

VETERANS SUPPORT GROUP

The Veterans Support Group will have special goals to achieve during the meetings but the group will also dictate what their needs are. See the list below for more information.

GENERAL VETERANS GROUP GOALS

- Build peer connection and camaraderie to reduce isolation.
- Create a safe, confidential space for sharing experiences.
- Increase emotional awareness and healthy expression.
- Strengthen coping skills for managing stress and life transitions.
- Promote resilience and post-service adjustment.



MENTAL HEALTH / SUPPORT GROUP GOALS

- Reduce symptoms related to Post-Traumatic Stress Disorder, anxiety, and depression.
- Improve understanding of trauma responses and triggers.
- Develop personalized grounding and self-regulation strategies.
- Increase willingness to seek support and reduce stigma around mental health care.
- Strengthen social support systems outside the group.

TRANSITION / REINTEGRATION GOALS

- Support adjustment from military to civilian life.
- Explore identity changes after service.
- Improve work-life balance and role transitions (employee, parent, spouse, student).
- Build confidence in navigating civilian systems and resources, including U.S. Department of Veterans Affairs benefits.

SUBSTANCE USE RECOVERY GOALS

- Increase awareness of triggers and relapse prevention strategies.
- Build accountability and healthy routines.
- Develop alternative coping skills to replace substance use.
- Strengthen motivation for sustained recovery.

SKILLS-BASED / PSYCHOEDUCATION GOALS

- Learn stress management techniques (breathing, mindfulness, relaxation).
- Improve communication and conflict resolution skills.
- Build emotional regulation skills.
- Develop healthy sleep, nutrition, and exercise habits.

FAMILY / RELATIONSHIP GOALS

- Improve communication with partners and family members.
- Address impacts of military service on relationships.
- Strengthen parenting and family connection.
- Build trust and healthy boundaries.

FOR MORE INFORMATION, PLEASE ASK FOR MIKE AT 800.510.3111

ALL BRANCHES OF THE MILITARY ARE INVITED TO ATTEND.