

# **Grounded Warriors - First Responders and Veterans Healing Retreats**

## **Grounded Warriors**

### **Healing Retreats for First Responders and Veterans**

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#### **The Crisis**

**22 veterans** die by suicide every day. **Police officers** are 30% more likely to die by suicide than in the line of duty. **EMS personnel** have the highest rates of PTSD among all first responders—nearly 1 in 3. While billions are spent on traditional intervention programs, recidivism rates remain high because most programs fail to address the core issue: **warriors are trained to override their humanity, and they need support reintegrating it without losing their identity.**

#### **The Solution**

Grounded Warriors delivers immersive, off-grid healing retreats that honor the warrior identity of first responders and veterans while redirecting their operational discipline inward. We don't ask them to stop being warriors—we help them run the most elite operation of their lives: reclaiming their peace.

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#### **Our Unique Approach**

##### **We Speak Their Language**

**Tactical Introspection** | After Action Reviews for marriages, Standard Operating Procedures for emotional regulation, mission planning for life transitions

**Emergency Protocols for the Soul** | Immediate action drills for trauma responses, rage, and numbness—making healing operational

**What Are You Protecting Now?** | Shifting from protecting others to protecting their peace, marriages, and recovery

##### **We Create Lasting Impact**

**The Gear Down Ceremony** | Conscious rituals around choosing when to wear their operational armor instead of it wearing them 24/7

**The Vigil** | Night shifts tending fire, writing to themselves and loved ones—familiar rhythms redirected toward self-witnessing

**Building Legacy** | Each cohort constructs permanent structures on the land—meditation circles, shelters, memorials—creating lineage between brothers

**Controlled Burn Ritual** | Planned burns they execute together, witnessing regeneration from ash—visceral metaphor for their own transformation

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## Program Outcomes

**Immediate:** - Reduced hypervigilance and improved sleep patterns - Actionable emotional regulation protocols - Renewed sense of purpose and brotherhood

**Long-term:** - Decreased substance dependency and self-destructive behaviors - Improved family relationships and communication - Sustainable peer support networks - Return to community as mentors and leaders

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## Why We're Different

**Not therapy-based** | We use their operational frameworks, not clinical models

**Identity-honoring** | Healing is the mission, vulnerability is tactical

**Brotherhood across service** | First responders and veterans healing together

**Land-based medicine** | Off-grid immersion, fire ceremonies, nature as healer

**Brother-led** | Facilitated by those who've served and walked the path

**Legacy-building** | Physical and relational structures that outlast the retreat

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## Investment Opportunity

**Per-Participant Cost:** \$3,500 (4-day retreat, all-inclusive)

**Cohort Size:** 12-16 participants

**Annual Capacity:** 8 cohorts (96-128 participants)

**Target Markets:** Municipal departments, VA programs, county/state agencies

**Funding supports:** Facility operations, facilitator training, participant scholarships, land development, follow-up integration support

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## The Bottom Line

We're not running another program. **We're giving warriors permission to protect their own peace with the same discipline they once protected others.**

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*Where the most elite operation is the one to reclaim your life.*