

Operation Renewed Hope

Advancing Mental Health For Warriors and Families



Nov 24 5:30P EST	Dec 08 5:30P EST	Jan 12 5:30P EST	
Invisible Battles: Understanding PTSD and Moral Injury	The Weight of Transition: Life After Service	The Family Frontline: How Trauma Ripples Through the Home	
Feb 09 5:30P EST	Mar 09 5:30P EST	Apr 13 5:30P EST	May 11 5:30P EST
Quiet Desperation: Depression, Isolation, and the Crisis of Hope	Faith and Recovery: Restoring the Soul After Combat	Reclaiming Peace: Tools for Anxiety, Hypervigilance, and Emotional Regulation	Relationships Under Fire: Marriage, Friendship, and Trust After Trauma
May 25 5:30P EST	Jun 08 5:30P EST	Jul 13 5:30P EST	Aug 10 5:30P EST
The Body Remembers: Chronic Pain, Injury, and Mental Health	Leading Beyond the Wound: Mentorship, Mission, and Purpose	Families in the Fight: Raising Kids and Restoring Joy at Home	The Cost of Silence: Breaking the Cycle of Bottled Pain
Sep 14 5:30P EST	Oct 13 5:30P EST	Nov 09 5:30P EST	Dec 14 5:30P EST
Substance Use, Self- Medication: The Search for Relief	The Spiritual Armor: Faith Practices for Inner Strength	Healing Through Connection: The Power of Brotherhood and Belonging	Moving Forward: Forgiveness, Reconciliation, and the Future Story