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FORWARD FLAG NEWSLETTER

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THE DOGS ARE BACK

After what feels like a very long absence, we are pleased to announce that the Warrior Canine Connection will be starting up classes at our Albuquerque branch this month. Incredible trainers, Chloe and Ari, will be braving the journey from Santa Fe every Monday. Chloe and Ari are accompanied by a group of Assistance Dogs of the West service dogs in training. They will work with interested veteran volunteers to teach these dogs the basic cues and commands they will need to graduate into official service dogs and be placed with their forever person. If you are a veteran and interested in taking part in the Warrior Canine Connection please come to The Flag September 21st at 11a.m. to join the fun. This truly is an opportunity to change your life. Working to train the dogs in this program will provide you with an opportunity for incredible personal growth and self-discovery. If you have any questions please feel free to call our office at 505-933-0549.



YOGA, TENNESSEE STYLE

The Forward Flag TN is quickly becoming an established and vital part of the Rogersville community. The talented Melissa Nelson is leading a yoga class for veterans at the TN Flag every Monday at 4p.m. Melissa has dedicated herself to developing a yoga practice that emphasizes healing from and living with trauma. In addition to the weekly yoga we are happy to announce that the art class, gym and theater room are ready to receive veterans, their friends and family members. A great big thank you to the city council for their time and for helping to spread the word about Forward Flag TN. Thanks to the community and their support we had over 45 visits to our new TN veteran's wellness center in August



MISSION COMPLETE

Thanks to the dedication, expertise and hard work of Xavier Hernandez, the donated shed is up and ready to solve our storage issues at Forward Flag Albuquerque. With help from his 8 months pregnant partner, Stephanie Martinez and fellow veterans, Adrian Gonzales and Jim Willis, Xavier was able to construct a solid foundation and build back the 8' x 16' shed in just about a week's time. The only thing missing is a solid roof. If anyone has pro-panel, corrugated tin or any other roofing material they aren't going to use, we are in need of enough material to cover and finish the roof of the shed. If you can help, call us at 505-933-0549.



SUICIDE PREVENTION MONTH

QPR, Question Persuade & Refer is an internationally recognized, evidence-based suicide prevention curriculum. Among other important skills, QPR teaches how to recognize the verbal, behavioral, situational clues that someone might be considering suicide and how to ask a lifesaving question. With support from [Rocky Mountain MIRECC](#), Forward Flag has had the privilege of offering 5 virtual QPR Gatekeeper training sessions for the month of September. In addition, co-founder Roger Pipkins, has been hard at work helping to develop a virtual version of the QPR Gatekeeper train the trainer that we will be launching in October. If you are interested in scheduling a virtual QPR Gatekeeper training for your organization or community or would like to participate in the upcoming QPR Gatekeeper Train the Trainer, please contact me at melissa@forwardflag.org or call the NM office.

TENNESSEE COMES TO TOWN

The team in Albuquerque had the great privilege of hosting and collaborating with two of the wonderful new TN team members. Audrey Strange and Sabrena Buttry spent a week at the flagship forward Flag, seeing the tightknit veteran community and veteran centered activities we have proudly grown here in Albuquerque. A great BIG thank you to the ladies for their time and dedication; welcome to the Forward Flag Family!



A DAY AT THE CARNIVAL

In addition to spending a fun filled day at Knife Works in Sevierville, TN, the TN crew was delighted to set-up the coffee bunker at the Bybee County Fair. Thank you to all the incredible community members that stopped by and for all their generous contributions. Our outreach team had the privilege of talking to almost 100 veterans and friends & family members of service members between the two events.





Follow the NEW MEXICO team at <https://www.facebook.com/forwardflag/> and the TENNESSEE team at

<https://www.facebook.com/pages/category/Nonprofit-Organization/Forward-Flag-TN-107249974443669/>



BATTLE BUDDIES

A HUGE congrats to Matthew Mahon and Benjamin Marquez for their official completion of the Veteran Diversion Program. The Flag NM was honored to host a small ceremony honoring the hard work and growth of these two incredible veterans. Thank you both for modeling what real friendship, loyalty, camaraderie and success are!

A NEW MISSION

During these challenging times it is such an honor to be able to work together to do some good for your fellow human being. Thanks to the hard work and vision of veteran volunteer Matthew Mahon and the generous donation from the Kroger Foundation, we have been able to make and distribute over 100 sack lunches to the hungry individuals in downtown Albuquerque once monthly for the past three months. Our September operation was especially special as we had our TN visitors, Audrey and Sabrena, able to join us and see the very good works and admirable commitment to their communities of our amazing veteran volunteers. Thank you to all involved for your teamwork and humble service to your fellow New Mexicans.



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