## FREE VIRTUAL PTSD SUPPORT GROUP FOR VETERANS WORLDWIDE.



FIRST MONDAY OF EVERY MONTH BEGINNING AT 7:00 PM (CST).

Courage to Connect: Help For Veterans Navigating PTSD.

## DON'T SUFFER IN SILENCE!

Let others help you through your time of difficulty. You're never alone. Never!

LOGIN AT ANYTIME FROM A SMART DEVICE USING THE ZOOM APPLICATION. IF THERE IS NO ACTIVITY AFTER 8:00, THE GROUP WILL SHUT DOWN AND RESUME THE FOLLOWING MONTH.

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