

A place to begin again, together.



Family's Friend is Benjamin Foskey's vision for a retreat community where adults in recovery, veterans, and the people who support them can reconnect with nature, develop everyday skills, and take their next steps with purpose.

Where healing becomes heritage.

Shared meals. Quiet trails. Practical workshops. Time with horses. A place to practice connection and carry it home.

Development proposal | September 2026. Programs, providers, location, funding, and opening dates are not yet confirmed in the supplied materials.

From retreat to real life

A connected program

- Everyday confidence: routines, budgeting, vocational direction, communication, and healthy boundaries.
- Family connection: optional participation by a chosen support person, with consent and attention to relationship safety.
- Nature and reflection: gentle movement, gardening, creative expression, journaling, rest, and inclusive spiritual reflection.

Equine therapy and learning

Equine therapy is a planned component, delivered by an appropriately licensed mental health professional working with a qualified equine specialist. Separate equine-assisted learning sessions focus on communication, boundaries, and practical reflection; they are educational, not clinical treatment.

The proposed pilot uses an established equine partner. Horse sessions begin on the ground with safety orientation and observation. Contact is optional; an equivalent nature-based activity is always available.

What participants take home

A written 30-day plan, two practical routines to try, a support map, and a scheduled follow-up invitation. The aim is usable progress, not a promise of recovery in a weekend.

Family's Friend is planned as a retreat and reintegration program that complements ongoing care. It is not a detox service, emergency service, or replacement for medical or mental health treatment.

Start small. Learn carefully. Build to last.

First: a supported weekend pilot

Plan for six adult participants from Friday evening through Sunday afternoon, using a suitable partner venue and qualified providers. Include one planned equine session, family integration, and follow-up at 7, 30, and 90 days. Run only after staffing, insurance, screening, and venue readiness are confirmed.

Next: repeat what works

Use participant feedback, attendance, follow-up engagement, actual costs, and safety reviews to improve the program. Add retreats only when staffing and funding can support them.

The long-term sanctuary



The supplied image illustrates the dream: modest lodging, gathering spaces, gardens, trails, and a setting for horses. It is a concept image, not an acquired property or approved site plan. Earlier drafts explored 10+ acres and a later 20-100-acre campus; acreage will follow feasibility, equine welfare, and program needs.

Support the next practical step

An initial planning target: \$15,000

Retain the original seed target as a proposed partner-hosted pilot and readiness fund. This is not a land-purchase or campus-construction budget. All allocations need written quotes and a confirmed operating structure.

Planning category	Illustrative allocation
Clinical lead and retreat facilitators	\$3,500
Equine provider, facility and horse care fee	\$2,500
Partner venue and lodging	\$2,500
Meals and supplies	\$1,200
Transport and accessibility support	\$600
Insurance, legal and readiness review	\$1,800
Curriculum and participant materials	\$900
Post-retreat follow-up	\$500
Contingency	\$1,500
TOTAL	\$15,000

At the original illustrative fee of \$200, six paying participants would generate \$1,200 in gross revenue. Against this \$15,000 pilot plan, the remaining funding need would be \$13,800. A pilot is a learning investment; break-even has not been demonstrated.

Ways to contribute

Introduce a qualified equine provider, a retreat venue, recovery or veteran-service partners, or prospective sponsors. Support arrangements will be documented before funds are accepted.

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