

Byrdhouse News #2

In 2020, we have all faced a very unseen trauma. The emergence of Covid-19 has affected us all differently. For some, it has been a time to rest and reset. For some, it has been a financial hardship. For others, it has been the loss of loved ones and the loss of freedoms. Those that already had anxiety struggles found it crippling and many are experiencing anxiety and panic for the first time. Others have found a wonderful reconnection with loved ones while other find themselves in the depths of loneliness. None of us were prepared for the changing circumstances around it, the uncertainty or duration. No matter how much toilet paper we had stocked up we had no idea of what we were up against. We don't have a perfect path to follow. It has been the same for Byrdhouse Ministries. We shut the ministry down for the first few months. Thankfully because we have the ability to social distance and meet outside, we were able to open our doors again in May. Clients have been coming steadily to get support. We continue to offer space that allows clients to rest, breathe and connect with a horse or even a cat.

We are also using this time to create workshops utilizing the horses to teach attachment styles. We hope to roll out one day workshops in late fall or early spring. We believe attachment issues are one of the biggest road blocks people have to healthy connection and relationships. The horses are especially good at giving us more immediate feedback to understand our particular style. In May of



THERAPY

Trauma-Focused Equine
E.M.D.R
Cognitive Behavior Therapy



REST

Peace and Quiet Space



SOUL CARE

Contemplative Retreats
Spiritual Direction
Christian Coaching

“Trauma is the response to a deeply distressing or disturbing event that overwhelms an individual’s ability to cope, causes feelings of helplessness, diminishes their sense of self and their ability to feel the full range of emotions and experiences.”

KAREN
ONDERKO

2021, for those who do not need therapy but want to be more emotionally healthy, we will begin to offer Spiritual Direction, Christian Coaching and Contemplative Retreats. We want to offer space for people who just need to slow down, rest and recover.

We are a non-profit and our goal is to be fully sustainable so the overflow can reach underserved populations. Most of our donations go toward maintaining the property and offering financial assistance to clients in dire need of therapy. This year due to Covid we are unable to do our Poker Tournament fundraiser. We typically raise enough funds to get us through the year and half of all the proceeds go to the scholarship fund. We ask you to consider giving us a tax deductible year ending gift. Or become a monthly sponsor for any desired amount.



Ways You Can Help Us:

1. SPONSOR A CLIENT or HORSE for therapy. One of the desires we have as a ministry is to provide equine therapy at a lower cost. Please help us sponsor our clients to get healthy.
2. BECOME a MONTHLY PARTNER We are in need of monthly partnerships that fit with any budget from \$10, \$20 or more. Every penny helps. Simply go to our website and click on the Monthly Partner Give link to set your monthly giving up.
3. LIST US as your AMAZON SMILE Donor Recipient. A percent of all your purchases support our ministry.
4. PRAY for us to be a healthy team(horse and human), provision and for our clients to find healing and rest.

Byrdhouse Ministries Inc.

415 Darby Rd. Milton, GA. 30004

770-744-0081

www.thebyrdhouseministries.com

