

Vet Connect:

Brotherhood Beyond the Uniform

Serenity Counseling Group's Male Veteran Group Therapy
A place for veterans to connect, share, and support one another.

Transitioning from military service to civilian life comes with unique challenges. You don't have to navigate them alone. Vet Connect is a confidential group for male veterans to connect with others who understand life beyond the uniform lead by our student interns, supervised by a licensed provider.

In This Group We Focus On:

- Brotherhood and connection
- Open conversation in a confidential space
- Managing stress, anger, and life transitions
- Strengthening coping skills and resilience
- Supporting one another after service

• **Who can join?**

- **Male Veterans, all branches welcome**

• **When/Where**

- **2409 Bemiss Rd. Ste. B Valdosta, GA**
- **Fridays, 5-6:30P (Start date TBD)**

• **To Learn More:**

- **229-251-5151 or**
gaoffice@serenitycounselinggroup.org

Because the mission doesn't end when the uniform comes off.

