**Veterans Resources**

*(retreats and mentoring specific to female veterans and some that include female, male, or couples)*

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Looking to connect to other military women? Women veterans may have a greater task of linking up with other female veterans. Public opinion of women in the military wanes as the perception sides with negativity (Posey, 2012, p.5).

Most veteran related resources are free of charge and many have retreats that are at no cost to the woman veteran. Some organizations request proof of veteran status via DD214. To obtain a copy of your DD214 use this link to the National Archives <https://www.archives.gov/veterans/military-service-records> Veterans’ Service Records to request military service records.

Through a Google search for women veteran resources, a laundry list of ideal possibilities can be found. Categories include hotlines, family services, alternative therapies, transition, veteran benefits, legal services, housing and homelessness. As a resiliency builder, holistic retreats provide a therapeutic environment that promotes tranquility and an expanding sense of belonging inclusive to female veterans.

The following are only a few of the searchable opportunities across the country that aid the military veteran population. This list is not complete therefore a continued search for the program that suites your needs is necessary.

**Women Veterans**

**Service Women’s Action Network (SWAN)** - <https://www.servicewomen.org/resource-portal/alternative-therapies/retreats/> SWAN is a community forum for service women and veterans; it provides an avenue to connect through questions, shared experiences and support. The online portal is maintained by staff to provide safety and security for its members.

**Project Sanctuary** <https://projectsanctuary.us/therapeutic-retreats/> hosts therapeutic retreats in eight states across the country that are staffed and designed by the Certified Therapeutic Recreation Specialists (CTRS) and the licensed counselors and social workers. Retreats are open to active duty service members and veterans of all branches of the military and all eras.

**Melwood Veteran Services / Operation Tohidu** (Maryland) <https://www.melwood.org/veterans-services/veterans-services> Retreats held for females, males, and couples “serving those who have served…” Operation Tohidu is “a holistic retreat helping wounded warriors overcome obstacles to their recovery and supporting their successful reintegration.

**Project New Hope** (Maine) <https://www.projectnewhopema.org/home/retreats/> a women’s retreat with specific focus on taking steps into a place of greater benefit and bigger promise for self; MST and PTSD retreat.

**Camp Patriot Veteran Retreat Ranch** (Montana) <https://camppatriot.org/> established. Located in Northwest Montana this first-a-kind 90+ acre facility is a “living monument” to wounded and disabled veterans of all generations. The ranch allows us to offer a host of truly unique outdoor recreational therapy programs.

**Camp SHiEld** (Houston) – <https://campshield.org/> Camp Shield’s efforts are geared to informing and celebrating successes of female veterans. Their work is to address the unseen wounds and improve lives. Resources include SHE Thrives workshops, peer-to-peer support groups, retreats along with resource referrals.

**Grace After Fire** (Houston) – <https://www.graceafterfire.org/> Grace After Fire’s mission is “to provide the means for women Veterans to gain self-knowledge and self-renewal.” The program offers peer-to-peer support groups such as Color Me Camo and Table Talks; they also have financial assistance, community resource navigation, and social events.

**After Her Service –** <https://m-span.org/our-programs/after-her-service/> After Her Service is “a program for Post 9/11 women veterans designed to build personal resilience and foster professional success.” Concerns of reintegration to civilian life, professional goal setting, and effective coping strategies are addressed.

**Women Veterans Network WoVEN** <https://www.wovenwomenvets.org/> provides a unique social network of women Veterans to foster connections and build relationships in local communities and across the nation.

**Women Veterans: Retreat Healthy and Healing** <https://www.va.gov/HEALTH/NewsFeatures/2017/December/Women-Veterans-Retreat-Healthy-and-Healing.asp>

**PVA Women Veterans Empowerment Retreat** <https://www.pva.org/get-involved/women-veterans-empowerment-retreat/> (formerly WE Served) is an all-expenses-paid retreat that focuses on the holistic well-being of women veterans with disabilities. This immersive and outcomes-driven experience – limited to just 40 attendees – will empower these women to navigate the unique challenges of their everyday lives … and flourish.

**Final Salute Inc.** <https://www.finalsaluteinc.org> (FSI) 's mission is to provide homeless women Veterans and their children with safe and suitable housing. Credit: Karalyn Williams, fellow Woman Veteran

**Women and Men Veterans and Military/Veteran Couples**

**Camp Southern Ground** (Georgia) – <https://www.campsouthernground.org/veteran-programs/programs> Two programs offered by Camp Southern Ground are Warrior Week and Warrior PATH both are packed with team building exercises, good food, and self-care to develop a new mission.

**Veteran’s PATH** – <https://www.veteranspath.org/programs-page-women.shtml> Women’s Programs provides resources for women who feel unnoticed as a veteran. This program provides a 6-day women veteran retreat that is intended to help with recovery and healing from combat stress, PTSD, or MST along with re-adjusting to civilian life.

**National Military Family Association / Operation Purple Family Retreat** (Virginia) <https://www.militaryfamily.org/programs/operation-purple/operation-purple-camp/> We offer families—including kids—uniquely designed resiliency-building activities that promote connection and communication between family members. Operation Purple Healing Adventures locations include awesome outdoor activities like canoeing, swimming, archery, sightseeing, and hiking!

**Gratitude America** <https://www.gratitudeamerica.org/> (Florida) (350 mile radius to accept applicants) mission is to provide critical support for service members, veterans, and their families by conducting meaningful restorative retreats to assist participants affected by deployment exposures such as combat related stress and Traumatic Brain Injury.

**The Center for Relationship Education** (Colorado) <https://www.myrelationshipcenter.org/> Marriage Retreat for Veterans as well as veteran individuals

**Therapeutic Retreats for Veterans and their Families**  <https://www.texvet.org/therapeutic-retreats>

**Operation Welcome Home (Ironwood Springs Christian Ranch)** (Stewartville, MN) <http://www.ironwoodsprings.com/operationwelcomehome.aspx> is a faith-based weekend to provide encouragement, hope, and inspiration to veterans and their married spouses. The retreat is cost free for the couples. All funding is provided by donations.

**Lone Survivors Foundation** <https://lonesurvivorfoundation.org/attend-an-lsf-program/> to educate service members, veterans and their family members on the warning signs, symptoms and characteristics of these injuries to better prepare our men and women when returning home.

**Boulder Crest Institute** (Virginia) <https://bouldercrest.org/> Veteran-led Boulder Crest Foundation uses the proven science of Posttraumatic Growth to heal, train, and advocate for combat veterans, first responders, and their families who have experienced trauma.

**Mighty Oaks Warrior Programs/Foundation** (California) <https://www.mightyoaksprograms.org/> Legacy Program for Women is our program designed specifically for women to discover the process of becoming a person living according to the Creator’s design. Similar to the Legacy Program for Men, the Legacy Program for Women identifies and confronts the daily struggles of those dealing with current or post military life, as well as post-traumatic stress (PTS) that stems from life, job, or military experiences.

**COALITION TO SALUTE AMERICA’S HEROES** <https://saluteheroes.org/> The Coalition to Salute America’s Heroes was established to ensure that in return for the sacrifices they made for us, these wounded veterans and their families receive all the support needed to restore their hope and rebuild their lives.

Founded in 2004 as a non-profit, non-partisan 501(c) (3) organization, the Coalition is among the nation’s leading charities whose donors provide the wounded veterans and families of Operation Enduring Freedom, Operation Iraqi Freedom, and Operation New Dawn the aid and assistance needed for their long roads to recovery.

Credit: Karalyn Williams, fellow Woman Veteran

**OUR MILITARY KIDS** <https://www.ourmilitarykids.org> Our Military Kids supports military children (ages 3 - 12th grade) by funding sports, arts, and other enrichment activities when their parents are deployed overseas with the National Guard or Reserve or recovering from severe injuries sustained in a post-9/11 overseas mission. Participation in these activities helps military children cope with stress and build self-confidence during an otherwise difficult time in their lives.

Credit: Ayana N Brown – Fellow woman veteran <https://www.linkedin.com/in/ayanabrown/>

REACH Peer Support Services, LLC and Karalyn Williams, fellow Woman Veteran

**HEROES TO HEROES** <https://heroestoheroes.org/> To provide spiritual healing and peer support for combat veterans of all conflicts and all faiths who have attempted suicide or on a path to self-destruction due to moral injury.

**COMBINED ARMS** <https://www.combinedarms.us/> To unite the community to accelerate the impact of veterans. Credit: Tammy Lowry. Fellow Woman Veteran, [Women Veterans of America Ch. 53](https://www.facebook.com/WVA53/?ref=py_c) <https://www.facebook.com/WVA53>

**ARMED FORCES ARTS PARTNERSHIP (ASAP)** <https://asapasap.org/> Our mission every day is to spark connection and belonging. We do this through the restorative power of comedy, storytelling and creative expression. Our classes are taught by veterans and designed for military members and family. The results are powerful! Ninety-three percent of our first-time class participants decide to take a second class. That’s because graduates don’t just gain new skills; they gain confidence, purpose, and community. Credit: Ayana N Brown – Fellow woman veteran <https://www.linkedin.com/in/ayanabrown/>

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**The San Antonio Community Resource Directory (SACRD)** is a directory of human services including nonprofit organizations, congregations, government agencies, and compassionate groups in and around San Antonio.https://www.sacrd.org/directory/ Credit: Ayana N Brown – Fellow woman veteran <https://www.linkedin.com/in/ayanabrown/>

REACH Peer Support Services, LLC

**AMERICA SERVES** <https://americaserves.org/> Our mission is to catalyze and instill a sustainable, community-based commitment to care coordination excellence for America’s military connected members and their families. We do so by providing innovative practice, actionable strategies, technology, resources, and expertise to communities, organizations, and individuals who are willing to improve upon their efforts to serve the needs of the nation’s all-volunteer armed forces, veterans, and their families. Credit: Ayana N Brown – Fellow woman veteran <https://www.linkedin.com/in/ayanabrown/>

REACH Peer Support Services, LLC

**Mentoring for Veterans**

**American Corporate Partners (ACP)** <https://www.acp-usa.org/mentoring-program/veteran-application> mentoring program for veterans Join our free, personalized career mentorship program and experience a yearlong mentorship to assist you with your civilian career goals.

**THE GRACE TREE FOUNDATION** <https://www.thegracetreefoundation.com/traumainformedcare>

Credit: Ayana N Brown – Fellow woman veteran <https://www.linkedin.com/in/ayanabrown/>

REACH Peer Support Services, LLC

**OPERATION COMFORT** <https://operationcomfort.org/>

Credit: Ayana N Brown – Fellow woman veteran <https://www.linkedin.com/in/ayanabrown/>

REACH Peer Support Services, LLC

**STACKED UP** <https://www.stackup.org/> Stack up is a military charity supporting US and allied active duty and veteran’s mental health through the power of gaming and geek culture!

Credit: Ayana N Brown – Fellow woman veteran <https://www.linkedin.com/in/ayanabrown/>

REACH Peer Support Services, LLC

Living to Win Foundation <http://livingtowin.org/>

Credit: Ms. Timesia Hart, Fellow woman veteran

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