

Operation Renewed Hope

Advancing Mental Health For Warriors and Families



Nov 24

5:30P EST

Invisible Battles:
Understanding
PTSD and Moral
Injury

Dec 08

5:30P EST

**The Weight of
Transition:** Life
After Service

Jan 12

5:30P EST

**The Family
Frontline:** How
Trauma Ripples
Through the
Home

Feb 09

5:30P EST

**Quiet
Desperation:**
Depression,
Isolation, and the
Crisis of Hope

Mar 09

5:30P EST

**Faith and
Recovery:**
Restoring the
Soul After
Combat

Apr 13

5:30P EST

Reclaiming Peace:
Tools for Anxiety,
Hypervigilance,
and Emotional
Regulation

May 11

5:30P EST

**Relationships
Under Fire:**
Marriage,
Friendship, and
Trust After
Trauma

May 25

5:30P EST

**The Body
Remembers:**
Chronic Pain,
Injury, and
Mental Health

Jun 08

5:30P EST

**Leading Beyond
the Wound:**
Mentorship,
Mission, and
Purpose

Jul 13

5:30P EST

**Families in the
Fight:** Raising
Kids and
Restoring Joy at
Home

Aug 10

5:30P EST

**The Cost of
Silence:**
Breaking the
Cycle of Bottled
Pain

Sep 14

5:30P EST

**Substance Use,
Self-
Medication:** The
Search for Relief

Oct 13

5:30P EST

**The Spiritual
Armor:** Faith
Practices for
Inner Strength

Nov 09

5:30P EST

**Healing Through
Connection:** The
Power of
Brotherhood and
Belonging

Dec 14

5:30P EST

Moving Forward:
Forgiveness,
Reconciliation,
and the Future
Story