

501(c)(3) Tax Exempt  
Nonprofit Organization  
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# EAGLE OAK RETREAT FOUNDATION



**WHO WE  
ARE**

**OUR MISSION,  
VISION &  
PURPOSE**

**Warrior PATHH  
Program**



***Ways you can help us  
help our heroes!***

**EAGLEOAKRETREAT.ORG**





**EAGLE OAK RETREAT  
FOUNDATION**

**I T A L Y , T E X A S**



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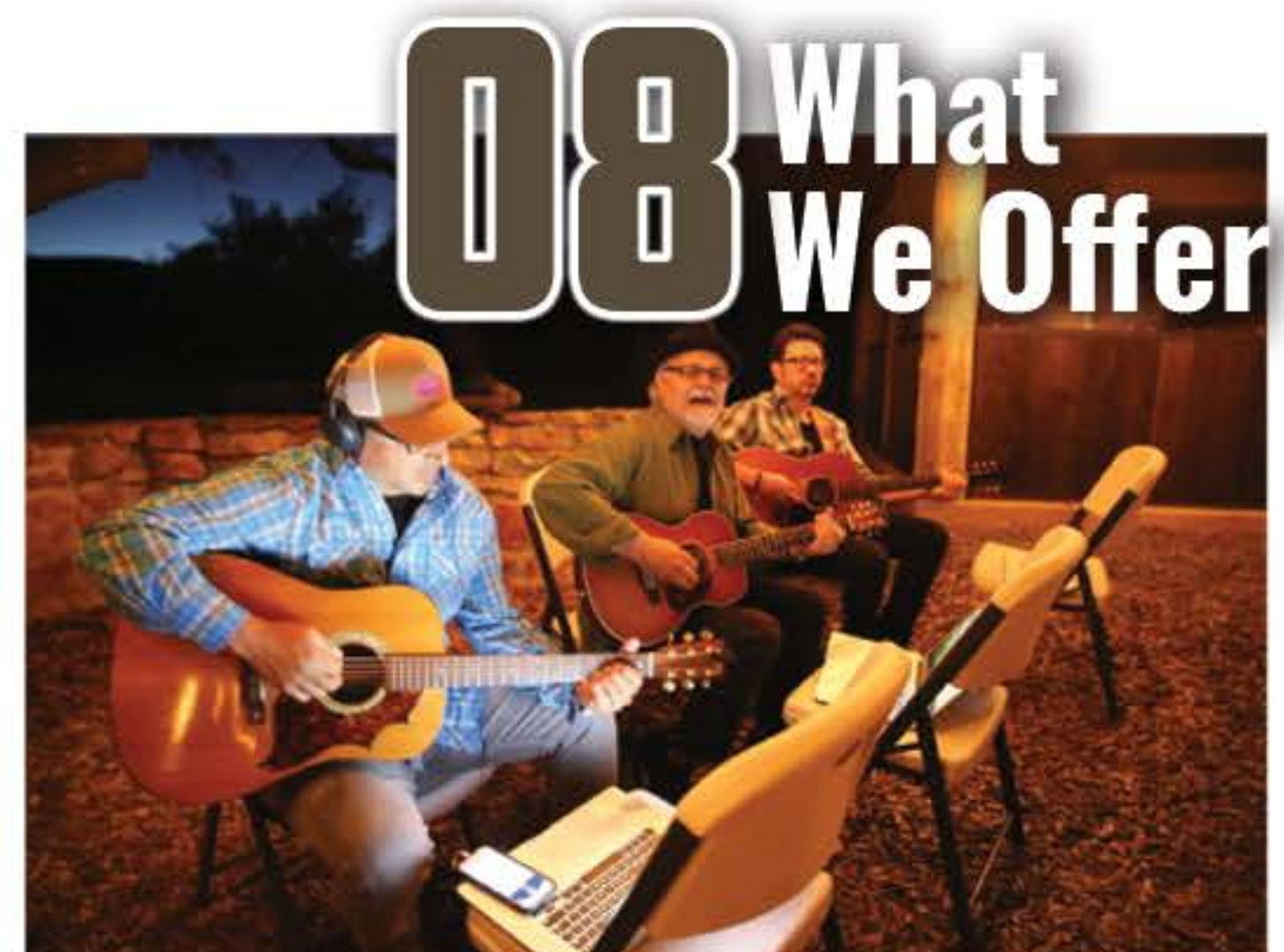
***Eagle Oak Retreat is a wellness retreat, offering community support, holistic and posttraumatic growth opportunities for our combat veterans, first responders, and their families.***







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# ABOUT EAGLE OAK RETREAT

Eagle Oak Retreat is a wellness retreat, offering community support, holistic and posttraumatic growth opportunities for our combat veterans, first responders, and their families.

We are a nonprofit organization that operates solely on donations and grants to provide programs at no cost to our Warriors.

Our team consist of fellow veterans, family members, and local volunteers from Italy Texas to the Dallas Fort Worth Metroplex, dedicated to helping others



## MEET OUR FOUNDERS

### THE WATANABES

#### ***Lillian and Steve Watanabe Retired from Hawaii to Create a Wellness Retreat for Veterans and First Responders***

Fom business owners in Hawaii to starting a non-profit in Texas dedicated to helping our nation's heroes thrive. The Watanabe family creates the first privately-funded wellness center in Texas dedicated exclusively to combat veterans, first responders and their families.





# WHY WE EXIST

Nearly 1 million post-9/11 combat veterans and first responders struggle with combat-related stress.

Over 22 veterans die every day by suicide, and we lose more first responders to suicide every year than in the line of duty.

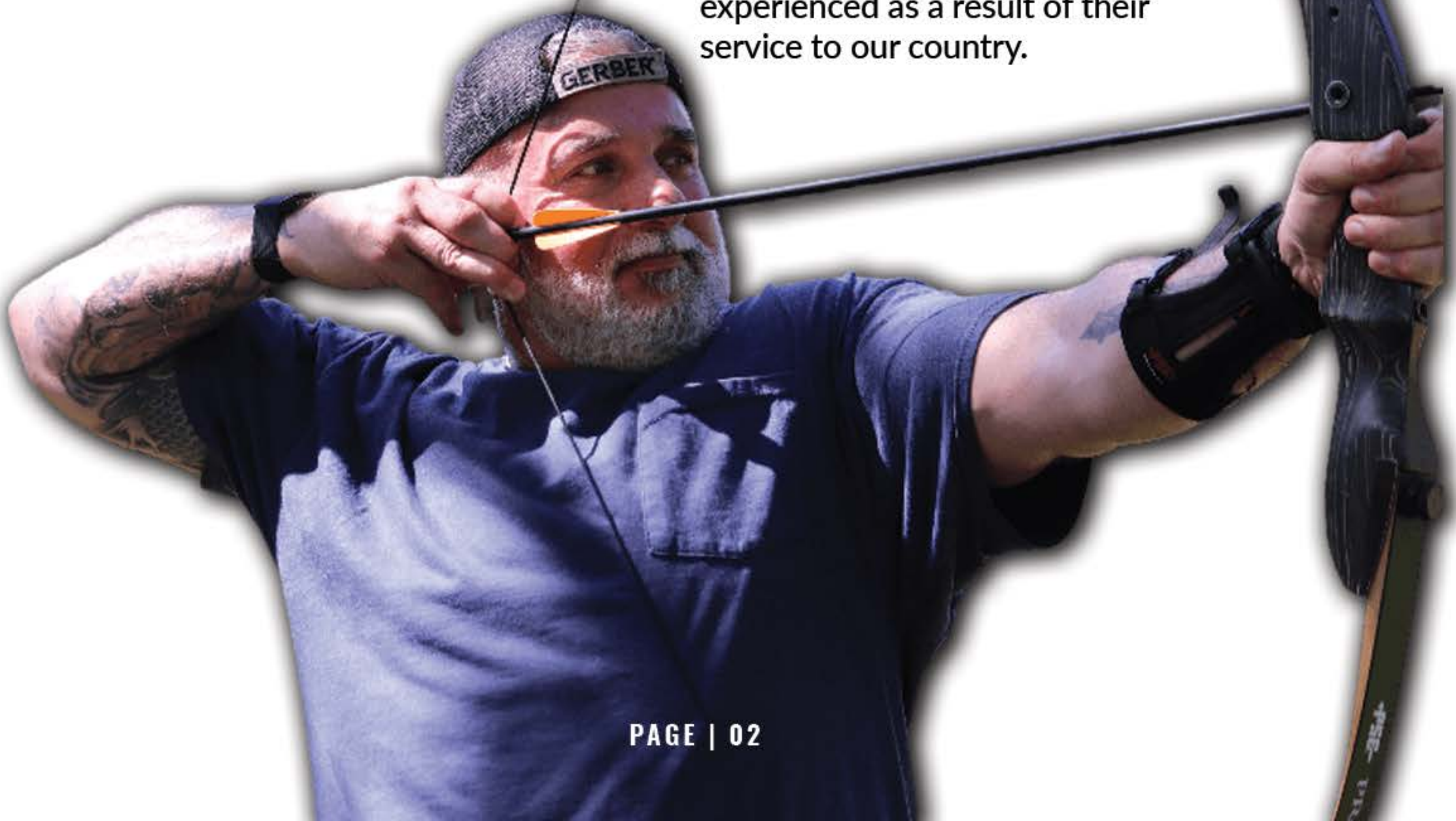
Studies consistently show that conventional treatments such as talk therapy and pharmaceuticals, are either ineffective, inaccessible, or both.

[EAGLEOAKRETREAT.ORG](http://EAGLEOAKRETREAT.ORG)



## OUR MISSION

To provide combat veterans and first responders with the skills necessary to overcome traumatic stress experienced as a result of their service to our country.







## OUR PURPOSE

To leverage the proven science of Posttraumatic Growth through transformative programs, equine assisted learning, community development and advocacy efforts.



## OUR VISION

To create a wellness retreat, providing our heroes with programs that focus on posttraumatic growth, nurturing ways to identify coping mechanisms to struggle well and a place to foster community support to help them find a new purpose and thrive in life after service.





# OUR FACILITIES





# OUR FACILITIES

Eagle Oak Retreat rests on an 11-acre ranch in rural, Italy, Texas. The retreat is surrounded 65-acres of oak trees, beautiful horse pastures, and a quaint fishpond. The retreat is fully ADA-accessible and features two bunk houses, an iron kettle kitchen, a horticulture heroes garden, an archery range, and a peaceful healing garden.



**Bunkhouse**



**Labyrinth**



**Archery Range**



**Serenity Lounge**



The Round Up is a 3,800 sq ft custom designed building crafted by Legacy Post & Beam that boasts vaulted ceilings and gorgeous views of the pastures. The Round Up serves as a flex space – providing offices for staff, conference & meeting space, and dedicated classroom space for our training programs.



**Round Up**



**Classroom**

The Bunkhouses are 3,500 sq ft each and are fully ADA accessible. Each house is custom designed, featuring 8 bedrooms with 4 Jack & Jill restrooms, an entry lounge area and a wrap around porch with outdoor seating. Bunkhouses are available to our students and guides during the PATHH program and Family R&R programs



**Gathering Plaza**

The Iron Kettle dining hall is a 3,800 sq ft custom designed building crafted by Legacy Post & Beam. It features vaulted ceilings, a state-of-the-art commercial kitchen that will serve as the gathering place, bringing farm-to-table concept recipes that will nourish our students and their families.



**Iron Kettle**





# WHAT WE OFFER



# Programs Offered

at **EAGLE OAK RETREAT**

*Eagle Oak Retreat currently offers Boulder Crest Foundation's Warrior PATHH program. We are in the process of planning and preparing the Family Rest and Reconnection program for the fall 2023.*

## WARRIOR PATHH

Eagle Oak Retreat facilitates the Warrior PATHH program. Warrior PATHH was developed by the Boulder Crest Foundation, a national nonprofit organization working to ensure that service members, veterans, first responders, and their families can live great lives in the aftermath of stress, struggle, and trauma.

## FAMILY REST & RECONNECTION

Our retreat is an ideal setting that provides an escape to a calm and relaxing place to reconnect as a family. Guests can enjoy a wide range of therapeutic and recreational activities, including equine assisted learning, walking the labyrinth, archery, fishing, playground, and enjoying the outdoor sights and sounds of nature.

**Eagle Oak Retreat offers Reflection, Music, Connection, Equine, Archery, and Family R&R**





**Reflection**

**Music**



**Connection**







**Equine**



**Archery**

**Family R&R**







# WARRIOR PATHH

*Progressive & Alternative  
Training for Helping Heroes*

Eagle Oak Retreat is the newest location in the country to offer the groundbreaking PATHH program developed by the Boulder Crest Foundation — the leaders in the field of posttraumatic growth for our returning combat veterans, first responders, and their families.





# Progressive & Alternative Training for Helping Heroes

Warrior PATHH is the first training program to enable our nation's combat veterans and first responders to transform deep struggle into profound strength and lifelong Posttraumatic Growth (PTG).

Warrior PATHH is a 90-day, non-pharmacological, peer-delivered training program that begins with a 7-day intensive and immersive initiation. This is followed by 3 months of dedicated support, training, accountability, and connection from a team of trained combat veterans and first responders.



# Who is Eligible for PATHH?

Warrior PATHH is available to men and women combat veterans and first responders. No clinical diagnosis or prior mental health care is required to participate.

- Participants **MUST** be active, retired, or separated from service. We support all military, first responder, reservists and National Guard members.
- We define a “combat veteran” as anyone who has deployed, or supported a combat zone.
- We define a “first responder” as anyone who serves their community as a Police Officer, Sheriff’s Deputy, Fire Fighter, EMS, Health Care Worker, or any Federal Law Enforcement or Intelligence Agency personnel.

## Why Warrior PATHH Works

**Warrior PATHH** is built on the decades-old science of Posttraumatic Growth

**Warrior PATHH** is built on a foundation of transparency, honesty, and mutuality. We do not ask anything of participants that our guides are not doing or have not already done

**Warrior PATHH** taps the natural skills, abilities and resources of Warriors

**Warrior PATHH** connects Warriors who are on similar paths and builds new teams that hold each other accountable

**Warrior PATHH** utilizes small group sizes (8 participants) and low instructor to student ratios

**Warrior PATHH** represents years of effort, experience, and understanding into precisely what is required to ensure our Warriors can come all the way home

**Warrior PATHH** is committed to making lasting and sustainable changes in the lives of combat veteran to ensure they find their path and stay on it



# Nationwide Impact *Of* **WARRIOR PATHH**

*A thorough assessment on Warrior PATHH shows:*

**51%**

reduction in  
PTSD  
symptoms

**41%**

reduction in  
anxiety

**35%**

less stress

**21%**

increase in  
self compassion

**56%**

increase in  
posttraumatic  
growth

## **WARRIOR PATHH**

is delivered at locations across the country

- Boulder Crest Virginia
- Boulder Crest Arizona
- Boulder Crest's Mobile Training Team
- Gratitude America (Florida)
- Camp Southern Ground (Georgia)
- Big Red Barn Retreat (South Carolina)
- Travis Mills Foundation (Maine)
- Sheep Dog Impact Assistance (Arkansas)
- Permission to Start Dreaming Foundation (Washington State)



Please note that your application will be reviewed by a Warrior PATHH team and you will be placed into the nearest program based on your geography and program availability.



# PROUD PARTNERS



Boulder Crest Institute is the world leader in advancing the science of Posttraumatic Growth (PTG). Boulder Crest's signature PATHH programs teaches participants how to make peace with their past, live in the present, and begin planning for their future. Boulder Crest was founded by Ken



Founded by Veteran U.S. Navy SEALs, Clint Bruce and Stephen Holley, Carry The Load started as a mission to restore the true meaning of Memorial Day. Today, it has grown to include more than just our military heroes and more than just the one holiday.



Founded in 1953 as Dallas Community Chest Trust Fund, the history of Communities Foundation of Texas tells an important story about where we have been and where we are headed. Communities Foundation of Texas' goal is to build thriving communities for all by partnering with difference-makers.



The North Texas Area United Way has been the heart and soul of charitable and benevolent giving in Wichita Falls, Texas throughout its 100-year history. NTAUW focuses on three key areas that provide a better life for all: Education, Income and Health, and invest in programs and services to benefit all in our community



# WAYS YOU CAN HELP



## ***Naming Opportunities***

The Eagle Oak Retreat is pleased to offer opportunities to honor warriors, as well as naming for many areas of the retreat. Named scholarships will also be offered for donors who wish to make participation for warriors and/or their families possible

## ***Corporate Sponsorship***

Corporations can benefit from nonprofit sponsorships in several ways, including potential tax incentives, increase in brand awareness and demonstrate goodwill in the community, and have a major impact on a corporation's overall reputation with employees, consumers, and other organizations.

## ***Monetary Donations***

The Eagle Oak Retreat is a 501(c)(3) tax exempt nonprofit organization. All donations, contributions and in-kind gifts to the Foundation are tax deductible as charitable contributions to the maximum extent allowed by federal tax law. *(scan QR code below right)*

## ***Memorial Tiles***

We are offering commemorative tiles to raise funds to build a grand seated walls in our Heroes & Healing Gardens. Memorial tiles will provide veterans, first responders and their families an opportunity to commemorate their service as part of the grand seated wall in the center of each garden. *(scan QR code below left)*

## ***Volunteering***

Volunteers are vital to our ability to provide free services to our combat veterans, first responders and their families. There are many ways to get involved at the Eagle Oak Retreat Foundation if you are willing to donate your time and skills to enhance the experience of our retreat.



**MEMORIAL  
TILES**



**MONETARY  
DONATIONS**



# NAMING OPPORTUNITIES

EOR is pleased to offer opportunities to honor warriors, as well as naming for many areas of the retreat. Named scholarships will also be offered for donors who wish to make participation for Warriors and/or their families possible. Naming Opportunity gifts will allow the donor(s) to name that space or structure.

OPPORTUNITY	AVAILABLE UNITS	AMOUNT
Round Up Building	1	\$1 million
Iron Kettle Building	1	\$1 million
Student Bunkhouse	1	\$500,000
Individual Room	8	\$50,000
Staff Bunkhouse	1	\$500,000
Individual Room	8	\$50,000
Gathering Plaza	1	\$250,000
Heroes Garden	1	\$200,000
Family Playground	1	\$100,000



# SPONSORSHIP PACKAGES

*Various available packages to directly sponsor our Warriors and their Families*

## **PACKAGE A** \$5,000

Brand Recognition (website, social media and newsletters)  
Special Recognition at all EOR Events

Admission to EOR Events (for 2 people)

**IMPACT:** Supports 3 families in the Family R&R Stays

## **PACKAGE B** \$10,000

*\*everything included in Package A in addition to:*  
Marketing Materials (included in all EOR SWAG bags)

Dinner with the EOR Family  
(once per year)

**IMPACT:** Supports 1 student through the PATHH program  
and 2 families in the Family R&R Stays

## **PACKAGE C** \$25,000

*\*everything included in Package B in addition to:*  
Dedication Wall Plaque in the Round Up Conference Room

1-Day Team Building Retreat at EOR (once per year)

**IMPACT:** Supports 3 students through the PATHH program  
and 3 families in the Family R&R Stays

## **PACKAGE D** \$50,000

*\*everything included in Package C in addition to:*  
Dedication Wall Plaque in the Iron Kettle Dining Hall

Use of the Iron Kettle Dining Hall Event Space (once per year)

**IMPACT:** Supports 5 students through the PATHH program  
and 6 families in the Family R&R Stays