

REGISTER TODAY!

MILITARY WELLNESS WORKSHOP

JOURNEY FROM COPING TO THRIVING

**OPEN TO VETERANS, SERVICE MEMBERS,
MILITARY FAMILIES, AND CAREGIVERS.**



SAFE Project guides you on a journey back to you – where your strengths, values, and purpose lead the way. Learn tools to navigate stress, set meaningful goals and move forward with confidence. Your next step – your best step – starts here.

**Learn More &
Register**



**LUNCH
PROVIDED**

Nov. 12 & 13 | 9:00am - 4:00pm

**Choose from one of two available dates!*

**LOCATION: Recovery Resource Council,
1822 Cadiz St., Dallas, Texas 75201**

“

This workshop
met me where I
was—and
helped me rise.

”

Attend this workshop to:

- Learn skills to navigate triggers and stressors
- Discover Insights on the benefits you have earned
- Connect with fellow veterans
- Overcome barriers and set goals to thrive

“

It was exactly
what I needed
—and nothing I
expected.

”