

REBOOT

COMBAT RECOVERY



Join us for

12 WEEKS

FOCUSED ON **HEALING** FROM

SERVICE-RELATED TRAUMA

REBOOT Combat Recovery is a course—not a support group—providing practical help for **service members, veterans, and families** dealing with the moral and spiritual wounds from combat trauma. You won't find shortcuts or easy answers, but instead you'll find **solutions that last.**

STARTING

REGISTER NOW AT [REBOOTRECOVERY.COM](https://rebootrecovery.com)

MEETING DAY/TIME:

MEETING LOCATION:

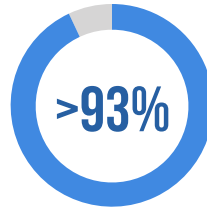
CONTACT FOR INFO:

Participant Satisfaction

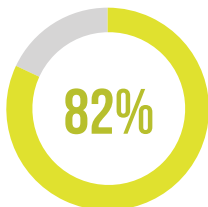
▸ In 2020, we sampled 99 REBOOT Combat Recovery participants and 71 REBOOT First Responders participants, all who had completed a 12-week trauma healing course.



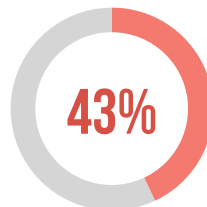
▸ Felt their opinions on **faith/spirituality** were **respected by others**



▸ Felt **“very welcome”** at REBOOT sessions
 ▸ Were **“quite”** or **“very”** satisfied with their REBOOT experience
 ▸ **Would recommend REBOOT** to a friend in the future



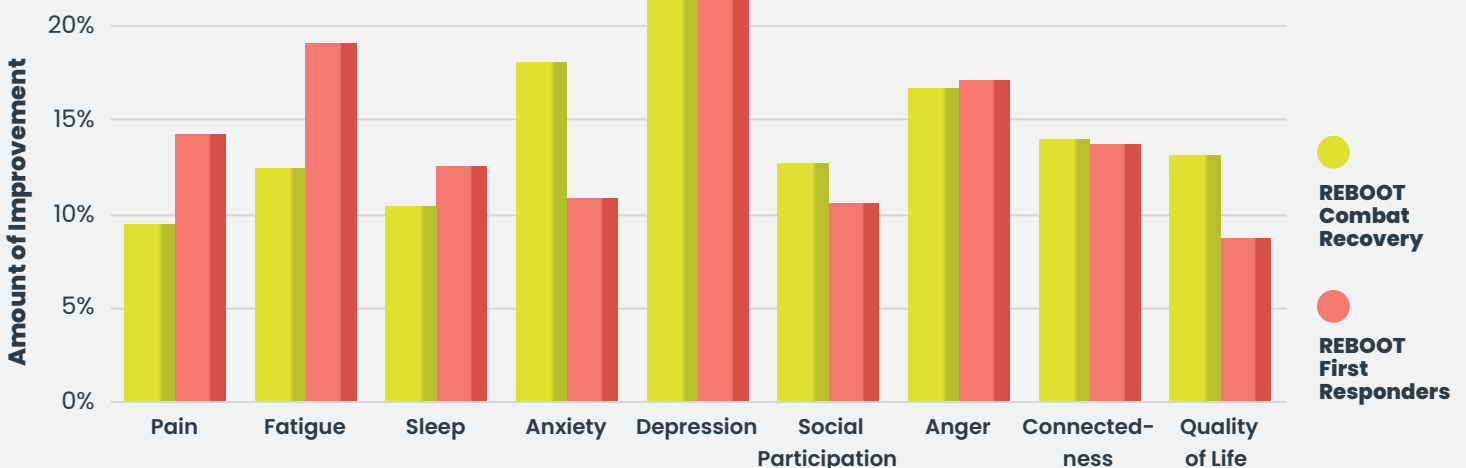
▸ Would like to **stay involved with REBOOT** after graduation



▸ Would like to **train to become a future REBOOT course leader**

Quality of Life Improvements

▸ Participants completed a pre- & post-survey at Week 3 and Week 12 of the program. Results indicate **statistically significant improvements** in areas including **pain, fatigue, sleep, anxiety, depression, social participation, anger, connectedness, & quality of life.**



Who Attends Our Courses?

