

Received from: Colleen Heck
Unified Arizona Veterans ALA Representative
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----- Forwarded Message -----

From: Gabe Forsberg <gabeforsberg@gmail.com>

Sent: Wednesday, October 15, 2025 at 10:54:03 PM MST

Subject: Fwd: You're Invited – Upcoming Adventure Series & Veteran Community Events

These first 2 events are available to only 30, so register right away if you are interested. Home Base Arizona is focused on healing invisible wounds of military and veterans and often involves families - gabe

On Wed, Oct 15, 2025 at 6:48 PM West, Dana <dwest8@mgb.org> wrote:

Hello everyone,

We're excited to share a few upcoming Adventure Series and community events designed especially for Service Members, Veterans, and their families. Whether you've joined us before or are new to the program, we'd love to see you again! These gatherings are all about connection, growth, and wellness, and, as always, they're free to attend.

Adventure Series: safeTALK Training

Date: Tuesday, October 21, 2025

Time: 10:00 AM – 2:30 PM (check-in and networking at 9:00 AM)

Location: Burton Barr Central Library – Meeting Room A, Phoenix, AZ

Open to: Service Members, Veterans, and Families (18+)

Capacity: 30 participants

In honor of Mental Health Awareness Month, join us for an empowering suicide alertness training hosted in partnership with Maricopa County Public Health, featuring LivingWorks safeTALK. This world-renowned training prepares participants to recognize when someone may be thinking about suicide and connect them to lifesaving support.

Facilitated by Vivian Gonzalez Carrera, Suicide Prevention Coordinator and certified LivingWorks safeTALK Trainer.

Register here: <https://hbp.mgb.org/eventReg/advEvent.php?loc=AZ&id=367>

Adventure Series: Family Dinner Project with First Page at the HEART Center

Date: Wednesday, November 13, 2025

Time: 6:30 PM

Location: The HEART Center

3735 W. Beardsley Rd, Glendale AZ 85308

Capacity: Up to 30 participants

Join us for an evening focused on connection, conversation, and community, hosted in collaboration with the Family Team from Boston, [First Page](#), and the HEART Center. Families will share a meal together, participate in a parent workshop led by facilitators trained by The Family Dinner Project, and enjoy a children's creative activity running in parallel.

This special night aims to strengthen family bonds, enhance communication, and celebrate the shared experiences of military and Veteran families.

Register here: <https://hbp.mgb.org/eventReg/advEvent.php?loc=AZ&id=368>

Valors Veterans Community Arizona (VVCAZ) Coffee Connections

Date: Wednesday, November 19, 2025

Time: 10:00 AM – 12:00 PM

Location: WHF Gym, Sun Devil Fitness Center, 330 N 1st Ave, Room 212, Phoenix, AZ 85003

[VVCAZ](#) Coffee Connections meets monthly (except December) at local coffee shops or host venues to spotlight Veteran nonprofits and encourage networking within the Veteran community. This is a great opportunity to connect with fellow Veterans and learn more about resources and programs in Arizona.

We'd love to see you at one, or all, of these upcoming events. Your continued participation helps us grow this incredible community of Veterans and families supporting one another.

"When you can't look on the bright side, I will sit with you in the dark."

Respectfully,

Dana West

Clinical Outreach Manager, US Army Veteran
Home Base Arizona

Home Base, a Red Sox Foundation and Massachusetts General Hospital Program

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Their Mission is Complete. Ours Has Just Begun.