**Veterans have always been an important part of our country’s heritage. The situations they were confronted with were many and may have been, at times, difficult to manage. These difficulties are not here and not now, however, for us to help in the best way you may want to talk about some of these things.**







**A note of caution:**

**Please be discreet in discussing your own legal or physical situation.**

**We want to respect your boundaries even as you respect ours.**

**Problems such as homelessness, suicide, substance/alcohol abuse and divorce continue to present themselves. Our support group seeks to help with these issues.**

**Another function of our group will be the successful transitioning of what you are experiencing now to something better, this may include mental health, job or physical health referrals.**

—Praesent dolor.

**We will be using worksheets sometimes to help us understand each other and to provide the best help for you. They will be yours to keep.**

**Please be patient with us as we are learning about you and you about us.**

**We will be meeting the second and fourth Fridays of the month, at Post 3404 at 1136 E. Atlantic Street . We are providing pizza at 6:30 so please be on time! Our meetings will be over at or before 8:00.**

**Our email address is:** [**givevetshope2019@gmail.com**](mailto:givevetshope2019@gmail.com)

**We look forward to having you!**

**HOPE AND**

**HELP FOR**

**VETERANS**

**One of our very few rules is that you will not be interrupted while you talk or judged about what you are saying. Usually in situations like this the best help is done by doing a lot of listening. So another one of our primary goals is to be good listeners. We want to validate who you are by offering an opportunity for you to be seen and heard in a non-judgmental way.**



