

VETERAN POST-TRAUMATIC GROWTH TRAINING EVENT

Learn Skills to Promote Your
Post-Traumatic Growth



Does any of this sound like you?

- I want to be less reactive and more intentional.
- I want to restart my life with dignity.
- I feel stuck in a cycle of self-sabotage.
- I feel frustrated by being hyper-vigilant in public or overreacting in everyday situations – saying or doing things I later regret.

Attend to experience the training...

...and learn about our veteran-vetted one-year program (no obligations past this event).

Just come and try it out, no pressure.

Join us on either:

- Thursday Nov 6th, 2025, **OR** Friday Nov 7th, 2025
- Time: 8 am - 5 pm
- General Location: Green Bay, Wisconsin

Both days repeat the same training.

RSVP is essential...

...to reserve your place and to receive event logistic details. Space is **limited to 30 people per day**.

RSVP by October 31st, 2025 with David Weber via **david.weber@couragefoundationusa.org**

Why Veterans Choose Us:

- Learn techniques to manage stress and emotions.
- Stay calm under pressure and regain focus.
- Build hope for the future, and stop reliving the past.
- Reconnect with yourself and your goals.
- A veteran-led program focused on action (not just discussion) that complements therapy.