Military Peer Support Groups

Get no-cost support from those who understand

Why Join

Peer-led support groups offer a space for you to ***connect, share experiences, and receive guidance*** in a safe environment.

Who

Active duty, retired, guard or reserves military personnel.

What to Expect

- A trained peer supporter will facilitate the group.
- Helpful tips and resources
- Connection with others who understand.
- Safe non-judgmental space.
- Confidential, no-cost support

> **"It's Great Connecting with Other Folks Who Just GET IT"**
>
> Peer Support Attendee

Register

Mondays 8:00 PM EST (Chris)

Wednesdays 8:00 PM EST (Rebekah)

Meet the Facilitators

Rebekah Edmondson, a U.S. Army veteran, served ten years including nearly three deployed to Afghanistan, where she was part of the Joint Special Operations Command's Cultural Support Team and worked alongside the 75th Ranger Regiment. She recently received her masters in social work and is a GAH peer support facilitator .

Chris Garcia, an Army veteran and former medic at Fort Bliss, holds a Bachelor of Public Health from New Mexico State University. He also serves as a trainer for Give an Hour's MILE Project, bringing expertise in planning and a passion for community building.

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Questions?
peersupport@giveanhour.org.

www.giveanhour.org/military

Military Loved Ones Peer Support Groups

Get no-cost support alongside others who understand

Why Join

Peer-led support groups offer a space for you to ***connect, share experiences, and receive guidance*** in an environment that nurtures your wellbeing.

What to Expect

A trained peer supporter will facilitate the conversation to create a safe space. Our goal is to create an environment for participants to connect with others who have similar experiences and to provide tips and resources to each other.

Who

Families and caregivers of active duty, retired, guard or reserves military personnel

Register

Mondays 7 PM EST (Tracy)

Wednesdays 7 PM EST (Tracy)

Thursdays 2 PM EST (Jillian)

Meet the Facilitators

Jillian Ryan, MEd, CSCS, TSAC-F is an active duty spouse and has over 10 years of experience supporting military personnel and families.

Tracy Sahleen was a Key Spouse while her husband was active duty and is currently a care giver for her husband and a dedicated advocate for other veterans.

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Female Veteran & Service Members Peer Support

Get no-cost support from those who understand

Why Join

Peer-led support groups offer a space for you to connect, share experiences, and receive guidance in a safe environment.

Who

Active duty, retired, or reserve military personnel who identify as female.

What to Expect

- A trained peer supporter with lived experience will lead the group.
- Tips and resources
- Connection with others who understand.
- Safe non-judgmental space.

JOIN US
Every Thursday
3 PM ET

Meet the Facilitator

Diana N. Graham, MPA, MBA, is a decorated Army Combat Veteran, global speaker, and leadership strategist known for transforming organizations through high-impact workforce and human capital solutions. As the CEO of Crowned for Success Global Consulting, her team equips executives and teams with her signature 3C's of Success framework, Clarity, Communication, and Community, to strengthen leadership, elevate performance, and build high-retention cultures. An author and thought leader, her work continues to inspire professionals worldwide, including her book Duly Noted, a powerful blueprint for leadership and personal growth.

REGISTER HERE!

For any questions, please email:
peersupport@giveanhour.org