



RESILIENT WARRIOR AND RESILIENT FAMILY

For Service Members, Veterans and Military Family Members

FREE 6-WEEK SKILL BUILDING COURSE

Home Base's Resilient Warrior and Resilient Family courses are designed to reduce the impact of stress on Service Members, Veterans and Military Families, through a variety of mind-body techniques, as well as skill-building exercises scientifically shown to improve mood, medical symptoms, and overall well-being.

- ☆ Reduce feelings of stress and anxiety
- ☆ Learn skills to manage anger and impatience
- ☆ Train your mind and body to relax more
- ☆ Strengthen connections with friends and family
- ☆ Improve your sleep, nutrition and exercise
- ☆ Gain support from other Veterans, Service Members and/or Military Family Members

Groups meet virtually for 90 minutes, for six consecutive weeks in sections for Veterans and Service Members or Military Family Members

Complete the interest form found via this QR code and we'll let you know when our next sessions are scheduled.



Home Base's Resilient Warrior and Resilient Family are educational programs developed in partnership with Massachusetts General Hospital's Benson Henry Institute for Mind-Body Medicine.



A RED SOX FOUNDATION AND MASSACHUSETTS GENERAL HOSPITAL PROGRAM



<https://homebase.org/resilientfamily>