The Classroom

Nature Based Learning & Therapy



Experiences and activities for urban youth

Physical & Occupational Therapy



Counseling



Speech & Language Pathology



LifeStriders partners with graduate universities and their master's and doctoral students to provide professional internships in our nature-based, integrative therapeutic service models. We work across all cognitive and physical therapies to address our clients' special needs and promote family systems work, supporting their continued growth and developmental success.



Capital Projects

LifeStriders successfully completed several major capital improvements in 2025, including a new hay and equipment barn with a viewing deck for the outdoor arena and ADA-accessible pathways, along with expanded and renovated therapy rooms and offices. As we look to 2026, a Capital Campaign for the new LifeStriders Therapeutics clinical space and watchman's residence will begin.



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 over a dozen team members to support its operations, including licensed therapists, mental health professionals, OTs, PTs, and equine specialists. With diverse specialties and training in trauma-informed care, they work alongside board members, volunteers, and interns. Together, LifeStriders' integrative team provides therapeutic services tailored to meet each client's specific goals.

Looking Forward

LifeStriders vision for the future aims to enhance program quality, employee satisfaction, and infrastructure, while ensuring financial stability and effective governance. Key actions include:

- Developing evidence-based programs.
- Offering competitive compensation and professional development.
- Expanding facilities and implementing sustainable practices.
- Optimizing fees & expanding fundraising efforts.
- Strengthening board engagement and diversity.



Transparency

In 2025, LifeStriders earned the Candid Platinum Seal of Transparency, and the charity navigator Four Star give with confidence ratings.

The organization owns all it's facilities, equipment, and is still 100% debt free.

LifeStriders is a 21 year public 501c3 charity with a physical location in Waukesha, wl.





VOLUNTEER

A Letter from your CEO & Co-Founder

Dear Friends and Supporters,

As we reflect on 2025, your support remains fundamental to our mission: empowering individuals and families through life-changing equine-assisted therapy and other integrative, nature based programs.

The past year brought inspiring growth, resilience, and healing. We launched the T.H.R.I.V.E.S. Program (Grounds Stewardship) and expanded Reins of Hope, which delivers innovative, trauma-informed care for disabled veterans and vulnerable populations while caring for and utilizing repurposed and sometimes rehabilitated horses. We substantially enhanced our facilities by completing a new hay and equipment barn (with viewing deck), ADA-accessible pathways, and renovated therapy rooms and offices. This enhanced capacity allows us to better address rising service demand. Looking ahead, a Capital Campaign for the new LifeStriders Therapeutics clinical space and watchman's residence will begin in 2026.

Every milestone achieved and challenge overcome reflects your profound impact. Your continued support nurtures a community where hope and healing are realities. We are deeply grateful for the trust you place in us to provide these life-enhancing services. Together, we are making a difference, and we look forward to continuing this essential journey with you into 2026.

With sincere gratitude,

Veronica Sosa

CEO & Co-Founder



LifeStriders

NATURE BASED · INTEGRATIVE · THERAPIES

**These programs and services are
made possible thanks to grants from:**

Helen Bader Foundation, Emory Clark Foundation, M3 Insurance, Oconomowoc Area Foundation, James and Leigh Peterson Foundation, Fitzsimonds Charitable Trust, Waukesha County Community Foundation and many others.

Have You
Hugged a Horse
Today?

design by:

Sai Rendipity ∞