



OPEN DOORS TO FUTURE **POSSIBILITIES**

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The background of the top half of the image is a blurred American flag, showing the stars and stripes in a soft, out-of-focus manner. The stars are white on a blue field, and the stripes are red and white.

To support Veterans and First Responders and help them overcome life challenges using Healing Conversations, Education and Resources, so they can achieve their goals and lead more fulfilling lives.

Free-of-Charge:

- **Counseling**
- **Tutoring**
- **Roundtable Discussions**
- **Workshops**
- **Employment Assistance**
- **Connections to Benefits**
- **Essential Supplies**



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4,700+ Veterans and their families served since 2020

100 Veterans who utilized our counseling are no longer experiencing ANY symptoms of PTSD, Suicidality, or Deep Depression.

Helping women has always been a big part of what we do. At our most recent branch, 20% of Veterans served have been women.

We continue to perform outreach specifically for women and women's issues.



Post-Traumatic Growth

- **Over 80% of people who experience trauma will develop PTG, which leads to:**
 - **Greater sense of self**
 - **Newfound appreciation for life**
 - **Openness to new perspectives**
 - **Increased competence and resilience**





**of all of our clients, including
Veterans, achieve their goals within
the first 4 months of utilizing
counseling services**



Veterans Learning Center

- 100+ roundtable discussions on topics including:
 - Communication
 - Women's issues
 - Benefits
 - PTSD
 - Financial Literacy
 - Veteran-led activities



Digital Literacy Classes

- Eight week Digital Literacy course
- Weekly computer labs
- Free Laptops for Veterans
- Partnership with NPower & NPower Skillbridge



Meals for Vets Program





1500+

**Veterans served
in transitional
housing**



1000+

**hours of tutoring
leading to
educational and
professional
success**



20,000+

**socks, shoes,
clothes, and
hygiene packs
distributed**



50,000+

**meals served to
Veterans and their
families**

Academy of Contemporary Narrative Therapy

- Ongoing training for all Staff, Volunteers, and Consultants
- Classes personally led by Founder & Executive Director Dr. Simone Lundquist



Our Locations

- \$0 lease from Pacific Housing
two-story **South San Jose Branch**
March 2023
- \$10,000/year grant until 2025 for
case management branch **South**
San Francisco November 2023



SF War Memorial Branch

- January 2024 – Present
- Located inside the historic **War Memorial Veterans Building**
- Partnership with American Legion



