

## SUPPORTS FOR VETS WITH GRATITUDEAMERICA

1. 3 Day Military Support Retreats (MSR): Veteran must bring someone with them that they feel close & connected to such as Spouse/Significant Other/Mentor/Close Friend. Retreats for Veterans & their chosen Growth Companion to learn, heal and grow together - veteran can't attend alone.
  - a. Experience is focused on therapeutic recreational activities & education via workshops.
  - b. No cost to attend and all accommodations and meals are provided.
  - c. Travel is not provided & participants must have car.
  - a. Apply on [GratitudeAmerica.org/retreats](https://gratitudeamerica.org/retreats) – After you apply their team will reach out by phone to schedule a phone call.
2. Warrior PATHH (Progressive & Alternative Training for Helping Heroes): 90 day program only for veteran to attend - Starts with 5 Days on program campus in Macclenny, FL and the following 90 days are virtual.
  - a. No cost to participate; once you arrive to Macclenny, FL campus, everything is provided.
  - b. Is not treatment or therapy, PATHH is based on education and connection and focuses on learning about post-traumatic growth, emotional regulation, changing mindset, recreational activities, hand on activities and group discussions.
  - c. Only the veteran attends (does not bring anyone with them).
  - d. Apply on <https://gratitudeamerica.org/warrior-pathh/> and after you apply their team will contact you to schedule a phone call.





# GratitudeAmerica MILITARY SUPPORT RETREATS

*Transform Your Struggles Into Strengths - Together*

## UPCOMING RETREATS:

**Banning Mills, GA: Feb 19<sup>th</sup> at 5pm - Feb 22<sup>nd</sup> at 2pm**  
**Saint Augustine, FL: March 5<sup>th</sup> at 5pm - March 8<sup>th</sup> at 2pm**

## WHAT ARE MILITARY SUPPORT RETREATS?

**MSR Is A 3-Night Journey for Veterans & Their Growth Companions.** It is an immersive experience combining post-traumatic growth education with transformative recreational activities. Led by peers and experts in veteran wellness, these retreats are designed for veterans and their chosen Growth Companion to learn, heal, and grow together.

## WHO SHOULD ATTEND TOGETHER?

- ✓ **Veteran** from any branch, era, discharge status, & any deployment/combat status.
- AND-**
- ✓ **Growth Companion** - Veteran's spouse, close family member or friend.

## WHAT MAKES MSR UNIQUE?



**Nature-Based Adventures** - Equine interactions, kayaking, ropes courses, ziplining



**Evidence-Based Learning** - Post-traumatic growth principles that actually work



**Peer Community** - Connect with others who truly understand your journey



**Partnership Focus** - You AND your growth companion gain identical tools and insights

## YOU'LL EXPERIENCE...

**Transformative  
Information**

you can use immediately

**Deeper  
relationships**

through shared growth

**Better  
understanding**

of yourself and each other

**Realistic,  
practical tools**

for ongoing resilience

## EVERYTHING INCLUDED AT **NO COST**

- ✓ All accommodations & meals
- ✓ All activities & materials
- ✓ Expert instruction & peer support  
(Travel not provided)

## READY TO TRANSFORM TOGETHER?

Apply Now at

**GratitudeAmerica.org/retreats**

Veterans must attend with their adult Growth Companion.  
Children not permitted.





# WARRIOR PATHH

## IF THERAPY HASN'T BEEN THE ANSWER... YOUR SOLUTION MAY LIE ELSEWHERE

Tried therapy, counseling, and medications with little results? Tired of being told you're "broken" by people who've never walked in your boots? Feeling disconnected from family, community, and yourself?

**YOU'RE NOT ALONE IN THIS BATTLE**

You served with honor. Now it's time to discover that your struggles contain the seeds of your greatest strength.

## WARRIOR PATHH Training, Not Therapy

This isn't another clinical program. Warrior PATHH is the nation's first non-clinical training program designed specifically for combat veterans and first responders — built by warriors, for warriors.

- **Peer-Led Training** Led by combat veterans and first responders who've walked this path
- **5-Day Intensive** Immersive experience in Northeast Florida
- **Completely FREE** No cost for lodging, meals, or training
- **Post-Traumatic Growth** Transform struggle into lifelong strength

## SURVEY REVELATIONS

**66%**

Decline in  
Suicidality

**54%**

Decline  
in PTSD

**52%**

Decline in  
Depression

**44%**

Decline in  
Drug Abuse

**41%**

Decline in  
Anxiety

**39%**

Better  
Sleep

**APPLY NOW AT**

[GratitudeAmerica.org](https://GratitudeAmerica.org)



## WHAT MAKES WARRIOR PATHH DIFFERENT:

- **Post-Traumatic Growth Focus**  
Move beyond just "getting stable" to actually thriving
- **Warrior-to-Warrior**  
Guides who understand your experience firsthand
- **Proven Framework**  
Based on decades of research and thousands of success stories
- **90-Day Journey**  
5-day intensive + 3 months of continued support

## WHO'S ELIGIBLE?

- ✓ **Veterans** - from any branch, any era, any discharge status
- ✓ **First Responders** - police, fire, EMS, healthcare, federal law enforcement

Active duty, retired, or separated.

## READY TO TRANSFORM YOUR STRUGGLE INTO STRENGTH?

Your service prepared you for this moment. It's time to discover the warrior you're meant to be at home.



**GratitudeAmerica**

