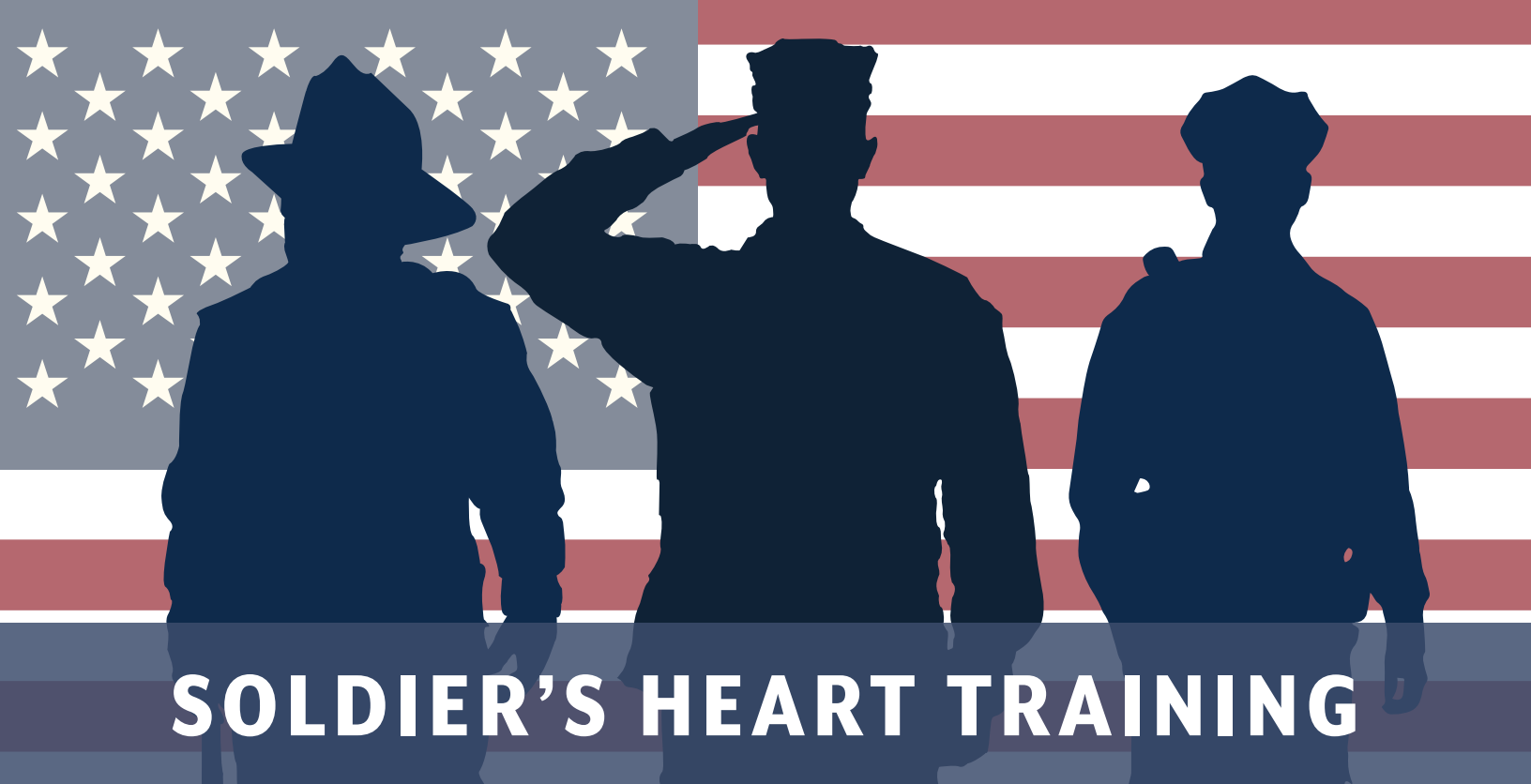




SOLDIER'S HEART TRAINING

This peer-led training intensive is designed by combat veterans and first responders for those with service-related trauma to process the effects of post-traumatic stress and gain tools for healthy living.

TOPICS INCLUDE:

- Trauma triggers
- Grounding
- Guilt and shame
- Grief and loss
- Finding meaning and forgiveness

There is no cost to combat veterans and first responders; in-state travel, room and board are provided. Outdoor recreational activities are provided and depend on the season. Continuing education units are available.

AN APPLICATION AND INTERVIEW PROCESS IS REQUIRED.

To register for this training or more information, email soldiersheart@southcentralfoundation.com, call 907-729-5440, or scan the QR code to apply.

Combat veterans and first responders may apply.



UPCOMING TRAININGS

NOV. 6-10

Holy Spirit Center

10980 Hillside Dr.

Anchorage, AK

TESTIMONIALS



The program helped me move toward being a better version of myself and helped me to discover my resiliency.

The training, which is developed and led by veterans and first responders, brought me on a peer-led journey with those who had similar experiences. I was able to explore my story with them in a way that felt safe and understood.

