

REGISTER TODAY!

MILITARY WELLNESS WORKSHOP

JOURNEY FROM COPING TO THRIVING

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

In partnership with:

LUNCH PROVIDED

Nov. 12 & 13 | 8:30 AM – 1:30 PM

I Love My Island Sr Resource Center
234 E Merritt Island Cswy Ste 106;
Merritt Island, FL 32953

Meta This event is in collaboration with Meta.

Attend this workshop to:

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

> I felt connected with everyone and felt safe to share.