## VETERANS WELLNESS PROGRAM

A hands-on, trauma-informed program designed to support veterans and their families as they transition into civilian life. We provide practical assistance in daily routines, goal-setting, employment, paperwork, and emotional well-being—all rooted in patience, compassion, and understanding. Join us to build resilience and create a brighter future for your family.



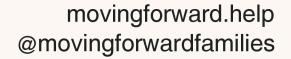
## **WORKSHOPS INCLUDE:**

- Mental Health Awareness
- Family & Relationships
- Financial Literacy and Planning
- Physical Health and Wellbeing
- Stress Management Techniques
- Employment and Career Transitioning
- Navigating Resources









## Veterans Wellness Program

11 DEC

**WEDNESDAY** 

From Service to Self: A Mental Wellness Guide

**ONLINE** 

TIME 6:30 PM PST

5 JAN

**SUNDAY** 

**Routes of Safety** 

**ONLINE** 

TIME 10:00 AM PST

**22**JAN

WEDNESDAY

**Money Mapping** 

**ONLINE** 

TIME 6:30 PM PST

9 SUNDAY FEB

Healing Together: Navigating Trauma and Growth

ONLINE

TIME 10:00 AM PST





WEDNESDAY

26 FEB

Bridging the Gap: Reconnecting Through Understanding

**ONLINE** 

TIME 6:30 PM PST





