

Executive Summary

Quiet Cadence is a 501(c)(3) nonprofit organization based in Cle Elum, Kittitas County, Washington dedicated to supporting the well-being and resilience of frontlineworkers. Founded in 2022 in response to rising burnout among essential caregivers.

The mission of Quiet Cadence is to honor and support healthcare workers, first responders, teachers, law enforcement, veterans and their families through equine-assisted, nature-based and creative therapeutic modalities to rediscover their capacity to thrive.

Vision of Quiet Cadence is to foster therapeutic environments to promote restorative relationships between humans, horses, and the natural world.

Quiet Cadence focuses on serving key community pillars including law enforcement, healthcare workers, firefighters/EMS, educators, Veterans and their families through a diverse range of programs and activities. These offerings include yoga, expressive arts, equine experiences, and psycho-education, designed to improve mental health, reduce stress, and foster connection among participants.

The organization operates through partnerships with local resources and community stakeholders to expand access to wellness opportunities and to strengthen support networks for caregivers facing chronic stress and trauma. Quiet Cadence's work contributes to enhancing occupational health and emotional resilience in those who serve their communities daily.

As a community-rooted nonprofit, Quiet Cadence relies on donations, fundraising events, and collaborations to sustain and grow its programs. Its efforts reflect a commitment to preventive care and holistic support for essential workers whose well-being is critical to the health of the broader community.

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