

Military Support Group

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 an environment that nurtures your wellbeing.

What to Expect

Support group sessions will be held once a month. A trained peer supporter will lead the conversation. They will provide tips and resources based on the needs of the participant. We hope to create a safe environment for people to come and connect with others who has similar experiences.

Who?

- Active duty, retired, or reserves military personel

When? Once a month

Upcoming Sessions

- Wednesday December 6th
6pm-7pm EST
- Wednesday January 3rd
6pm-7pm EST
- Wednesday February 7th
6pm-7pm EST
- Wednesday March 6th
6pm-7pm EST
- Wednesday April 3rd 6pm-7pm EST
- Wednesday May 1st 6pm-7pm EST

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

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